

Lesson 1B Rainbow Fruit Salad

Materials Required:

- Cutting boards
- Child safety knives
- Bowls
- Colander
- Forks and/or spoons and napkins
- Cleaning supplies

- 1) Wash hands and start recipe
- 2) Wash fruits and vegetables

Tips:

- Rinse all produce under running water before cutting, cooking, or eating reminding students that this helps to remove germs and bacteria.
- Dry produce with a clean cloth towel or paper towel reminding students that this also helps reduce bacteria.
- Many pre-cut, bagged or packaged produce items like lettuce are pre-washed and ready to eat. If so, it will be stated on the package, and the produce can be used without further rinsing.
- Using a colander is an easy way to wash berries and other fruits and vegetables that are delicate or very small. Rinse under running water and gently stir with your hands to remove dirt and other items from your fruit or vegetables.
- Demonstrate knife safety and safe ways to cut up fruit

Recipe:

Ingredients: Assorted fruit (will vary according to availability)

1. Cut fruits and mix together
 2. Let chill for a few minutes
- 3) Clean up
 - 4) Quick review: Talk about different tastes, textures, and colors in fruit salad

Optional activities for this lesson (see back of booklet):

- Tour School Garden
- Video: Hooray 4 Fruits and Veggies
- Physical activity: The Colorful Fruits and Veggies Game