



ASSOCIATION **SOUTENIR**
QUÉBÉCOISE DE LA **REPRÉSENTER**
GARDE SCOLAIRE **MOBILISER**

Senegalese salad recipe

This is an activity to do during **week 4** of the 2020 *Health Challenge (Défi Santé 2020)*, which features the theme **Mealtime funtime**. A delicious salad bursting with tropical flavours to brighten your day!



Age group:
Multiage

Required material:

- Illustrated Senegalese salad recipe card
- Large bowl and spoons for mixing
- Knives and cutting boards
- Citrus press (or forks)
- Aprons (optional)
- Salad ingredients (details on the following page)
- Small bowls and spoons for tasting

Skills

Aspect of the overall skills developed by the student:

- ☒ Affective
- ☐ Cognitive
- ☐ Moral
- ☐ Psychomotor
- ☒ Social

Educational purpose:

At the end of this activity, students will have learned teamwork by preparing the recipe with their peers.

Professional expertise put forward by this activity:

Carrying out activities that are predominantly socio-affective.

Senegalese salad recipe

Instructions

1. Make sure students aren't allergic to any of the recipe ingredients.

2. Wash your hands and thoroughly clean the table you will be preparing the food on.

3. Take out the salad ingredients (for 6 servings)

- 2 bananas
- 2 oranges
- ¼ pineapple
- 1 small mango
- 1 juice orange
- ½ lemon (juice)

4. Assemble the salad

- On a cutting board, pare the fruit (see the techniques, attached) and cut into small cubes (except the juice orange and the lemon). Watch your fingers!
- Place the fruit in a large bowl.
- Juice the orange and the lemon using a citrus press (or a fork if you don't have one). Pour the juice over the fruit.
- Toss gently and let rest for 10 minutes.
- Enjoy!

NOTE FOR ADULTS

To avoid accidents and injuries, supervise the children during the preparation of the fruit. Be vigilant if they are handling the paring knife.



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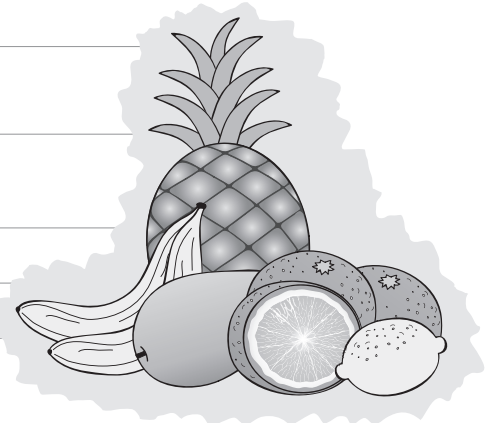
300, rue Léo-Pariseau, bureau 1810
Montréal (Québec) H2X 4B3
514 985-2466
DefiSante.ca

Senegalese salad

Yields : 6 portions

Ingredients

2	Bananas, peeled and sliced
2	Oranges, cut into supremes
250 ml (1 cup) (1/4 pineapple)	Pineapple, pared and diced
125 ml (1/2 cup) (1 small mango)	Mango, diced
1	Juice orange
1/2	Lemon



Preparation

1. Prepare fruits and combine in a **large bowl**.
2. Using a citrus press, prepare the orange and lemon juice. Pour the juice over the fruit salad and toss gently.
Let it rest for 10 minutes.

See other side

Techniques to prepare the fruits

Notes

- Thanks to its tropical climate, trees in Senegal produce delicious, juicy and sweet fruits. These **fruits are eaten at the end of meals, as a dessert**, sliced and sometimes drizzled with a splash of lime or lemon juice.
- **Supervize** children at all time in the kitchen, especially when they are using a utility knife.
- **Juice oranges** (Valencia variety) produce more juice than regular oranges (navel).
- For juicier citrus fruits, keep them at **room temperature**.
- Benefit from the occasion and organize a family **tasting of tropical or lesser known fruits**.

Bon appétit !

Techniques to prepare the fruits

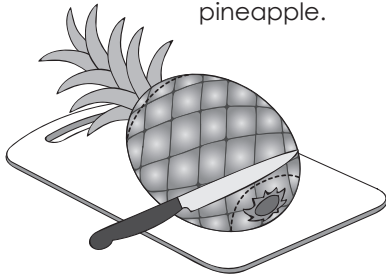
You will need a
utility knife



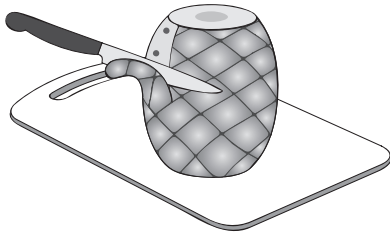
Watch your
fingers !

