

Fruit Salad

Ingredients

1 apple
1 pear
1 orange
small bunch of grapes
kiwi fruit
1 Banana

Please
bring a
selection
of 4 or 5
fruits
ONLY

200ml of fruit juice eg Apple /Orange
1 lemon or lemon juice



Aim Higher

Try preparing a piece of fruit
with a stone in: peach, plum or
nectarine

Equipment

All equipment is provided by school

**Remember to bring a container
from home with a tight fitting
lid.**

Method:

1. Wash the fruits that have edible skins on.
2. Cut the lemon in half and collect some juice in the lemon squeezer.
3. Put the juice from the lemon onto a plate.
4. Prepare the fruits carefully:

Apples/ Pears- core and slice, coat in lemon juice on the plate and transfer to the mixing bowl.

Grapes- Cut in half and remove any pips

Orange- Peel and segment and put slices in the bowl.

Banana- peel and slice and roll in lemon juice.

★ Peach/plum/nectarine- Carefully slide knife in a circle around the centre of the fruit, so that the knife is touching the stone. Twist the 2 halves in opposite directions to separate and then prise out the stone. Cut into even sized chunks.

5. Mix all of the fruit together in the container and ensure no pips or pith can be seen.
6. Pour over the fruit juice.