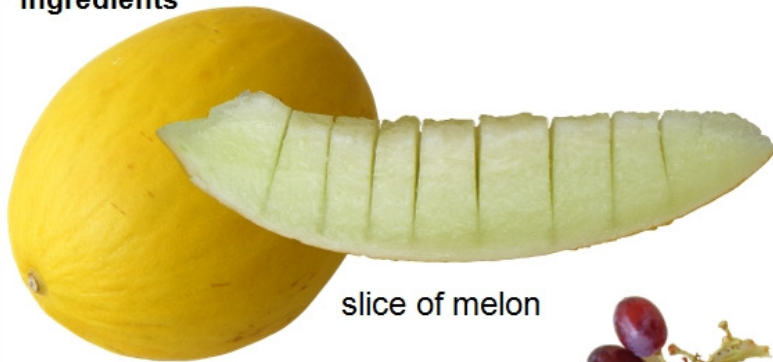


# Fresh Fruit salad for one

- Feeds 1



## Ingredients



slice of melon



½ pear



grapes

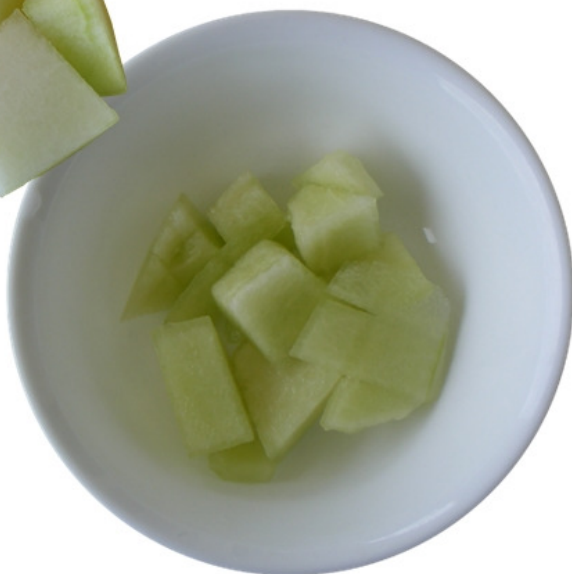


¼ cup low fat natural yogurt

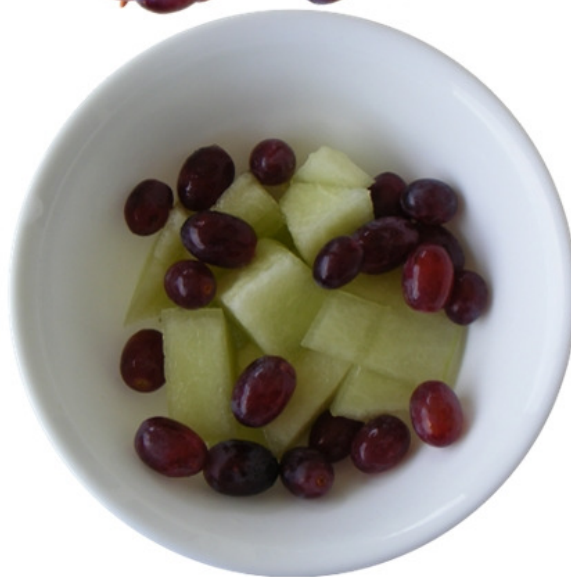
## Equipment



## Preparation



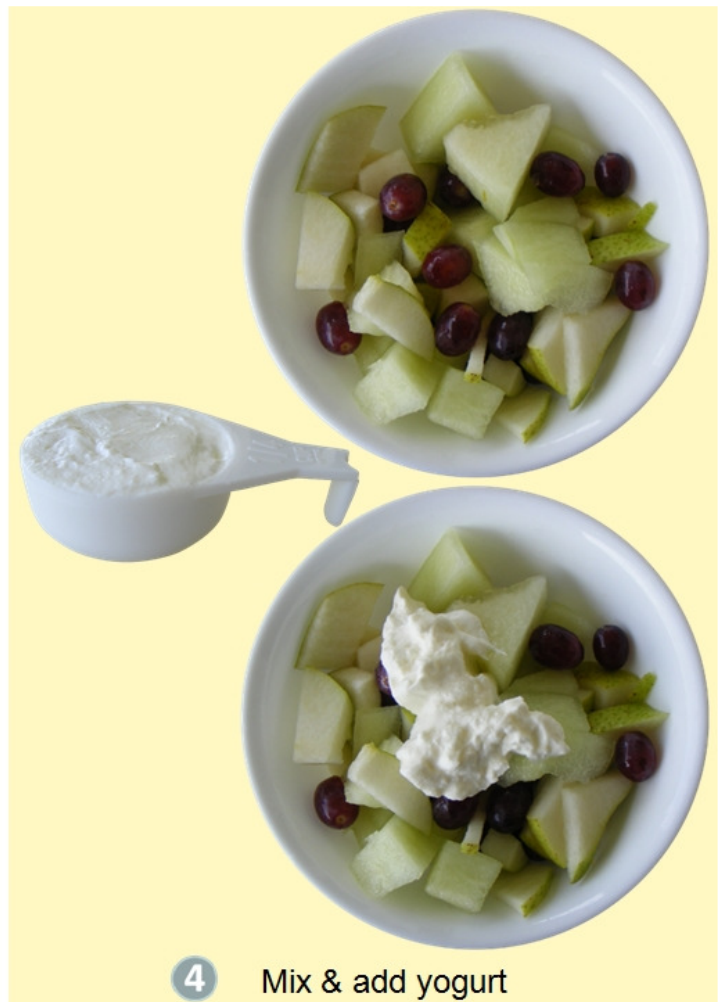
1 Add diced melon



2 Add grapes



3 Add sliced banana



4 Mix & add yogurt

Good food plate



Serves in fruit salad with yogurt



1/2 serve of fruit



1/2 serve of fruit



1/2 serve of fruit



1/4 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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