

Fresh Fruit salad for one

- Feeds 1



Equipment



Preparation

Ingredients



½ pear



½ apple



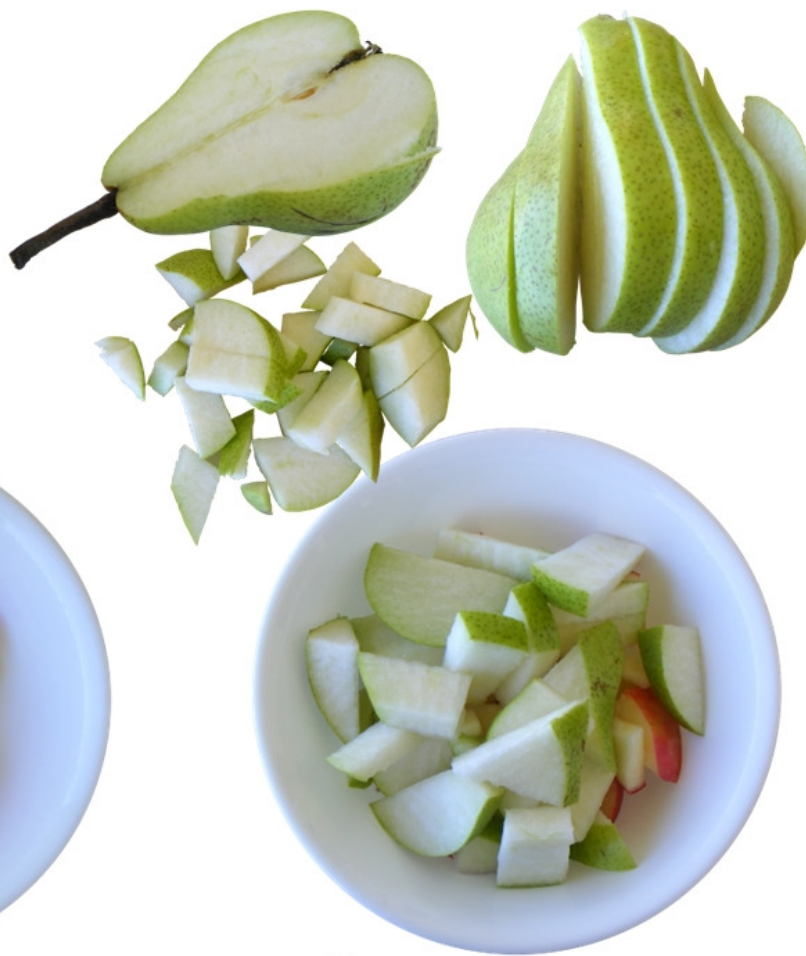
½ orange



¼ cup low fat natural yogurt



1 Add half a sliced apple



2 Add half a diced pear



3 Add diced orange



4 Mix the fruit and add yogurt

Good food plate



Serves in fruit salad with yogurt



½ serve of fruit



½ serve of fruit



½ serve of fruit



¼ serve of dairy

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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