

Date.....

Fresh Fruit Salad



Ingredients

$\frac{1}{2}$ a lemon or 1 to 2 teaspoons of lemon juice.
2 to 3 cartons of fruit juice (250mls)

Choose any 5 of the following:

- 1 Red Apple
- 1 Green Apple
- 1 Pear
- 1 Banana
- 1 bunch of grapes (green, red or black)
- 1 Kiwi fruit
- 1 Orange
- Strawberries
- 1 Melon

Skills

Fruit preparation
Peel
Core
Deseed
Slice
Dice
Chop

Also, bring in a leak proof container to take your Fruit Salad home in.

Method

- Collect equipment - green chopping board, knife.
- Place the fruit juice in a container and add lemon juice (not too much!)
- Wash your fruit.
- Cut up apples and pears and place in the bowl-you will need to carefully remove the core.
- Prepare your orange and separate the segments and place into the bowl as shown by your teacher.
- Peel and cut your Kiwi fruit in to bite size pieces and place in the bowl.
- Grapes and strawberries can be left whole or sliced into halves or quarters depending on the size.
- Cut the melon into quarters and remove the seeds with a spoon. Cut into bite size pieces and slice from the skin.
- Peel and slice the banana and place in the bowl. Carefully and gently mix the fruit with a tablespoon
- Wash, tidy and put away all equipment