



## CARIBBEAN FRUIT SALAD

Are you looking for a healthy snack or a delicious dessert? Why not try making the Caribbean Fruit Salad?

This recipe comes from Focus on Food with kind permission. Focus on Food raises the profile and importance of food education in schools and the wider community. For further information visit [www.focusonfood.org](http://www.focusonfood.org)



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw technique safely; use a citrus squeezer; use measuring spoons; use weighing scales; tidy away.

### Allergens\*

May contain tree nuts | May contain sulphites

**Equipment:** Mixing bowl, tablespoon, chopping board, small bowl, sharp knife, grater, citrus squeezer, teaspoon, measuring spoons.

### Ingredients (serves 8):

- 1 tbsp soft brown sugar
- 1 tbsp chopped crystallized ginger
- Juice of 1 orange
- Juice of 1 lime
- 2 bananas
- 2 mangoes - 'hedgehogged'
- 1/2 Cantaloupe melon - peeled and diced
- 1/2 fresh pineapple - peeled and diced
- Juice of 1 lemon
- 25g shredded coconut - optional

### Method

1. Put the sugar, ginger and the citrus juices in the mixing bowl. Mix together.
2. Peel and slice the bananas. Add to the juice and stir to coat the slices. Add all the remaining prepared fruit.
3. Add the coconut (if using). Serve immediately.

### TIPS:

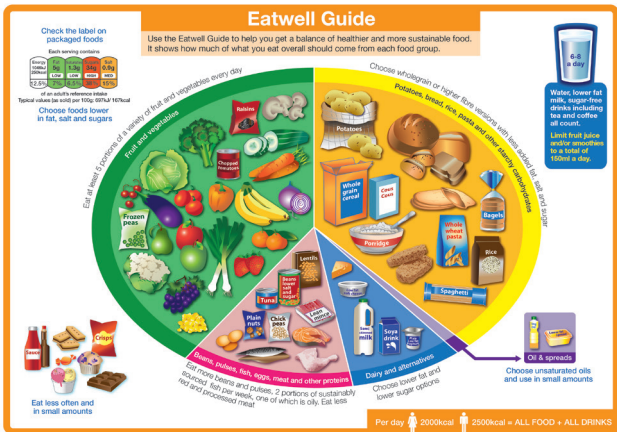
- Take care when preparing the fruit. Juicy fruit is difficult to hold and slice.
- The citrus juices prevent the bananas from turning brown.

\* (please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use)



## CARIBBEAN FRUIT SALAD

### 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

<b>ENERGY</b>	484kJ / 115kcal	6%
<b>LOW</b>	<b>FAT</b> 1.5g	2%
<b>LOW</b>	<b>SATURATES</b> 1.1g	6%
<b>MED</b>	<b>SUGARS</b> 21.2g	24%
<b>LOW</b>	<b>SALT</b> Trace	<1%

% of an adult's reference intake  
Typical values per 100g : Energy 242kJ / 57kcal

### 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 Caribbean 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.

