

Today's special ⇒ Apple & grape salad



ingredients (per child)

10 seedless grapes
¼ cup chopped walnuts
1 small apple
2 tbsp mayonnaise
1 tsp sugar
1 tsp lemon juice
¼ cup thinly sliced celery (optional)

materials (per child)

1 medium bowl
1 small bowl
1 large wooden spoon
1 teaspoon
1 tablespoon
1 butter knife
1 sharp knife (adult)
1 small plastic bowl

1- Cut grapes in half with help from an adult.

2- Cut the apple in half, remove the core and chop.

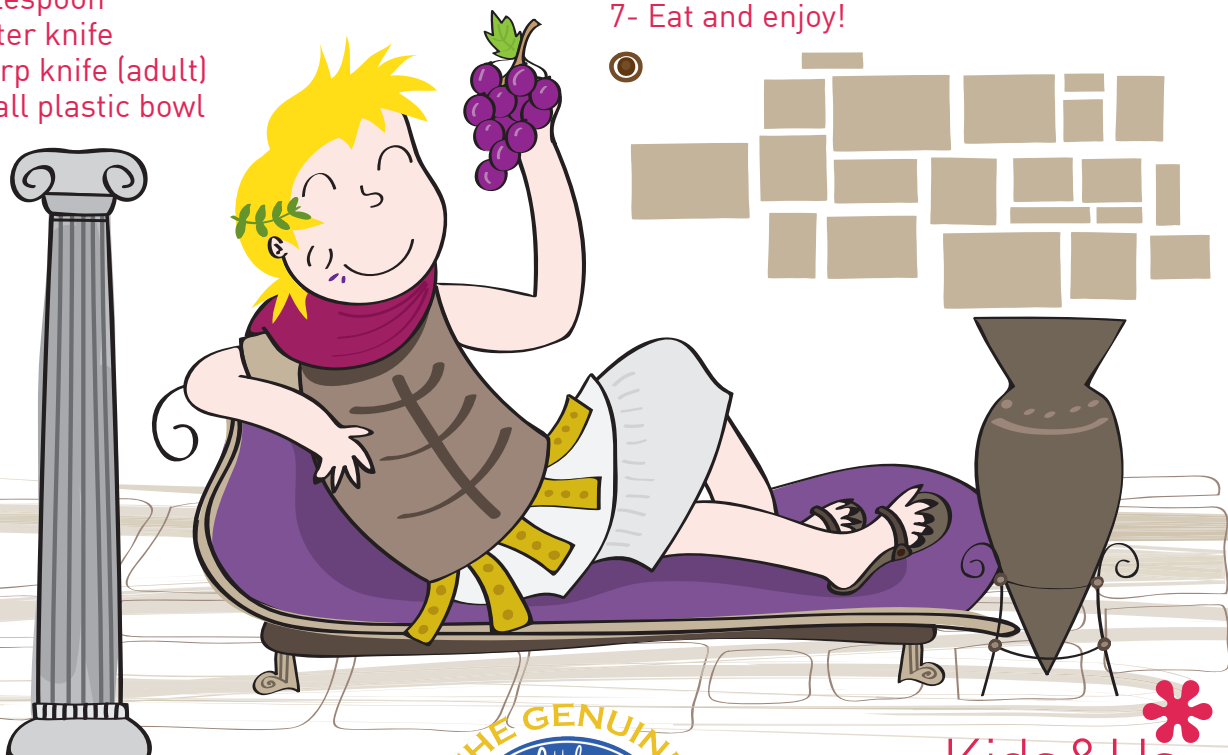
3- Slice the celery with the butter knife. (optional)

4- Mix the apple, grapes, celery (optional) and walnuts in the medium bowl.

5- In the small bowl mix the mayonnaise, sugar, and lemon juice.

6- Pour over the fruit mixture. Toss to coat the fruit.

7- Eat and enjoy!



→ Can you match the names to the pictures?

• mayonnaise

• grapes

• sugar

• lemon juice

• walnuts

• apple

• celery

