

# FRUIT SALAD

## Ingredients – serves 5

- 200 g of strawberries
- 200 g of raspberries
- 200 g of blueberries
- 2 bananas
- 1 big apple
- 3 spoons of sugar

## Kitchen tools

- kitchen scales
- a cutting board
- a knife
- a peeler
- a spoon
- a big bowl
- small bowls



## Instructions

1. Wash the fruit.
2. Weigh strawberries, raspberries and blueberries.
3. Put raspberries and blueberries into the big bowl.
4. Cut strawberries into halves and put them into the big bowl.
5. Peel and slice bananas and put them into the big bowl.
6. Peel and dice the apple and put it into the big bowl.
7. Add three spoons of sugar to the fruit and mix it.

8. Put the fruit salad into five small bowls.

9. Enjoy your fruit salad!

# SUMMER SALAD

Ingredients – serves 2

- 4 fresh tomatoes
- 1 fresh cucumber
- 1 fresh onion
- 2 spoons of olive oil
- 2 spoons of fresh lemon juice
- salt
- pepper
- basil



Kitchen tools

- a peeler
- a grater
- a cutting board
- a knife
- a spoon
- a bowl

Instructions

1. Wash tomatoes and a cucumber.
2. Cut the tomatoes and put them into the bowl.
3. Peel the cucumber and grate it into the bowl.
4. Peel the onion, slice it and put it into the bowl.
5. Add olive oil, freshly squeezed lemon juice, salt and pepper and mix well.
6. Chop some fresh basil and put it on top.

7. Enjoy your salad!

## SWEET PEAS SALAD

Ingredients – serves 2

- 300 g of cooked peas
- 2 pears
- salt
- 1 spoon of honey
- 1 spoon of lemon juice
- 2 spoons of sour cream



Kitchen tools

- kitchen scales
- a peeler
- a cutting board
- a knife
- a spoon
- a big bowl
- a small bowl

Instructions

1. Weigh the peas and put them into the big bowl.
2. Wash, peel and dice the pears and add them to the peas.
3. Put honey and freshly squeezed lemon juice into the small bowl and mix well.
4. Pour the mixture of honey and lemon juice over the peas and pears and mix well.

5. Add sour cream and mix gently.

6. Enjoy your salad!