FRUIT SALAD

Let's go to the market to buy ingredients for your lunch. But first let's practice the following dialogues with a partner and play some fruity games.



Role Plays 'at the market':

- You are your partner are arguing about the price of a melon.
- You go to the market to buy some tomatoes and you realize that they are all mushy and squashy in the bag. You complain.
- You are at a market and you see a really weird fruit and ask what it is.
- You ask for lots of different fruits at the market but then when you go to pay for them you realize you forgot your purse!

Games

- **Team game** – In teams, think of food for letters of the alphabet. The first team to finish wins.
- **Pictionary** –Draw food, the first to guess wins the point.
- **Fruit Salad Competition** - Vote for taste and presentation and vitamins!

Fruit salad

This colourful fruit salad is a fresh and tasty way to start the day.

Ingredients

- selection of different coloured fruits: satsumas, bananas, strawberries, kiwi fruit, blueberries, seedless grapes (about 90 g (3 oz) per person)
- teaspoon of lemon juice
- 125 ml (4 fl oz) unsweetened fruit juice

You will need

- kitchen paper
- sharp knife
- cutting board
- teaspoon
- peeler
- mixing bowl
- mixing spoon
- bowl and spoon

Handy hint

Different coloured fruits and vegetables contain a variety of vitamins and minerals (see page 5).

Before you start

- Wash the fruit and pat it dry on kitchen paper.



Satsumas
- Take off the peel.



- Divide into segments.



Bananas
- Peel and slice. Toss in the lemon juice to stop the slices going brown.



Strawberries
- Take off the leaves and stems. Cut in half.



Kiwi fruit
- Using the peeler, take off the peel.



- Cut into slices. Cut the slices into half, and then in half again.



Grapes
Cut in half.

- Put the prepared fruit into the mixing bowl with the unsweetened fruit juice. Mix together.



Serve in a plain bowl to show up all the lovely rainbow colours.

