



FRUIT SALAD

Fabulously fresh flavours! For breakfast, lunchbox, dessert, after-school snack, supper ... a truly any-time treat!

Try different fruit combinations, depending on what's in season. Our top three combos: oranges, raspberries and blueberries; mango, apple and pomegranate; and pears, blackberries and sliced peach/nectarine. What will yours be?



Skills Check: Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; tidy away.

Equipment: Sharp knife, chopping board, bowl, tablespoon, serving bowls

Ingredients (serves 6):

- 4 kiwi fruits
- 200g red or green seedless grapes
- 1/2 melon e.g. cantaloupe or galia
- 8 tbsp low fat natural yoghurt
- 1 pinch of ground ginger (optional)

Method

1. Wash the grapes and peel the kiwi fruit and melon.
2. Once peeled, chop the melon into bitesize chunks, slice the kiwi fruit and then halve them and halve the grapes.
3. In a bowl mix together the fruit.
4. In a separate bowl, mix together the yoghurt and ground ginger (if using).
5. Share the fruit between six serving bowls and spoon the yoghurt mix on top.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 200g serving

	ENERGY	388kJ / 92kcal	5%
LOW	FAT	0.7g	1%
LOW	SATURATES	0.3g	2%
MED	SUGARS	16.5g	18%
LOW	SALT	0.2g	3%

% of an adult's reference intake
Typical values per 100g : Energy 194kJ / 46kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about a fruit salad...

Fruit is high in a variety of vitamins, minerals and fibre, and packed with lots of different substances called phytochemicals. Phytochemicals can help protect our bodies against disease.

Yoghurt is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones. It is also a good source of protein.

