



Fruit Salad

You will need:

- 1 medium sized bowl
- 1 red apple
- 1 green apple
- 1 fresh pineapple or tinned pineapple
- 1 banana
- 1 pear
- 1 kiwi fruit
- 2 medium sized oranges
- ½ a lemon



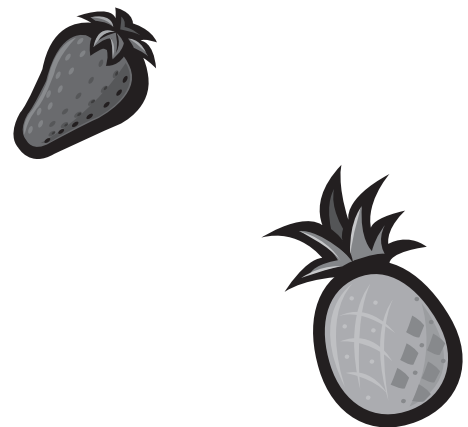
Method:

Wash apples and pears, slice into thin wedges.
Peel bananas, kiwi and pineapple cut into circles.
Place fruit in a bowl and squeeze over the juice of an orange and lemon.
Place in fridge and leave for a few hours before eating.

Ice Fruit Sticks

You will need:

- 1 packet of wooden skewers
- 1 small melon
- 1 pineapple
- 1 box of strawberries



Method:

Wash strawberries, peel and cut melon and pineapple into medium sized chunks.
Place fruit on wooden skewers and put in the frozen compartment of the fridge overnight. This is great for an evening snack while watching television.



Real Fruit Milk Shake

You will need:

Liquidiser

½ pint of milk

choose two of the fruit from the list below:

1 apple

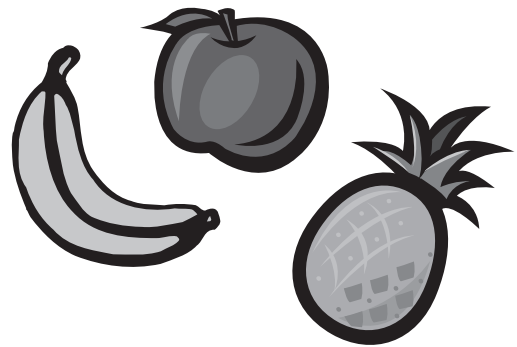
2 medium slices of melon

3 circles of fresh or tinned pineapple

1 banana

2 handfuls of strawberries

5 dessertspoons of raspberries



Method:

Peel or wash fruit of your choice and place in liquidiser. Liquidise for 30 – 40 seconds. Add ice cubs. Try this for breakfast or as a snack after school.



Vegetable Kebabs

Ask an adult to help you cook the Kebabs.

You will need:

Metal skewers

1 onion
1 red Pepper
1 green Pepper
mushrooms
1 carrot
small corn cobs
tomatoes



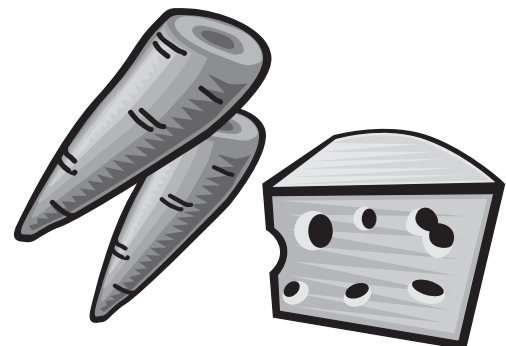
Method:

Peel vegetables and cut into large chunks. Place vegetables on skewer and cook under the grill for four to five minutes.

Dips

You will need:

2 Celery sticks
2 Carrots
Cheese
Selection of dips.



Method:

Peel carrots and wash celery sticks
Place celery, carrots and cheese on cocktail sticks and serve with dip.

Great for parties!



Vegetable Omelettes

You will need:

small glass bowl
fork to beat the eggs

2 eggs
½ onion
mushrooms
2 tomatoes
2 boiled potatoes
2 tablespoons of milk
1 tablespoon of Olive Oil
Lettuce



Method:

Put eggs in bowl and add milk, beat lightly with fork.

Cook Vegetables:

Chop onion, mushrooms and tomatoes and place in saucepan with a little oil.
When cooked add chopped potatoes and heat for 30 - 40 seconds.

Make Omelette:

Add oil to a frying pan and pour eggs into pan, shake pan gently. When eggs are cooked add vegetables to the middle of the frying pan. Fold sides over and place on plate, serve with a green salad.