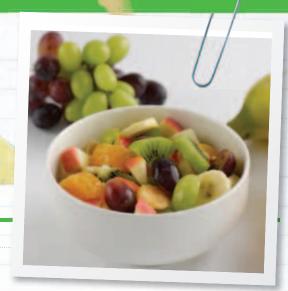
Chopped (6) fruit salad



Serves 4

- 1 clementine
- 6 red grapes
- 6 green grapes
- 1 kiwi fruit

- 1 apple
- 1 banana
- 2 x 15ml spoons orange juice



Equipment



Method

- 1. Peel the clementine and separate into segments.
- 2. Cut the grapes in half and remove any seeds.
- 3. Peel the kiwi fruit and slice.
- 4. Quarter the apple, remove the core and slice.
- 5. Peel the banana and slice.
- 6. Place all the fruit in the mixing bowl.
- 7. Add the orange juice and mix together.



Top tips

- * Try using different types of fruit such as sliced peaches, chunks of fresh mango or canned pineapple pieces.
- * Use other types of fruit juice instead of orange juice.
- * Cut the fruit into very small, even sized pieces to make a fruit cocktail.
- * Go for seasonal fruits!

Skills

Using a Knife

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Peeling.

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Measuring.





EAT FOR HEALTH

- * On your way to 5 A DAY!
- * Fruits are low in fat and rich in many vitamins and minerals.
- * Have this as a healthier snack or dessert.

TAKE CARE!

Wash the grapes and apple before using them.