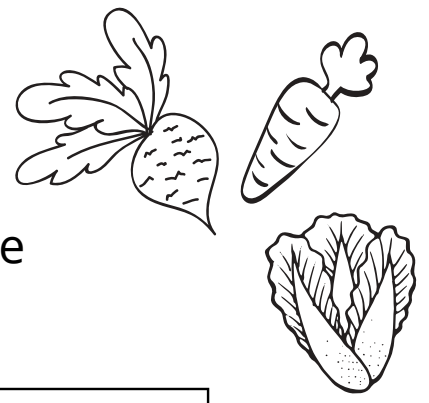


Build a Salad!



Can you cut out each rectangle and put it in the correct spot on the blank recipe?

Finally, add one spoonful of salad dressing.

Tongs

1 spoonful of mixed greens

Then, gently rip spinach, lettuce, and greens into bite-sized pieces.

Top veggies with a big spoonful of sunflower seeds

Add any other yummy vegetables that you want!

Spoon

1 small handful of lettuce

1 big spoonful of sunflower seeds

Bowl

3 leaves of spinach

1 pinch of grated beets

Start by washing spinach, lettuce, and mixed greens.

Next, put all vegetables into a bowl, and toss gently with tongs.

1 pinch of grated carrots

7. Enjoy!

Nutritious Salad

Yield: 1 salad

Cook time: 15 minutes

Tools:

-
-
-

Ingredients:

-
-
-
-
-
-

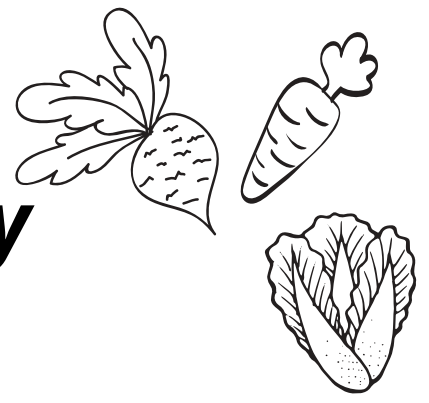
Instructions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Nutritious Salad

Answer Key



Yield: 1 salad

Cook time: 15 minutes

Tools:

- Bowl
- Tongs
- Spoon

Ingredients:

- 1 pinch of grated carrots
- 1 pinch of grated beets
- 3 leaves of spinach
- 1 spoonful of mixed greens
- 1 small handful of lettuce
- 1 big spoonful of sunflower seeds

Instructions:

1. Start by washing spinach, lettuce, and mixed greens.
2. Then, gently rip spinach, lettuce, and greens into bite-sized pieces.
3. Next, put all vegetables into a bowl, and toss gently with tongs.
4. Add any other yummy vegetables that you want!
5. Top veggies with a big spoonful of sunflower seeds.
6. Finally, add one spoonful of salad dressing.
7. Enjoy!