



Fruit and Vegetable Carving

Bring some fun into eating fruit and create a masterpiece before gobbling it all up

What you need:

Someone to help



Fruit and veg (peaches and apples are good)



Board and biro



Knife, pumpkin carving set, drawing pins (something to make holes)



Things to decorate your fruit, together with glue



Recycle bin and kitchen roll



What you do:

- Talk about the risks/benefit of using sharp tools
- When handling a knife, always carry with the point facing down, and when not using, place away from the edge of the table
- Place fruit on a board and mark on it where you want to cut with a pen
- Holding the knife at 20 degrees, make small controlled movements (avoiding cutting towards the hand)
- Keep hands dry to enable you to hold fruit in place without slipping with kitchen roll
- Wipe fruit with kitchen roll, decorate and take a photo.

