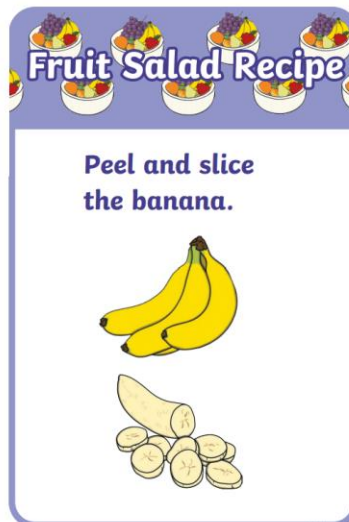
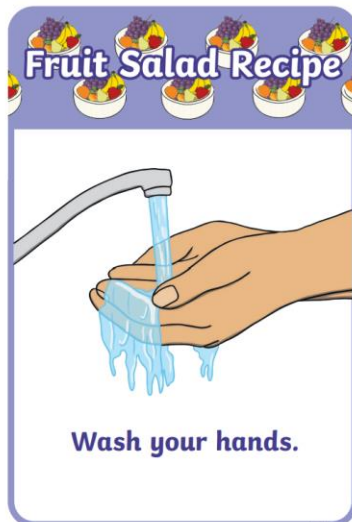
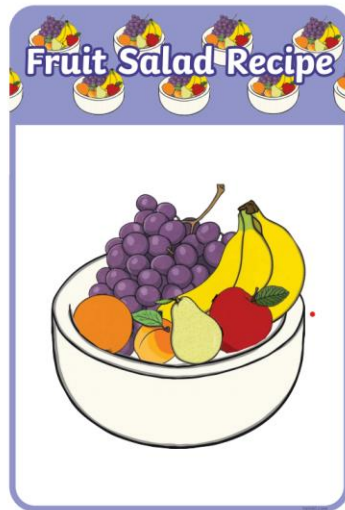


Superhero Super Fruit Salad



To stay healthy and strong like our favourite superheroes it is important that we eat lots of fruit and vegetables. Have a go of making this delicious fruit salad with your grown up.



Fruit Salad Recipe

Wash the strawberries, cut off the green top and slice them up.



Fruit Salad Recipe

Wash the grapes. Cut each grape in half.



Fruit Salad Recipe

Peel the orange and separate into segments. Cut each segment in half.



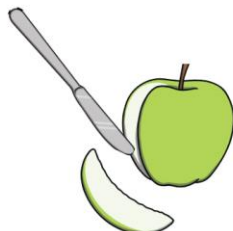
Fruit Salad Recipe

Peel the kiwi and mango. Slice the fruit into pieces.



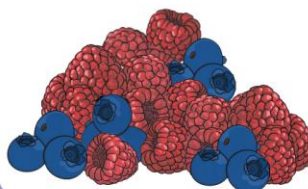
Fruit Salad Recipe

Wash the apple and thickly slice it. Cut the slices into chunks.



Fruit Salad Recipe

Wash the raspberries and blueberries.



Fruit Salad Recipe

**Put your prepared
fruit into a bowl.
Add the fruit juice.
Your fruit salad is
ready to eat!**

