



# 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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Illustrated by Rafael López.

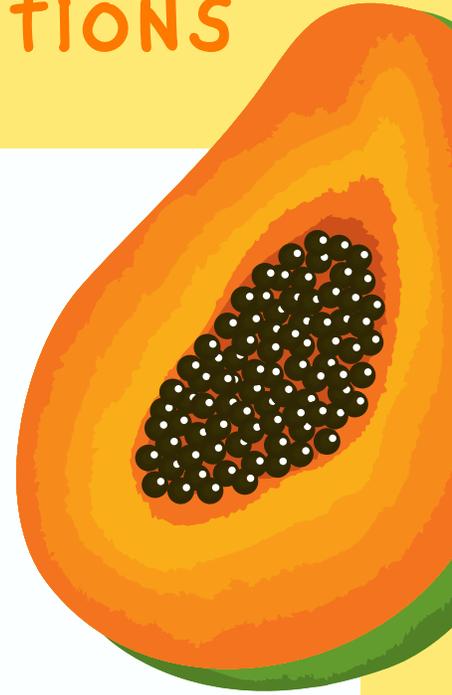
Be silly with us through other fun activities that explore fruits.

Video available on YouTube: LAPlazaLA





# WORKSHOP INSTRUCTIONS



## 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.**

