

The recipe

Recipe reading is important for the success of your food product. It is essential to read the recipe before you start. **Look** at the following recipe, paying attention to all the important parts.

**Serves/
makes**

The number of people the dish serves.

Title

The title is the name of the dish or a description of the dish.

Recipe image

A photo of what the dish looks like.

Colourful fruit jars

Serves 2

Ingredients

- 1/4 cup blueberries
- 1/4 kiwifruit, peeled and sliced
- 1/4 banana, peeled and sliced
- 1/4 cup diced rock melon or 1/4 orange, peeled and sliced
- 1/4 cup raspberries, strawberries or halved grapes
- 1/4 cup reduced-fat yoghurt
- mint sprigs to garnish (optional)

Method


1. Layer blueberries in the bottom of a glass or jar. Top with kiwifruit, banana and rock melon.
2. Finish with raspberries, garnish with mint (if using) and serve with yoghurt.

Variation

- Use fresh, thawed frozen, drained canned or poached dried fruit.

Tips

- Choose fruits that are in season and readily available to reduce cost of the recipe.
- Use fruits canned in water or juice.



Equipment

- Cutting board and knife
- Measuring cups
- Spoons
- 2 glasses or jars

Preparation and cooking skills

Dice, peel, slice.

Nutrition

- Eating a 'rainbow' of colourful vegetables and fruit everyday will help you get a wide range of nutrients to grow and stay healthy.

Ingredients

A list of foods in the order they are used.

Method

Step by step instructions to make the dish.

Equipment

List of equipment that you need to make the dish.

Preparation and cooking skills

The skills you will use to make this dish.

Choose fruits that are in season during each school term

Term 1	Term 2	Term 3	Term 4
Apple	Apple	Apple	Banana
Apricot	Banana	Banana	Kiwifruit
Banana	Feijoa	Kiwifruit	Orange
Berries (strawberry, raspberry, blueberry)	Kiwifruit	Mandarin	Pear
Melon	Mandarin	Orange	Canned plums
Peaches	Orange	Pear	Canned pineapple
Watermelon	Pear	Frozen berries	Frozen berries
	Frozen berries		

Variations and tips

Variations show how you can change the recipe to make a different meal. Tips help make it easier for you to make the dish.

Seasonality chart

Information about fruits that are in season during each school term.

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