

Fresh Fruit Salad with Custard

- Feeds 2



Ingredients



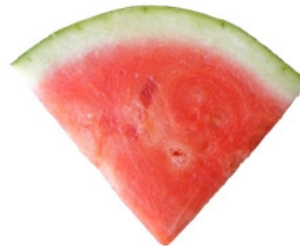
¼ lemon



1 slice rock melon



½ apple



1 slice watermelon



1 passionfruit



½ orange



¼ banana



½ cup custard

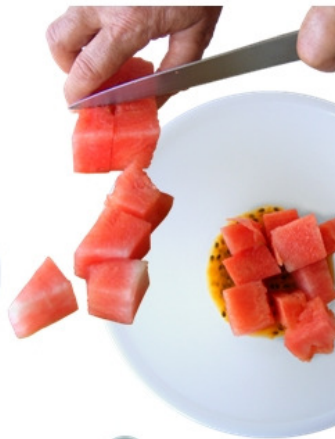
Equipment



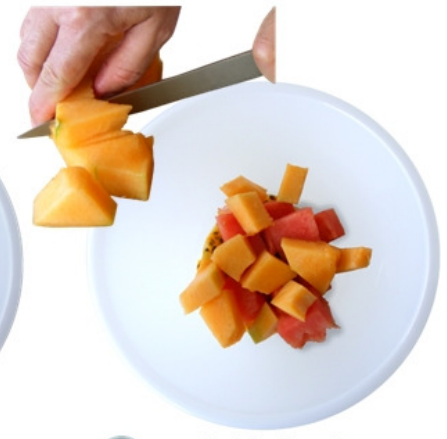
Preparation



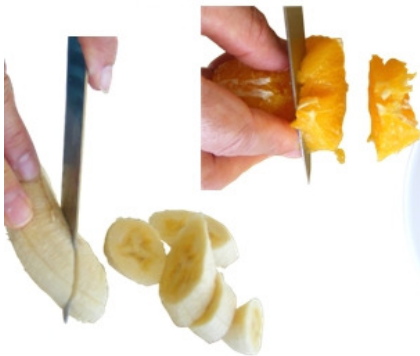
1 Add lemon juice and the pulp of passionfruit



2 Add diced watermelon



3 Add diced rock melon

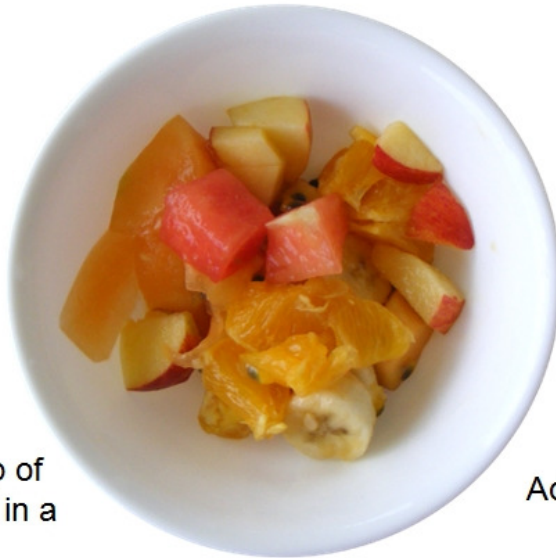


4 Add sliced orange and banana



5 Add diced apple

Serve



6

Put 1 cup of
fruit salad in a
bowl

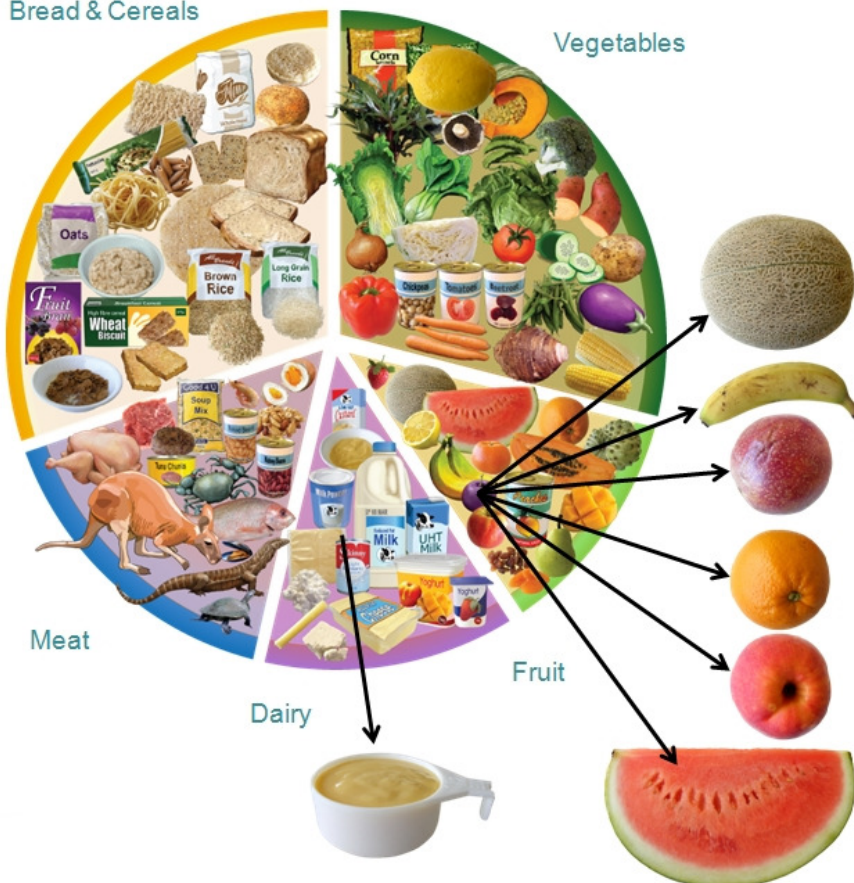
7

Add ½ cup of
custard

Food groups

Bread & Cereals

Vegetables



Serves in fruit salad with custard



1 serve of fruit



½ serve of dairy

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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