

SUPER SALADS

MY SUPER SALAD!

YOUR NAME:

DATE:

Salad leaves are tasty and healthy and can be used in so many different ways. Follow the steps below to design your very own super salad.

STEP 1 - CHOOSE YOUR LEAF

Choose a salad leaf from the list and, using the information provided, explain why you've chosen it for your salad e.g. because it has a fantastic crunch and is sweet.

YOUR CHOSEN LEAF 

WHY DID YOU CHOOSE IT?

HERE'S AN EXAMPLE SUPER SALAD...



STEP 2 - MAKE IT PERSONAL

Choose from the different ingredients in the lists below to pair with your chosen salad leaf. For each ingredient, explain why you've chosen it for your salad e.g. because it is bright and colourful.

THINK ABOUT... Which ingredients you think will go well together adding as many different colours as possible.

The different textures of the different ingredients – from juicy tomatoes to crunchy croutons

CARBOHYDRATES AND FIBRE PICK 1, TICK THE BOX.

- Pasta spirals Rice Sweet potatoes Pitta bread Croutons



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PROTEIN AND IRON (NON-DAIRY AND DAIRY) PICK 1, TICK THE BOX.

- Grilled chicken breast Boiled egg Tuna from a can Chick peas Grated cheese



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FRUIT AND VEGETABLES PICK AS MANY AS YOU LIKE! TICK THE BOXES.

- Cherry tomatoes Red pepper Grated carrot Broccoli Cooked beetroot



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STEP 3 - DRAW IT!

Draw a picture of the salad you've created. Don't forget to name your salad – the more creative, the better! Add labels to highlight the ingredients you have chosen. Use interesting adjectives to describe each ingredient.

