

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 50ml Orange juice
- 1 x banana
- 1 x apple
- 1 x orange
- Strawberries
- ½ Mango
- Pineapple
- Dried fruit (raisins)

Equipment

- Medium mixing bowl
- Scrap bowl
- Tablespoon
- Measuring jug
- Wooden mixing spoon
- Colander
- Measuring jug
- Grater
- Green chopping board
- Paring knife
- Vegetable peeler



Fruit Salad



Ingredients

- 50ml Orange juice
- 1 x banana
- 1 x apple
- 1 x orange
- Strawberries
- ½ Mango
- Pineapple
- Dried fruit (raisins)

Method

- Wash your fruit
- Pour some juice into your mixing bowl
- Zest your orange
- Prepare your fruit by peeling and chopping/slicing – Bridge and Claw methods.
 - *Think about which fruits you should prepare first (you don't want them to go brown)*
- Segment your orange.
- Cut your strawberries in half and place into your bowl.
- Cut your mango Hedgehog style
- Prepare and chop/slice your apple – Bridge and claw.
- Peel your banana and slice..
- Cover the cut fruit with your fruit juice.