

# Fresh Fruit salad for one

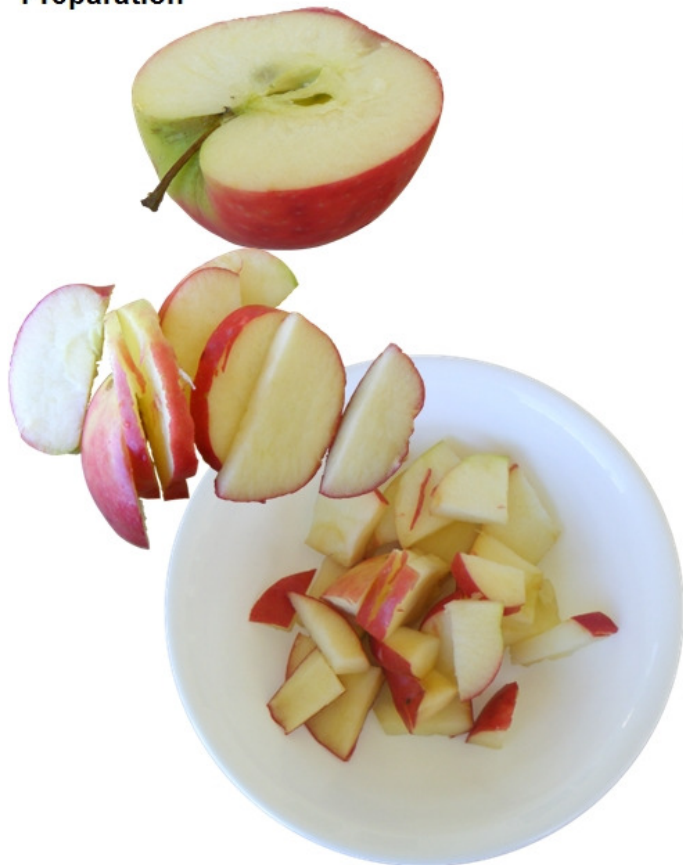
- Feeds 1



## Equipment



## Preparation



1 Add half a sliced apple

## Ingredients



½ banana



½ apple



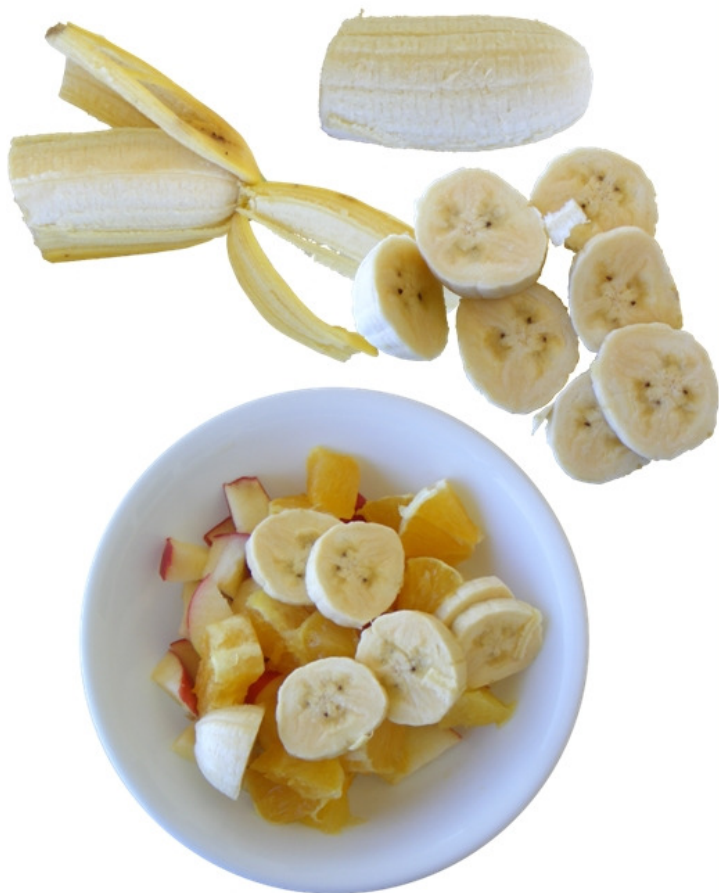
½ orange



½ cup custard



2 Add half a diced orange



3 Add sliced banana

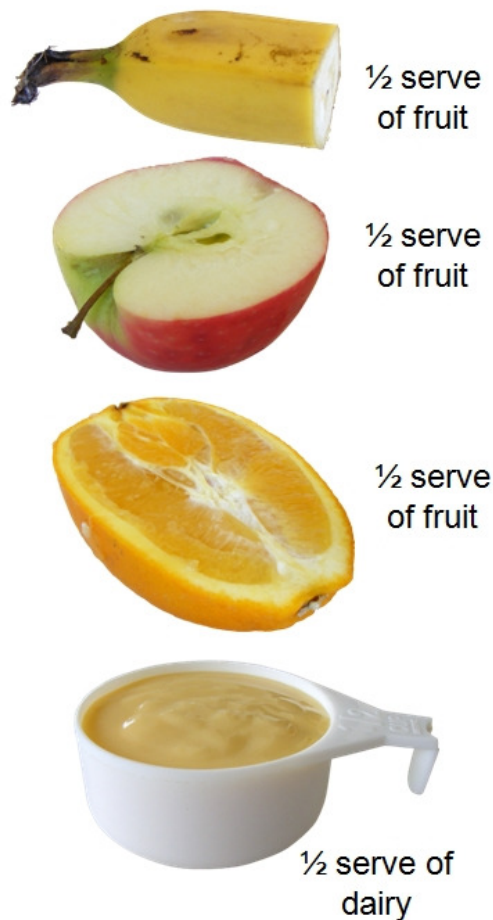


4 Add half cup custard & serve

Good food plate



Serves in fruit salad with custard





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

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **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.

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