

# FRUIT SALAD

**Bridge and claw grip, chop, dice, texture, flavour, appearance**

Equipment – Vegetable knife, mixing bowl, chopping board, tablespoon

## **Ingredients**

2 -3 tablespoons fruit juice  
1 orange / tangerine  
1 apple

**Choose from at least 3 other ingredients on your tray**

Kiwi  
Pineapple  
Strawberries  
Blueberries  
Nectarine/ peach  
Plum  
Banana  
Melon  
Grapes

Plastic container to take home

## **Method**

- 1 Measure the juice into the mixing bowl.
- 2 Spanish peel the orange and cut the segments into smaller pieces. Add to the juice.
- 3 Cut the apple into quarters, core and dice. Add to the juice and stir well.
- 4 Prepare the remaining fruits and add, stirring well each time.
- 5 Check the balance for colour, flavour and texture.
- 6 Transfer the completed fruit salad into the plastic container.