

# 7 Number Salad

Children love counting games, and are more likely to enjoy fruit salad when they have had a good time counting as they help prepare it. If there are fruits your child likes better than these, by all means, substitute. This salad, although very simple, is slightly unusual, adding cubes of mild cheese and a light orange-coconut dressing to an otherwise ordinary fruit bowl. Makes two servings.

## Ingredients:

- 1 handful coconut
- 2 TBSP orange juice concentrate
- 3 pieces orange
- 4 slices apple
- 5 cubes cheese
- 6 slices banana
- 7 pieces melon
- 8 grapes



## Directions:

- 1) Rinse grapes and apples.
- 2) Remove peel from orange and separate segments.
- 3) Prepare slices of apple, banana, melons and cubes of cheese.
- 4) Open bag of coconut.
- 5) Reach in bag for 1 handful coconut. Count 1.
- 6) Open can of orange juice concentrate. If child is very young, measure this ingredient. If child is old enough, allow him to measure 2 TBSP orange juice concentrate and place on coconut. Count 2 with child. Replace lid and put can back in freezer.
- 7) Count 3 and place orange segments in salad. Add other ingredients, counting with parent as you build the salad. Stir 9 times.

Divide into two portions and enjoy!