

NUTRITION ACTIVITY

To the Grown-Ups:

This salad, although very simple, is slightly unusual, adding cubes of mild cheese and a light orange-coconut dressing to an otherwise ordinary fruit bowl.

There are really two parts to this recipe: the preparation (cutting fruit and cheese and putting things in bowls) and the assembly (which involves counting out the right number of ingredients). Have patience with your young cook, who may be just learning to count, or too excited to take the time. You can make a number salad, too, and let your child help you count.

Older children may want to participate in the preparation, including shopping for ingredients and cutting things. If you are working with a three or four-year-old, prepare the sliced fruit yourself and let your youngster put it into the bowls. Your young cook will feel a strong sense of accomplishment simply from assembling this fun dish.

Cooking Hints and Safety Tips:

- ❖ If your child wants to help with the cutting, use a serrated dinner knife or a plastic picnic knife. Put a piece of tape on the handle so there'll be no confusion over which end to grasp. **Do not let your child use an adult knife!**

Tools: Small bowls for the various ingredients; tablespoon; child-appropriate knife; cutting board; bowls and spoons for mixing and eating

NUMBER SALAD RECIPE

- A handful of toasted coconut
- 2 tablespoons orange juice concentrate
- 1 orange, peeled, seeded, and sectioned
- 1 small apple, sliced
- 5 dice-sized cubes mild cheese
- 1 small ripe banana, sliced
- 1 small ripe melon – or a section of a larger melon, cut into small pieces
(you can use cantaloupe, honeydew, or watermelon)
- 1 small bunch seedless grapes-chopped

- 1) Cut the fruit and cheese. Put each ingredient into a separate small bowl.
- 2) Count out the salad ingredients into a bowl: **1** handful coconut, **2** tablespoons orange juice, **3** pieces of orange, **4** apple slices, **5** cheese cubes, **6** banana slices, **7** pieces melon, and **8** chopped grapes
- 3) Stir and eat!

NOTE: If any of these fruits are out of season or hard to find, feel free to substitute and improvise. Taken from *Pretend Soup and Other Real Recipes* by Mollie Katzen and Ann Henderson. YIELD: 1 or 2 servings

