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.

**Colourful fruit jars**

**Serves 2**

**Ingredients**

- ⅛ cup blueberries
- ½ kiwifruit, peeled and sliced
- ½ banana, peeled and sliced
- ½ cup diced rock melon or ½ orange, peeled and sliced
- ⅛ cup raspberries, strawberies or halved grapes
- ⅛ cup reduced-fat yoghurt
- mint sprigs to garnish (optional)

**Equipment**

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

**Preparation and cooking skills**

- Dice, peel, slice.

**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.

**Nutrition**

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

*Choose fruits that are in season during each school term.*

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
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<tbody>
<tr>
<td>Apple</td>
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<td>Apple</td>
<td>Banana</td>
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<td>Apricot</td>
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<tr>
<td>Banana</td>
<td>Kiwifruit</td>
<td>Mandarin</td>
<td>Orange</td>
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<td>Berries (strawberry, raspberry, blueberry)</td>
<td>Orange</td>
<td>Orange</td>
<td>Pear</td>
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<td>Melon</td>
<td>Pear</td>
<td>Pear</td>
<td>Canned plums</td>
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<td>Peaches</td>
<td>Frozen berries</td>
<td>Frozen berries</td>
<td>Canned pineapple</td>
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<tr>
<td>Watermelon</td>
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<td>Frozen berries</td>
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**Title**

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

**Serves/makes**

The number of people the dish serves.

**Ingredients**

A list of foods in the order they are used.

**Method**

Step by step instructions to make the dish.

**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.

**Equipment**

List of equipment that you need to make the dish.

**Preparation and cooking skills**

The skills you will use to make this dish.

**Nutrition**

Information about some of the nutrients in the dish.

**Seasonality chart**

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