

Culinary Skills



Measuring



Mixing



Cutting



Rainbow Fruit Salad

Servings: 1 per child



Ingredients:

- 1 whole strawberry
- 1 canned apricot half
- 1/4 cup pineapple chunks
- 1/4 cup blueberries

Dressing:

- 1 tablespoon honey

Supplies:

- Cutting board
- Measuring cups
- Mixing bowl
- Mixing spoon
- Table knife
- Pizza cutter

Directions:

Adults will:

- Rinse strawberries and blueberries.
- Place fruit in large separate bowls.

Children will:

1. Measure fruit onto cutting board.
2. Cut strawberry, apricot, and pineapple into small pieces.
3. Add fruit to mixing bowl.
4. Measure and add honey to fruit mixture.
5. Stir well.

