

Fresh Fruit Salad



⌚ Prep: 20 minutes

⌚ Cook: 0 minutes

🍴 Serves: 4

Recipe info

Ingredients

125ml fresh fruit juice

Choose a selection of fresh ripe fruits, for example:

- 1 Banana
- 1 Eating apple
- 1 Pear
- 1 Orange
- 1 Kiwi fruit
- 6 Grapes
- 4 Strawberries

Equipment

Measuring jug

Mixing bowl

Chopping board

Sharp knife

Mixing spoon

Serving bowl

Description

Fresh fruit salad is made with a selection of ripe fresh fruit in fresh fruit juice.

Method / What to do

1. Place some of the fresh fruit juice in a mixing bowl.
2. Peel and slice the banana evenly. Put in bowl with juice. Ensure it is coated with juice.
3. Cut apple into quarters, remove core and chop evenly. Add to the bowl and coat with juice. If using pear, do the same.
4. Peel the orange and slice into neat slices or pieces, add to the bowl.
5. Peel and slice kiwi fruit, add to the bowl.
6. Cut open grapes and remove pips. Add to the bowl.
7. Transfer the fruit and juice to a serving bowl.
8. Wash the strawberries and use whole or sliced to decorate top.
9. Add more fresh fruit juice if needed.
10. Refrigerate until served.

Teaching points

- ⦿ Lemon juice helps prevent apples, pears and bananas going brown.
- ⦿ Use satsumas or clementines instead of oranges; they are easier to peel for younger pupils.

Variation

- ⦿ Use fruits in season – they are cheaper and usually fresher.

