

Ingredients needed for: _____ Name: _____

FRUIT SALAD

Ingredients

1 apple
1 orange
1 pear
150g of any other fruit you would like, eg: 2 kiwi fruit, handful berries, small piece melon
50ml orange/pineapple juice

Equipment

Knife
Chopping board
Non slip mat
Peeler
Jug

Method

- 1.** Wash any fruit you will not be peeling, eg. apple.
- 2.** Measure fruit juice in jug and pour into container.
- 3.** Quarter and remove core from apple, cut into even sized pieces approx, 1cm square, stir into juice.
- 4.** Peel, quarter and remove core from pear, cut into even sized pieces approx. 1cm square, stir into juice.
- 5.** Peel orange, separate segments and cut into 2 or 3 pieces, stir into juice.
- 6.** Prepare and other fruit and stir into juice.