

Jr. Chef Club II
Focus on Fruits
Lesson 6

Fresh Fruit Salad

Makes enough to provide a sample for 25–30 students.

Keep in mind that the students will be using plastic cutlery and/or butter knives. Choose and prep fruits accordingly (i.e. melons should be ripe so students can scoop out the fruit easily and apples should be cut into small enough slices that the students can chop them). Make sure you have enough fruit to make about 6 cups once it has been cut.

Ingredients:

Choose 2 or more of the following fruits, depending on season:

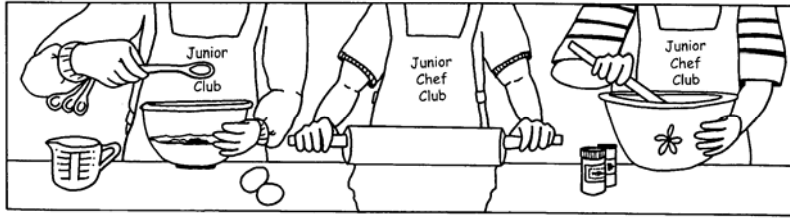
- 2 apples, any kind
- 2 bananas
- 2 oranges or can of mandarin oranges
- 2 cups chopped honeydew melon
- 2 cups cantaloupe
- 2 cups chopped watermelon
- 4 kiwi fruits

Sauce:

- 1 lime
- 2 tablespoons honey

Directions:

1. Cut honeydew and/or cantaloupe melon in half. Scoop out the seeds and strings with a spoon and discard.
2. Scoop out the flesh of the melons with a melon-scoop or spoon.
3. Peel and cut kiwi and/or bananas into bite-sized pieces.
4. Cut apples and/or watermelon into bite-sized pieces.
5. Put all fruit into a mixing bowl.
6. Cut limes in half. Squeeze lime juice into with a citrus juicer or by hand.



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5. Put all fruit into a mixing bowl.
6. Cut limes in half. Squeeze lime juice into with a citrus juicer or by hand.
7. Stir honey into lime juice with fork or whisk.
8. Pour lime mixture over fruit and gently toss fruit to coat. Serve chilled.