



peg + cat



The Pirates' "Great Banana" Fruit Salad Recipe and Craft Activity

Have fun exploring cooking with this pirate themed fruit salad recipe and craft activity presented to you by PBS KIDS' newest series, PEG + CAT.

**So fruit salad is like this salad,
made totally out of fruit!**

It's got all this stuff mixed together, because it's a salad. And it's
sweet and colorful and juicy because it's fruit!

Fruit salad is so **amaaaazing**, how can you possibly make it
any better? The same way you make anything better:

By putting it in a treasure chest! Like yer a pirate!

Arrrrre ye ready?



For more ideas and tips visit

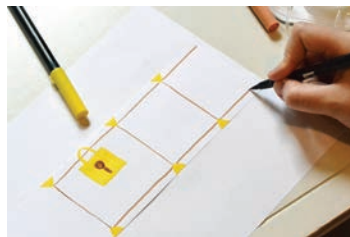
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Step 1: Make Your Own Treasure Chest



You'll Need:

- Empty yogurt cups or small plastic containers
- White paper
- Scissors
- Markers or crayons
- Tape



Directions:

1. Clean out yogurt cups or small plastic containers.
2. Measure the height of the container on the long edge of the white paper.
3. Cut out the strip and decorate your treasure chest with markers or crayons.
4. Draw the wooden boards that make up the chest, and don't forget a large lock on the front! So Big Mouth doesn't swipe your banana slices!
5. Once you've colored your chest, wrap the paper strip around the top of your plastic container and tape it in place.

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Step 2: Make Your Own Fruit Salad



- Directions:**
1. Wash all the fruit going in the salad.
 2. Cut each banana into 16 pieces. *(That's 10 pieces, plus another 6!)*
 3. Cut each strawberry into 4 pieces. *(That's 3 pieces, plus another 1!)*
 4. Cut the peaches into bite size pieces. *(Pirates love peaches!)*
 5. If your grapes are large, cut them in half.
(That means cut them right down the middle!)
 6. Put each fruit into its own bowl.

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Step 3: Put it together

Now it's time to fill your treasure chest! Count as you spoon the following into each chest:

- 5 bananas
- 6 strawberries
- 7 grapes
- 8 peaches
- 9 blueberries



Step 4: Dig in!

Once you've filled your chest, it's time to fill yer belly! With juicy tasty fruit salad! Dig in! Arrrr!



PEG + CAT is a new animated preschool series that follows Peg and her sidekick, Cat, as they share hilarious adventures and solve really big problems in some amazing places throughout the universe -- from a magical forest, to a circus, to pirate island, and beyond.



PBS KIDS® and Whole Foods Market® have teamed up to bring you kid-friendly recipes, games, crafts, and more!

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