Tropical Summer Fruit Salad

**Workshop Title**

**Description**

_Yum, yum yum!_ The summer is a great time to try refreshing and healthy recipes using summer fruits and vegetables!

Use this activity guide to make a tropical fruit salad that you can enjoy on a hot summer day. Experiment with different fruits, vegetables, and berries to enjoy this salad all summer long!

**Materials**

- cutting board
- knife
- measuring cup
- 1 teaspoon
- 1 large mixing bowl
- 1 spoon
- 1 small bowl
- 1 fork

**Ingredients**

- 1 papaya
- 1 pineapple
- 1 cantaloupe
- 1 lime
- honey
- 1 small bunch of mint
- shredded coconut

**Video Companion**

Move to the rhythm with 123 Andrés. Listen to a song that honors the hands that harvest the foods we eat. Enjoy a read along of:

_Yum! ¡MmMm! ¡Qué Rico!: America’s Sproutings_

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Be silly with us through other fun activities that explore fruits.

Video available on YouTube: LAPlazaLA
**Ingredient Preparation:**

1. With the help of an adult, cut the papaya in half, lengthwise.
   - With a spoon, scrape out the seeds.
   - Carefully peel both halves flat side down.
   - Slice the halves into thick wedges and cut the wedges into cubes.

2. Cut the top and bottom parts of the pineapple.
   - Trim the sides and remove the ‘eyes’ with the knife.
   - Cut the peeled pineapple into four wedges.
   - Remove the pineapple’s core if preferred.
   - Take each wedge and cut into cubes.

3. Slice off the top and bottom of the cantaloupe.
   - Place one of the flat sides on top of the cutting board and slice off the rind.
   - Slice the peeled cantaloupe in half and remove the seeds with a spoon.
   - Slice the cantaloupe into thick wedges and cut them into cubes.

4. Carefully cut the lime in half and set aside.

5. Finely chop 2-3 mint leaves and set aside. Save a sprig of mint for garnish.

**Directions:**

1. In a large bowl, add 1 cup of papaya, 1 cup of pineapple, and 1 cup of cantaloupe.

2. Squeeze the juice from one half of a lime into the bowl and mix everything very well.
   - Optional: Use the other half of the lime to add a stronger flavor.

3. Serve the fruit in a bowl and sprinkle some of the chopped mint over the fruit.

4. Drizzle 1 teaspoon of honey over the fruit.

5. Sprinkle some shredded coconut over the fruit and garnish your bowl with a sprig of mint for decoration.

**Try using other fruits, vegetables, and berries to make more super tasty salads.**