

Fruit Salad

Ingredients (choose 6 of the following)

1 small orange (clementine or satsuma)
6 red grapes
6 green grapes
1 kiwi fruit
1 apple
1 pear
1 peach, plum or apricot
1 small can of fruit
3 melon or pineapple fingers

125ml fresh orange or apple juice

Notes

- **Don't forget your apron**
- **Do not bring whole pineapple or melon, please cut into a quarter section**
- **Please bring 2L plastic container to take home**
- **Check allergies of consumer before serving**
- **Please wash fruit at home**

Method

- 1) Peel the orange and divide into segments. Cut segments in half and add to container.
- 2) Add the orange or apple juice and mix together.
- 3) Cut the grapes in half and remove any seeds.
- 4) Peel the kiwi fruit and slice.
- 5) Quarter the apple or pear, remove the core and slice.
- 6) Prepare any other fruits, ask your teacher for a demonstration.
- 7) Place all the fruit in a bowl and mix.

