

# Rainbow fruit salad cups!

Have fun making some quick, easy and healthy fruit salad cups

## Ingredients:

(These are our suggestions but any fruits would work)

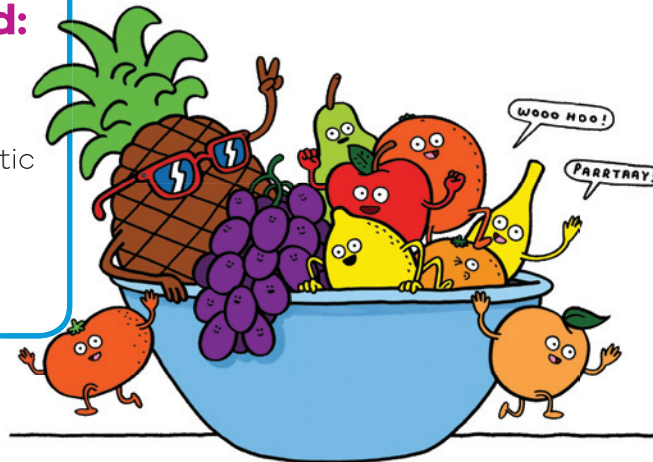
- 2 bananas
- 2 tangerines
- 1 pear
- Handful of strawberries
- Small bunch of grapes
- 1 pineapple
- 2 apples
- 1 lemon or lime

## How to make them:

1. Wash your hands and also each of the fruits under cold water to make sure they are clean.
2. Using the chopping board, carefully, chop, cut and peel each of the fruits as needed and place them into the large mixing bowl. **Tip!** - the smaller you cut the pieces the more of each fruit you will be able to fit in your cup.
3. Using the large spoon, gently mix all of the fruits together in the bowl and watch the rainbow of fruits come together.
4. Cut the lemon or lime in half and squeeze the fresh juice all over the fruit salad to give it an extra tang!
5. Finally, scoop out a serving of the fruit into your cup and sit back and enjoy your yummy snack whilst reading the story again!

## Equipment you will need:

- Small plastic cups or bowls
- Chopping board
- Knife for cutting (preferably plastic for children)
- Large mixing bowl
- Large mixing spoon



## Why not:

- Discuss your favourite flavours in the fruit.
- Talk about where you think the fruits come from and how they grow.
- Make a list of some other easy healthy snacks you could make next.

We would love to see you making and shaking your fruity maracas! Please send photos to: [timetoread@booktrust.org.uk](mailto:timetoread@booktrust.org.uk) or tweet [@Booktrust](https://twitter.com/Booktrust) using [#timetoread](https://twitter.com/timetoread).