

Let's cook! Plan, Shop, Pack List: Fruit Salad

Ingredients

- 1 (8 ounce) can fruit cocktail packed in juice
- 1 (8 ounce) can pineapple tidbits packed in juice
- 1 apple
- 1 banana
- ½ cup vanilla yogurt
- Cinnamon or nutmeg

Disposable Supplies

- 3 ounce cups
- Plastic spoons
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the apple and banana.
- Wash the tops of the canned foods.
- Print copies of the recipe (1 for each participant).

Equipment

- 2 cutting mats
- 2 rubber spatulas/scrapers
- 2 chef's/utility knives
- 1 can opener
- 1 colander
- 2 large bowls
- 1 small bowl
- 2 medium bowls
- 1 set of measuring cups
- 1 set of measuring spoons
- 2 dinner spoons
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
