



Fruit Salad



Ingredients

1 banana, sliced
1 apple, sliced
1 orange, segmented
4 strawberries, quartered
10 grapes, halved
1 kiwi fruit, sliced
100ml unsweetened orange juice

Equipment

Chopping board, knife, spoon, mixing bowl and measuring jug.

Method

1. Wash the fruit.
2. Prepare the fruit and place into a large serving dish.
3. Add orange juice.

Nutrition Information

Fruit Salad	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	210	1297	648
Energy (kcal)	50	310	155
Protein (g)	0.8	5.1	2.6
Fat (g)	0.2	1.1	0.5
of which saturates (g)	0.0	0.1	0.0
Carbohydrate (g)	12.0	74.3	37.1
of which sugars (g)	11.6	71.9	36.0
Fibre (g)	1.2	7.7	3.8
Sodium (mg)	5	28	14
Salt (g)	0.0	0.1	0.0

Notes

Key Messages

Healthy eating

- Add as many fruits as possible to your fruit salad to increase variety and use fruit juice instead of syrup to keep the sugar content low.
- Fruit salad is low in fat and provides plenty of vitamins.
- One small bowl of fruit salad counts as one portion towards your 5 A DAY.

Money

- Use fruit in season.
- Long life fruit juice is generally cheaper than freshly squeezed juice.
- Use a can of fruit salad, canned in juice, as a base.

Food safety

- Always wash fresh fruit thoroughly.