

Simple Salad

Make a family member a simple salad for lunch.

Equipment: Salad bowl or plate

Knife for chopping

Knife and fork



Ingredients: Your favourite salad food!!

e.g. Lettuce, Cucumber, Tomatoes, Peppers, Onions,
Olives, Carrots, Eggs

Cheese, Ham, Chicken

French dressing, Salad cream



Step 1...Chop your ingredients {always get an adult to help}

Step 2...Place your salad onto the plate.

Step 3...Add meat or cheese or both.

Step 4...Pour on your preferred dressing.

ENJOY!!!



Try and make a creative salad and send in your photographs.

You can also use fruits.

