



Subject: Science/Health

Key Concept(s): Nutrition, Healthy Habits, Vegetables

Saladmania: Make Your Own Salad!

Watch this Wonderama Video on YouTube: [Simone Bridges Serves up Some Salad on Wonderama!](#)

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Learn Some Healthy Salad Tips!

You are supposed to eat 1 1/2 to 2 1/2 cups of vegetables a day, and salads are a perfect way to eat lots of vegetables at once. Some tips for making a healthy salad are:

- Use different and dark leafy greens like spinach, romaine lettuce and kale.
- Add as many colorful vegetables as you can like peppers, broccoli, mushrooms, and carrots.
- Use a little bit of salad dressing. Too much salad dressing is unhealthy.
- Add a protein like chicken, fish, cheese or beans to your salad.

What You Learned

Using the tips above, create a recipe for a salad. Make your salad for a meal, and then answer the questions below.

Ingredients for _____'s Salad

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

1. What did you think of your salad? How did it taste?

2. What is your favorite vegetable in your salad?

3. Is there anything you would add or leave out from your salad the next time you make it?

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