

FRESH FRUIT SALAD

INGREDIENTS

- A selection of fresh fruit eg. 1 banana, 1 orange, 1 apple, a few grapes
- 1 small carton of fruit juice

UTENSILS

- 1 chopping board
- 1 vegetable knife or a serrated knife
- 1 vegetable peeler
- some newspaper



Remember to bring a plastic tub or box with a lid to take it home in

METHOD

1. Get out your equipment and your ingredients.
2. Wash each fruit where you will eat the skin.
3. Prepare each fruit , **REMEMBER** 1. Cut **DOWN** onto the board 2. Peel into the newspaper, keep the board clean for cutting. 3. **TRAINS and TUNNELS !**
4. Arrange the fruit in your container .
5. Pour the juice over the fruit carefully.