

Fruit Salad

Ingredients

1 clementine
 6 red grapes
 6 green grapes
 Half a kiwi fruit
 Half a banana
 Half an apple
 Orange juice

Equipment

Knife, chopping board, bowl, measuring spoons, spoon.

Method

1. Peel the clementine and separate into segments put in the small bowl.
2. Cut the grapes in half and remove any seeds and add to the bowl.
3. Peel the kiwi fruit and slice, add to other fruit
4. Peel the banana and slice placing in the bowl.
5. Quarter the apple, remove the core and peel (if wanted) then and slice.
6. Add the orange juice and mix together.

Top tips

Wash the grapes and apple before using them.

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.

Skills

Bridge hold	Stirring/mixing	Measuring	Peeling	Slicing
Separating	Claw grip			