**Fruit salad “Fantasy”**

Wash fruits, remove the stones. Cut an apple, a pear and plums. Cut grapes into two halves. Sprinkle with sugar, flavor by lemon juice. Put the mixture on the plate and sprinkle with nuts. Good appetite!

**Vegetable salad “Greek salad”**

Cut tomatoes and cucumbers into big pieces. Peel a cayenne and an onion and chop them. Take some cheese and cut it into cubes. Put all the ingredients into a bowl, mix them, add some oil, lemon juice, olives, salt and pepper. Good appetite!