Pare a pineapple

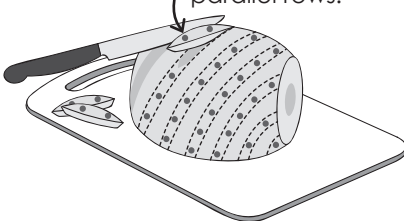
Cut off the ends of the
pineapple.



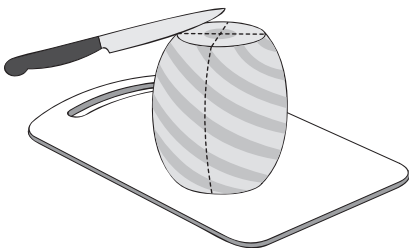
Remove skin cutting from top
to bottom.



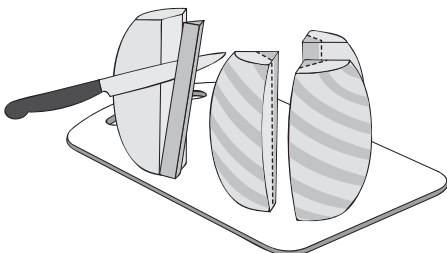
Cut out the eyes forming
parallel rows.



Cut pineapple in four pieces,
lengthwise.

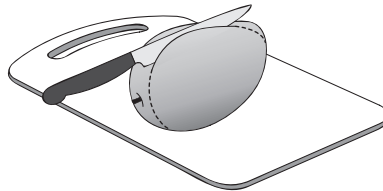


Cut out the core.

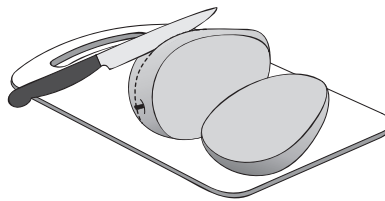


Dice a mango

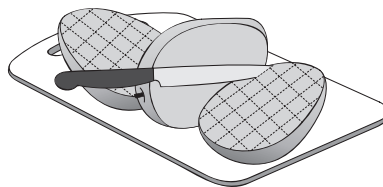
Place the mango on its
narrowest side.



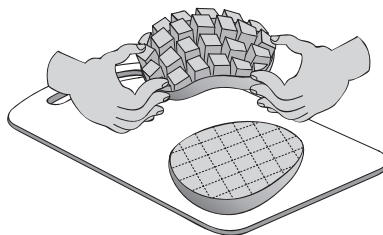
Slice the mango by passing the
knife on each side of the pit.



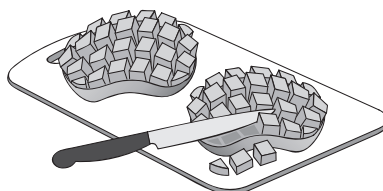
Using the tip of the knife, cut the
flesh to form a checkerboard,
without cutting the skin.



Turn the flesh inside out to separate
the cubes.

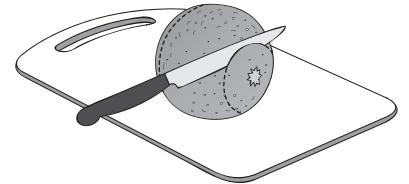


Detach the cubes from the skin.

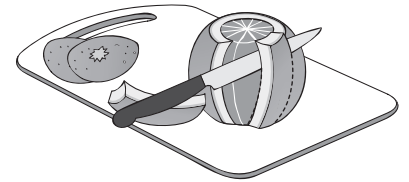


Cut an orange into supremes

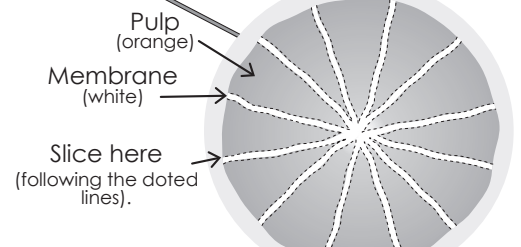
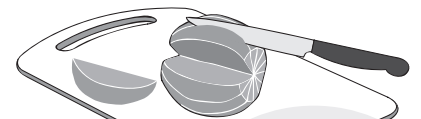
Cut the ends of the orange.



Place the orange on one of
its freshly sliced ends. Remove
skin cutting from top to bottom,
between the pulp (orange) and
the membrane (white).



Turn the orange on its side. Delicately
slice on each side of the white lines
to remove the segments.



Into a bowl, squeeze out as
much juice as possible from the
membranes.

