

Rainbow Fruit Salad

You will need -

Colander - for washing and draining fruit & vegetables
Chopping Board
Knife and/or Kitchen Scissors
Tea Spoon
Spoon
Citrus Juicer
Bowl - for your fruit salad
Bowl - for your food waste

Ingredients -Fruits -

(you can use any you like, remember to choose lots of different colours & have a go at trying something new)

Strawberries
Kiwi Fruit
Grapes
Banana

Dressing -

Lemon
Ground Ginger

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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Method -

1. On a chopping board use the claw grip to cut the stalks off your strawberries
2. Use the bridge hold to cut your strawberries into quarters (if you want to cut smaller pieces use your claw grip)
3. Place as much as is needed into your bowl
4. Repeat your bridge hold to cut a kiwi fruit in half
5. Push a teaspoon into the kiwi next to the skin and circle around the edge to remove the edible fruit from the skin
6. Remove the skin place in your food waste bowl
7. Place the kiwi on your chopping board and cut using the above grips to the size pieces required - add to your bowl
8. Cut as many grapes as required using the bridge hold in half or quarters - or leave whole for a chunkier fruit salad
9. Peel a banana and use the claw grip to cut into slices
10. Add as much of your prepared fruit as you require to your bowl and mix together with a spoon

Dressing -

1. Cut 1 lemon in half using the bridge hold
2. Use a citrus juicer to squeeze all the juice from half a lemon - if you don't have a juicer, hand squeeze the lemon juice directly over your salad
4. Add some ground ginger to your lemon juice and mix together or sprinkle directly over your salad
5. Drizzle over your fruit salad and allow to soak though

Notes -

Add other food groups to create different flavors and textures, such as fat free yogurt, chopped nuts or natural honey instead of the dressing

If not eating immediately cover and refrigerate - eat within a day