

## YEARS 4, 5 AND 6

Theme: 'Healthy Breakfast'.



Recipe 1 – Note: All competitors should make this recipe.

FRUIT SALAD – serves 4 - 8.

### INGREDIENTS

Choose a selection of fresh, ripe fruits  
e.g  
banana  
pear  
eating apple  
green and red grapes - seedless  
orange  
kiwi fruit  
strawberries – washed  
2 lemons  
250 – 300ml unsweetened apple juice

### EQUIPMENT

sharp knife  
chopping board  
lemon squeezer  
peeler  
mixing bowl  
tablespoon  
serving bowl

### HOW TO MAKE IT

1. Prepare the fruit. Place the juice of 2 lemons in a mixing bowl. Peel and evenly slice the banana, put it in the bowl and coat with lemon juice.
2. Cut the apple into quarters and remove the core. Chop the apple evenly. Add to the bowl and coat with lemon juice. If using pear, do the same.
3. Peel the orange thickly and neatly slice or cut into pieces. Peel and slice the kiwi fruit and put to one side with the strawberries for decoration. Cut open the grapes, check for pips and remove them. Add to the bowl.
4. Transfer the fruit and lemon juice to the serving dish. Add the apple juice. Decorate with kiwi fruit and whole or sliced strawberries.

The judges will consider the following during the preparation of this recipe:

- Careful and safe use of knives.
- Even and neat slicing and chopping of the fruit.
- The size of the cut fruit, not too big or too small.
- The appearance of the finished fruit salad – it should look neat, fresh, bright and sparkling!

Note: No advance preparation of ingredients is allowed.