Fruit Salad

What You Need:

- ☺ 100g strawberries
- ☺ 12 **Dried apricots** – cut in quarters
- ☺ 3 Kiwis – peeled and chopped
- ☺ 100g Blueberries
- ☺ 2 clementine's or 1 small tin of mandarins (peeled and segmented if fresh)
- ☺ Small tin pineapple chunks, in natural juice
- ☺ Melon



What You Do:

1. Wash peel and chop fresh and dried fruit and put into a mixing bowl
2. Pour or spoon tinned fruit with juice, into bowl
3. Mix together
4. To serve, spoon into bowls
5. Add yoghurt if desired

Try these different ideas to make fruit salad fun









Try using different combinations of seasonal fresh fruit, dried fruit and tinned fruit.

Try making fruit kebabs, sharks, caterpillars or rainbows

Could serve with natural yoghurt

Allergen Information:

If yoghurt added, Contains Milk

May contain Sulphur Dioxide

Skills development:

Food Awareness – Specific Cooking Skills:

Basic: Spooning

Intermediate: Mixing together, cutting soft ingredients

Advanced: cutting ingredients with a knife, scooping, peeling

Food Awareness – General Cooking Skills:

Basic: Wash own hands
Wash foods
Recognise basic foods

Advanced: Identify equipment;
Recognise common ingredients;
Follow basic food hygiene instructions