



Fruit salad



Method

1. Chop the strawberries in half using the bridge technique.
2. Peel the skin from the oranges. Cut the orange segment in half.
3. Cut up the apple into smaller pieces.
4. Slice a criss-cross pattern on the inside of the mango cheek.
5. Turn the mango cheek inside out and cut off the cubes.
6. Add all of the ingredients to the bowl. Combine.
7. Add some lemon juice to the fruit.
8. Put your fruit in to your cup and enjoy!

Ingredients:

- Apple
- Strawberry
- Mango
- Orange segments
- Lemon juice

Equipment:

- Chopping board
- Knife
- Plate
- Grater
- Bowl

Vocabulary



Bridge method - making a bridge with your fingers to hold the food you are cutting. Usually used to cut items in half.

Combine - to mix together.

Challenge

Which other fruit would you like to use in your fruit salad?