

Fruit Salad



Select **4 or 5** fruits to make a fruit salad. You can use fruits from the list below or any other fruits of your choice. Fruit salads are a fantastic way of helping you to eat 5 portions of fruit and vegetables each day. Fruits are low in fat and rich in many vitamins and minerals. Fruit salads are great for a healthier snack or dessert.

Ingredients:

200ml Orange or Apple Juice

6 Seedless Grapes

1 Apple

1 Banana

1 Clementine

1 Kiwi

1 Mango

1 Orange

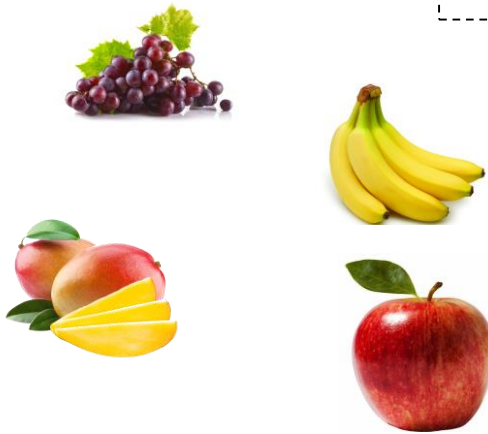
1 Peach

1 Pear

½ Can Pineapple Pieces

Lemon Juice: School to Provide or 1 Lemon

Please bring a liquid tight container to take your fruit salad home in.



Method:

1. Prepare the fruit of your choice:
 - Peel the clementine / orange and separate into segments.
 - Cut the grapes in half and remove any seeds.
 - Peel the kiwi fruit and slice.
 - Peel the mango / peach and slice around the stone.
 - Peel the banana and slice carefully.
 - Quarter the apple / pear, remove the core and slice.
 - Open the can of pineapple and slice is necessary.
2. Place all the fruit in your container.
3. Add the orange / apple juice and lemon juice, mix together.

Adaptations:

- Add different fruits such as strawberries, raspberries, plum and melon.
- You could open a can of mandarin oranges and add the other freshly prepared fruit to it. You could leave out the fresh orange / apple juice.