Fruit salad



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

Equipment



Colander

Measuring spoons

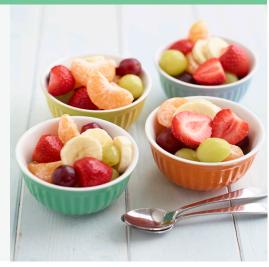
Chopping board

Table knife

Large bowl

Mixing spoon





Making fruit salad



Step 1:

Wash the strawberries and grapes.



Peel the satsumas and separate into segments.



Ingredients



Makes: 4 servings

5 strawberries

8 seedless red grapes

8 seedless white grapes

2 satsumas

2 bananas

2 x 15ml spoons orange juice



Step 3:

Pull the stalks from the strawberries.

Step 4:

Halve each strawberry. **ADULT SUPPORT**.



Step 5:

Pull the grapes off the stalks.

Step 6:

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



Step 7:

Place all the fruit in a bowl and mix together.

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



