












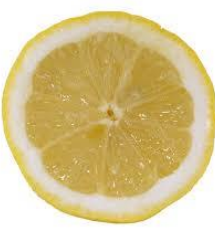

## Fruit Salad

Fruit Salad is a fun way to eat more fruit. Don't worry if it makes a big amount, fruit salad can be kept safely in the fridge for a few days. You don't have to use the fruit listed below, use whatever you have in the house and make sure to use what you like to eat!

Materials you will need:			
Mixing Bowl	Big Spoon	Chopping Board	Knife
			

Fruit:				
Bananas	Strawberries	Kiwis	Mandarins	Lemon
				

What to do:	
1. Rinse your strawberries in cold water and let them dry off.	
2. Peel the bananas, mandarins and kiwis.	
3. Using the knife, <b>carefully</b> and with an <b>adult's help</b> , chop the strawberries in half.	

<p>4. Chop the banana and the kiwi into discs.</p>	
<p>5. Break the mandarins into segments.</p>	
<p>6. Put all the fruit into the large mixing bowl.</p>	
<p>7. Squeeze the juice of half a lemon over the fruit – this will stop it going brown.</p>	
<p>8. Using the spoon, mix the fruit gently.</p>	
<p>9. Eat some straight away or store it in the fridge for later!</p>	