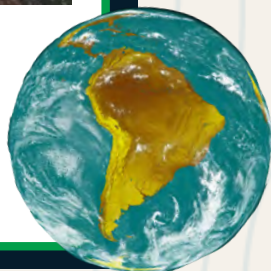


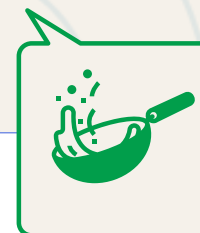


Glass of Fruits



Global Links

Fruit Salad exists in many cultures as a dessert or snack. Different locations globally use different local fruits. Tropical or regional fruits vary considerably across the globe. Whether it is Durian from Southeast Asia, Rambutan from Malaysia, Buddha's Hand from India or Pandanus from the Pacific Islands, fruit is enjoyed globally as a healthy snack or desert dish.



Vocabulary

Fruit (n)



Fruta

Orange Juice (n)



Jugo de naranja

To drink (v)



Beber

Fruit Salads or Fruit Glasses are quite common around the tropical areas of Latin-America. Due to the weather in tropical zones, there are a vast variety of fruits that can be eaten. Different countries have created their own recipes and names for similar dishes where fruits are at the main ingredient. Fruit Salads often include as well as fruits, sweets like honey, ice cream, chocolate powder or condensed milk.

Curriculum Links Health and Physical Education (Food and Nutrition)


Ingredients

Glass of Fruits


3 medium or 2 small glasses


 4 Strawberries


 2 Kiwi Fruit

 1 Orange or quarter of a glass of orange juice

 1 Banana

 1 Pineapple slice (tinned is fine)

 2 teaspoons of honey

 Half a cup of yoghurt

 Lime Zest

Note: fruits may be switched to seasonal fruits available locally

Method

1



Wash the fruits thoroughly

2



Chop all the fruit pieces, except the orange, into bite sized pieces and add into a bowl

3



Squeeze the orange to get half a glass of juice

4



In a jug pour the yoghurt, lime zest and honey and blend with a whisk or electric stick

5



Keep the yoghurt mix in fridge to keep cool if needed

6



Add the fruit into the glass of orange juice until it reaches almost the top

7



Pour the yoghurt mix over the top of the fruit orange juice in the glass

8



Add a final pinch of lime zest. Drink and enjoy!



Watch the cooking video here:



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