



Space Nutrition Newsletter Recipe for: **Antioxidant Fruit Salad**

Natural foods with a lot of color are usually good sources of antioxidants.



Your class can make an antioxidant fruit salad by bringing to class an assortment of fruits from the antioxidant list in Volume 4, Issue 6 of the Space Nutrition Newsletter.

Antioxidant List:

mangos, papayas, peaches,
cantaloupe
oranges, strawberries,
tangerines
kiwi
apples



Materials List:

Several fruits from the antioxidant list
Large bowl
Several plastic knives
Cutting boards
A large stirring spoon

Procedure:

- ✍ Place your students in groups of 4.
- ✍ Assign the students to research a fruit that was brought in. A good website to use to do your research is <http://www.cdc.gov/nccdphp/dnpa/5aday/month/index.htm>
- ✍ Make a list of all the types of antioxidants that could be found in these fruits and place it on a chart at the front of the room.
- ✍ When each group finds the antioxidant (s) their fruit contains, they can record them on the chart at the front of the room.
- ✍ When the groups have recorded their antioxidants, let them begin cutting up the fruit they researched.
- ✍ Have students bring an assortment of fruits from the list.
- ✍ Compare the fruits your class brings to the list in the Space Nutrition Newsletter. What type of antioxidant does each fruit contain? Can one fruit contain more than one type of antioxidant?
- ✍ Let the students cut the fruits into bite-sized pieces using the plastic knives and the cutting boards.
- ✍ Place all the fruit in the large bowl and stir.
- ✍ Let the students serve the fruit salad and enjoy!