

# Fruit salad

Food group: Fruit and vegetables  
Age group: 5-6 years

## Equipment

Colander

Chopping board

Table knife

Large bowl

Mixing spoon

Measuring spoons



## Making fruit salad

### Step 1:

Wash the strawberries and grapes.

### Step 2:

Peel the satsumas and separate into segments.



### Step 3:

Pull the stalks from the strawberries.

### Step 4:

Halve each strawberry. **ADULT SUPPORT.**



## Ingredients

**Makes: 4 servings**

5 strawberries

8 seedless red grapes

8 seedless white grapes

2 satsumas

2 bananas

2 x 15ml spoons orange juice

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**Step 5:**

Pull the grapes off the stalks.

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**Step 6:**

Peel the bananas and slice carefully into small pieces. **ADULT SUPPORT.**



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**Step 7:**

Place all the fruit in a bowl and mix together.

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**Step 8:**

Add the orange juice.



### Handy hint

Try using different types of fruit such as peeled and sliced kiwi, chunks of fresh mango or canned pineapple pieces.

The cooking skills and recipes have been developed in collaboration with the British Nutrition Foundation

[tesco.com/eathappyproject](https://tesco.com/eathappyproject)

