



Fabulous Fruit Salad Salsa

By Erin Fletter

Prep Time 15 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

chop: to cut something into small, rough pieces using a blade.

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

peel: to remove the skin or rind from something using your hands or a metal tool.

Equipment

- Large mixing bowl
- Cutting board
- Kid-safe knife
- Measuring cups
- Measuring spoons
- Wooden spoon

Ingredients

Fabulous Fruit Salad Salsa

- 1/2 C green or red grapes
- 2 kiwi fruit
- 1 banana

- 6 to 10 large strawberries, blueberries, other berries, or a combination (your choice!)
- 1/2 C diced watermelon, mango, pineapple, or a combination (your choice!)
- 2 Granny Smith apples
- 1 lime
- 3 to 4 T fruit jam (your choice!)

Food Allergen Substitutions

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Instructions

Fabulous Fruit Salad Salsa

wash + slice + dice

Have kids wash all of the fruit first! Now, kids get to peel and slice or dice, **1/2 C green or red grapes, 2 kiwi fruit, 1 banana, 6 to 10 large strawberries** or **1/2 C blueberries, 1/2 C watermelon, mango, or pineapple**, and **2 Granny Smith apples**. Have kids chop up everything into fine little bits! (We know that many fruit bites will make it into mouths when the kids are slicing and dicing, so buy extra fruit!) Add all of the chopped-up fruit to a large mixing bowl.

squeeze + stir

Cut up **1 lime** into wedges and let each child squeeze the lime juice onto the chopped fruit salsa (so the fruit will not turn brown). Then, have kids stir in **3 to 4 T of their favorite fruit jam**. Set to the side for all of the fruit flavors in your tasty fruit salad salsa to combine and get extra yummy! Enjoy with **Crunchy Cinnamon Chips!**

Featured Ingredient: Fruit!

Hi! I'm Fruit!

"I'm the seed-bearing part of a flowering plant! A fruit's seed is what helps create more plants. Did you know that some foods we call vegetables are actually fruits and even nuts are a type of fruit!"

Brief Overview & Etymology

There are more than 2,000 types of fruit, each with several varieties. For instance, there are over 7,500 varieties of apples. Not all fruit is edible. The ones that you cannot eat are either poisonous or too unpleasant to eat.

The Western world eats only about 10 percent of the Earth's fruit.

The word "fruit" comes from Middle English and Old French, from the Latin "fructus" (benefit, enjoyment, produce). It is related to the Latin "fruges" (crops or fruits of the Earth).

Anatomy

Fruit has three main classifications: simple fruits, aggregate fruits, and multiple (or composite) fruits.

Simple fruits come from an ovary in a single flower with a single pistil. They may be dry or fleshy. Examples of dry simple fruits are legumes and nuts. Fleshy simple fruits include those classified botanically as berries (banana, citrus fruit, cranberry, grape, melon, squash, tomato), pome fruit (apple and pear), and stone fruit (apricot, cherry, peach, and plum).

Aggregate fruits grow from a single flower with several simple pistils. Each pistil has one carpel, and together, they form a fruitlet. Types of aggregate fruits include the blackberry, raspberry, and strawberry.

Multiple fruits are formed from flower clusters, including the fig, jackfruit, mulberry, and pineapple.

Some fruits are seedless or semi-seedless. These include bananas, pineapples, and some varieties of mandarin oranges, satsumas, table grapes, tomatoes, and watermelon.

Culinary Uses

Edible fruit can be eaten fresh or made into compotes, syrups, or preserves, like jams, jellies, and marmalades. They can also be juiced to make a refreshing beverage.

Fresh, frozen, canned, or dried fruit can be added to cakes, ice cream, pies, yogurt, and savory dishes.

Nutrition

Eating fruits with a lot of vitamin C, like oranges, will help your cuts heal faster. They can also make your teeth nice and strong.

Berries are purported to help improve nighttime vision.

Fruit contains antioxidants that can reduce your chances of getting cancer and other diseases.

Five servings of fruit and vegetables daily is a good way to stay healthy and strong.

Dried fruit is easy to store and transport and contains lots of fiber, but it has much more sugar than fresh fruit.

It is possible to use fruit juice in your cake or cookie recipe in place of some of the fat, adding to your fruit intake for the day in a sweet and tasty way.

Fruit juice can be a healthy choice, but whole or cut-up fruits add fiber to your diet. There is no fiber in juice unless it includes some pulp.