Fruit Skewers

Allow 2 pieces of fruit per person. *Tip: share fruit with a friend to ensure variety.*

1. *Prepare* yourself for service – *wash* hands, *tie* hair back and *wear* an apron.
2. *Wash* and *dry* fruit

Tip: preserve nutrients and retain peel, if appropriate.

3. *Use* appropriate colour-coded chopping board (if available) to chop fruit into even bite-sized pieces (approximately $2cm^2$).

Tip: for fruit likely to discolour (bananas, apples, pears), sprinkle with a little lemon juice.

4. *Discard* peel and place in compost bin.
5. *Assemble* fruit pieces onto wooden skewer or serve in a bowl with yoghurt.
6. *Present* attractively on a plate. *Garnish* with fruit.

Tip: strawberry fan, Vandyke kiwi, thin orange slice, sprig mint.