Group .......

Making on......................................

You will also need a tub with a secure lid that wont leak!

**Fresh Fruit Salad**

**Ingredients**

* **1 x apple**
* **Handful raspberries or strawberries or grapes**
* **2 x satsumas/tangerines/clementines**
* **1 banana or 2 kiwis**
* **250ml – 500ml of fruit juice (e.g. orange, apple, tropical, grapefruit)**
* **1 – 2 tspn lemon juice**

**Method**

1. Hands washed, hair tied back, apron on. Check work surfaces are clean.
2. Set out ingredients and collect equipment.
3. Pour the lemon juice and fruit juice into your tub. (Measure your fruit juice with a measuring jug first if you need to).
4. Wash (in cold water) all fruit whose skin is not to be removed.
5. Prepare fruit according to type. For example peel, core, remove pips or stones as necessary.
6. Slice or chop fruit using the knife techniques into even sized pieces and place into the juice.
7. Stir fruit gently using a tablespoon to ensure all the fruit is coated with the lemon and fruit juice.
8. Place lid securely on to the tub to make sure it doesn’t leak!
9. Wash/dry up equipment. Wipe down work surfaces and place dirty dishcloths/towels and aprons into the washing basket.

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