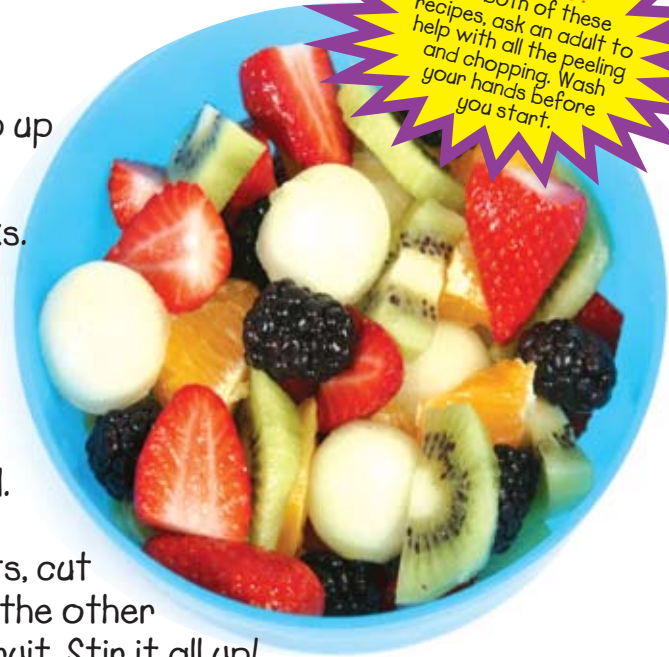


Rainbow 5 fruit salad

Serves 2-3

You need: • a chopping board • a small sharp knife • a melon baller (if you have one) • a bowl • half a small melon • a few strawberries • a few blackberries • 2 kiwi fruit • 2 oranges

- 1 Ask an adult to cut the melon in half. Use your melon baller to make some melon balls, or, chop up the melon instead. Put the melon in your bowl.
- 2 Wash the strawberries and take off the stalks. Cut the strawberries in half then add them to the bowl.
- 3 Wash the blackberries then add them to the bowl.
- 4 Peel and chop the kiwi then add it to the bowl.
- 5 Peel one of the oranges, break it into segments, cut these in half then pop them into the bowl. Cut the other orange in half and squeeze its juice over the fruit. Stir it all up!



WARNING!
For both of these recipes, ask an adult to help with all the peeling and chopping. Wash your hands before you start.

Traffic light lollies

Makes 6-8 lollies (depending on mould size)

You need:

- 6 strawberries or other soft red fruit
- 1 mango or other soft orange fruit
- 2 kiwi fruit or other soft green fruit
- a small sharp knife
- a plate
- a fork
- an ice lolly maker with 6 to 8 moulds
- a freezer!

1

Take the stalks off the strawberries, wash them then crush them on a plate with a fork.

2

Put the crushed strawberry into the bottom of each lolly mould so that it comes about a third of the way up the mould.

3

Peel the mango, cut the flesh from the stone then roughly mash the flesh with your fork. Put the mango on top of the strawberry so the moulds are two-thirds full.

4

Peel and crush the kiwi, put it on top of the mango then put a lolly stick through the middle of each mixture. Pop the moulds in the freezer and wait for your lollies to freeze.

SLURP!

