

FUN FAMILY FRUIT SALAD






LANGUAGE-RICH FRUIT SALAD FOR SOME FAMILY FUN

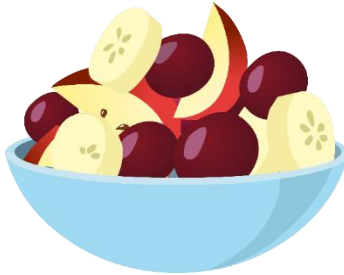
THINK ABOUT . . .

Daily Routines are part of our everyday lives like getting dressed, mealtime, or story time before bed. When we think of mealtimes in our daily routines - we think of breakfast, lunch, dinner, and snacks. Mealtime is a large part of a child's day and creates opportunities for language rich conversations. Involving children with cooking or preparing meals offers quality joint time together. Several listening and spoken language strategies can be used while following this fruit salad recipe: expansion, auditory bombardment, acoustic highlighting, joint attention, auditory first, and many more. The goal is to add multiple opportunities to target new vocabulary and language throughout daily routines like mealtime.

Fruit Salad Recipe

What do we need:

1. Bowl 
2. Big Spoon 
3. Apples 
4. Strawberries 
5. Blueberries 



MATERIALS NEEDED:

- Fruit salad recipes PDF
- Bowl
- Big spoon
- Apples
- Strawberries
- Blueberries
- Any additional fruits your family enjoys

PREPARATION:

- 1- Decide on the fruit salad recipe to follow (print or have it displayed on a computer/device).
- 2- Gather all the materials needed.

VOCABULARY:

- Cut
- Mix
- Pour
- Juicy
- Crunchy
- Plastic Knife
- Spoon
- Long
- Short
- Small
- Big
- Colors
- Steps/Recipe

ACTIVITY

- 1- Introduce the yummy family fruit salad to your family.
- 2- Look at the recipe and steps you will follow to make a fruit salad. Discuss as a group, if you would like to add any additional fruits or items to your fruit salad. You can add your extra steps to your recipe.
- 3- Gather the materials needed by asking for each member to find the item using auditory first. Use auditory sandwich strategy to support understanding and incorporate visuals. Each family member can find a different item needed for the fruit salad until you have all materials needed.
- 4- Follow each step – “First, **cut** the **apple** slices and pour into the **bowl**”. Use acoustic highlighting to add vocal emphasis to targeted vocabulary or grammar structures.
- 5- Family members can help cut, pour, and mix fruits in the bowl.
- 6- While doing so, descriptive language can be discussed such as actions (cutting, mixing, pouring), texture (how does it feel), functions (a knife is used to cut), adjectives (long, short, small, big), and colors. Through auditory bombardment and repetition, this will increase vocabulary and expand phrases at other mealtimes.
- 7- Continue steps until all fruits are placed in the bowl.
- 8- Enjoy the fruit salad together and plan the next meal or snack you will prepare as a family.

HELPFUL TIPS:

- The family fruit salad can be in connection with creating a loving family with many different ingredients. Each ingredient plays a part in creating a loving family such as the bowl is our home, apples represent listening to one another, strawberries represent hard work and always trying our best, blueberries represent making good choices, marshmallows represent kindness, yogurt is sweet and is what keeps our family together. A really ripe banana represents making working towards better choices, but a family works together as a team and stays together.
- For more cooking with kids ideas visit: [Cooking With Kids | Parenting Tips & Advice | PBS KIDS for Parents](#)

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Family Fruit Salad



1. Get a large bowl. The bowl is like our family home and there are many important ingredients that go into it.



2. Cut and put apple slices into the bowl. The apples represent listening to one another.



3. Cut and put strawberry slices into the bowl. The strawberries represent always trying our best.



4. Count and put blueberries into the bowl. Blueberries represent making good choices and always helping.



5. Add marshmallows into the bowl. Marshmallows represent being sweet to each other.



6. Pour a cup of yogurt in the bowl. The yogurt represents keeping us together as a family.



7. Cut a ripe banana into slices and add it into the bowl. This represents the better choices we will make and work on.



8. Mix and enjoy as a family that sticks together!

Fruit Salad Recipe

What do we need:

1. Bowl



2. Big Spoon



3. Apples



4. Strawberries



5. Blueberries



Steps

First, cut apple slices and pour into bowl.



Next, cut strawberries and pour into bowl.



Then, pour blueberries into bowl.



Last, mix fruits and enjoy!

