

RAINBOW FRUIT SALAD

Make a colourful desert for you and your family using the colours of the rainbow.

Equipment

Chopping board

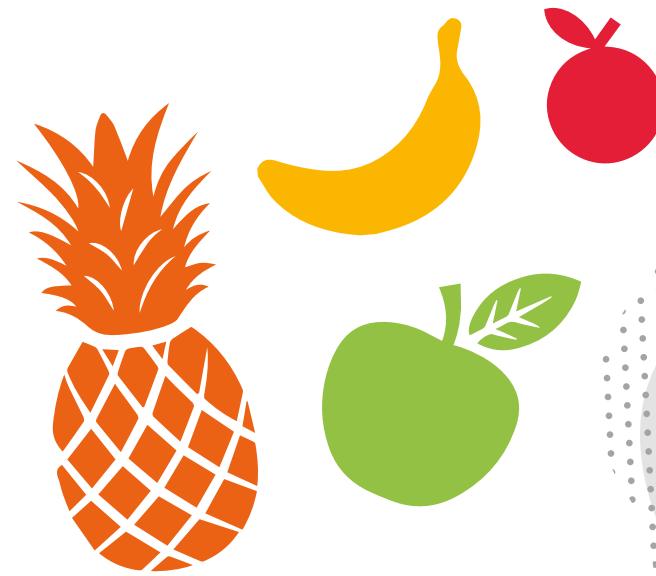
Knife (ask an adult to help you with peeling, cutting and slicing safely)

Little glasses or bowls

Ingredients

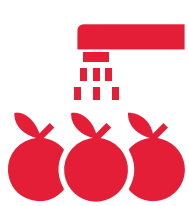
Any fruit you have:

- fresh;
- tinned; or
- frozen



Make it

1. Wash your hands.



2. Wash the fruit.

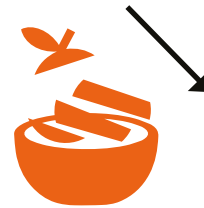


3. Defrost any frozen fruit.



4. Peel any fruit that has a skin on it, like bananas and oranges.

5. Slice up your fruit into small pieces. (Remember little children need fruit chopped or sliced small so that they do not choke).



6. Put it into your little glasses or bowls. Try putting it in layers so you make a rainbow.



7. Eat and enjoy. You could add a spoonful of yoghurt, custard or low-sugar Angel Delight for extra goodness.

