

ACTIVITY

Light or Hearty

Directions: You can turn a light salad into a hearty meal by adding the right ingredients. On the lines provided under each light salad described below, write three ingredients that you would add to make the salad into a nutritious meal. Suggest only those ingredients that will fit well with the ones in the base salad. When you have finished, answer the questions at the bottom of the page.

<p>1. Light and Leafy Boston lettuce red loose-leaf lettuce mushrooms bell pepper celery tomato</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>2. Tropical Fruity pineapple grapefruit oranges kiwi fruit strawberries</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>3. Zesty Veggie spinach artichokes red peppers cucumber slices croutons</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>4. Sweet Crunchiness apples celery jicama cherries butterhead lettuce</p> <p>_____</p> <p>_____</p> <p>_____</p>

5. What nutrient was needed to make the salads a complete meal? _____

6. What food group is a good source of this nutrient? _____

ACTIVITY

Arranged for Eye and Taste Appeal

Directions: Arranged salads use colorful, flavorful ingredients that are artfully arranged on the plate. The best arranged salads please the eye as well as the taste buds. Design an arranged salad that will be both attractive and delicious. Think up a creative name for your salad and write it on the line provided. In the large space below, draw a diagram of your salad. In the Ingredients column, list the salad ingredients. Draw a line from each ingredient in the list to where it appears in your diagram. In the Colors column, list the color of each listed ingredient.

Name of your salad: _____		
Draw your salad below:	Ingredients	Colors

ACTIVITY

The Salad Plot Thickens

Directions: Read about Marissa and Irma’s salad preparations for a lunch they are attending. For each of the numbered blanks in the paragraph, select the best term from the list and write it on the line next to the corresponding number. You will not use all the terms.

- | | | | |
|----------------|-------------------|--------------|-------------|
| arranged salad | low-fat yogurt | molded salad | protein |
| calcium | mayonnaise | oil | vinaigrette |
| cream | mixed green salad | portions | vitamins |

Marissa and Irma spent an hour after school planning the salads they would prepare for their volleyball team’s annual pitch-in salad-bar lunch. “How about a (1),” Marissa suggested. “Gelatin is inexpensive and we could add some fresh fruit. Maybe we can figure out some way to make it into a volleyball shape.”

“Sounds neat! But it might be difficult,” said Irma. “What about skipping the gelatin and just creating a spectacular-looking (2) with fruit, and maybe we could use cottage cheese to add extra (3) to our meal.”

“Good idea. That’s one salad decided, now let’s figure out a main-dish salad,” said Marissa.

“Let’s just start with a (4) and add some (5) foods. Maybe sliced chicken or perhaps tofu,” said Irma. “And we can make our own (6) dressing with oil and balsamic vinegar and herbs.”

“Speaking of dressing, shall we dress the fruit salad with (7)?” asked Marissa.

“We are supposed to keep the fat content low,” said Irma.

“Well, then let’s substitute (8),” said Marissa.

On Saturday, when Marissa and Irma placed their salads on the table along with the other salads, everyone commented on how attractive the food looked.

“Everything looks delicious,” Irma confided to Marissa. “How am I going to stay on my eating plan? I’m supposed to keep my calorie intake reasonable.”

“Well, go easy on the salads tossed in (9),” said Marissa, “and load up on fresh vegetables and fruits.”

“Right!” said Irma, “and I can control my (10) by making only one trip to the salad bar.”

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Salads

A Tossed Salad



Directions: Fifteen ingredients for a salad have been “tossed” into the hidden word puzzle below. The ingredients are printed forward, backward, horizontally, and vertically. Circle each ingredient and list it under the appropriate heading below.

A S D E E S R E W O L F N U S M G I
 Y N L R E X O N I F T Q U H R P R C
 S I D S C J M C A R R O T S E N E K
 P S J L U Y A R A G E N I V B R E H
 I I W C T T I W E A V K M R M O N E
 N A B H T O N Q I T B N G A U W P S
 A R I C E B E R G L E T T U C E E C
 C L U V L O N I O N S H C G U R P A
 H O W M F D E S N O T U O R C A P R
 N O N F A T Y O G U R T T M A I E O
 Y A L N E C I U J N O M E L T K R L
 K C S A L F O T F A S T E O U T S E

Greens

Vegetables

Toppings

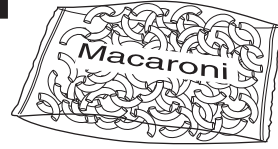
Dressing

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Salads

Making a Salad

Directions: Read the questions below. Answer each on the lines provided.



1. Imagine that you want to make a main dish salad for lunch. You have found a recipe that calls for leaf lettuce, diced ham, pineapple chunks, tomato chunks, slices of carrot, and a low-fat sweet and sour dressing. What nutrients would be contained in the salad?

2. How would you store the leaf lettuce when you get the heads home from the store?

3. What is the purpose of the salad dressing in the recipe?

4. What should you look for on the salad dressing label when you are buying the low-fat sweet and sour dressing?

5. Identify the following parts of the salad you are making: base, body, dressing.

6. If you want to eat lunch at noon, when should you prepare the salad? Why?
