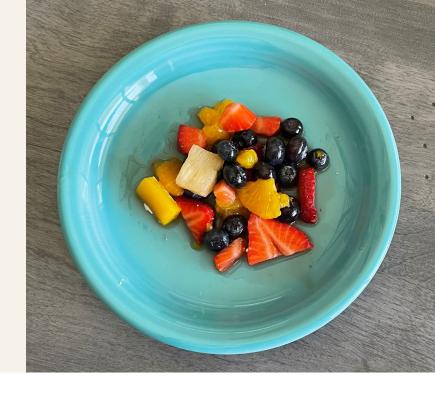


RECIPE SHEET

Culinary Skills





Rainbow Fruit Salad

Servings: 1 per child

College

Ingredients:

- 1 whole strawberry
- 1 canned apricot half
- 1/4 cup pineapple chunks
- 1/4 cup blueberries

Dressing:

• 1 tablespoon honey

Supplies:

- Cutting board
- Measuring cups
- Mixing bowl
- Mixing spoon
- Table knife
- Pizza cutter

Directions:

Adults will:

- Rinse strawberries and blueberries.
- Place fruit in large separate bowls.

Children will:

- **1.** Measure fruit onto cutting board.
- 2. Cut strawberry, apricot, and pineapple into small pieces.
- **3.** Add fruit to mixing bowl.
- **4.** Measure and add honey to fruit mixture.
- 5. Stir well.