

**LI: I can follow instructions and work in a safe and hygienic manner**

## Fresh Fruit Salad

### Ingredients

150ml fresh orange juice

1 mandarin orange

$\frac{1}{2}$  banana

$\frac{1}{2}$  red skinned apple

25g red grapes

### EQUIPMENT

Plate

Small measuring jug

Brown board

Chef's knife

Vegetable knife

corer

metal spoon

small bowl

### Method

1. Set out equipment and collect fruit on plate.
2. Measure the orange juice in jug and pour into small bowl.
3. Peel and slice the banana and add to the juice.
4. Peel the orange, divide into segments and add to small bowl.
5. Wash the grapes and the apple.
6. Leave the skin on the apple, core it, half it, then slice. Cut the grapes into quarters and add to rest of fruit.
7. Mix all fruits together and place in plastic box.
8. Chill in fridge.

FOOD PREPARATION SKILLS	COOKERY PROCESSES

