

Name: Subject: Science/Health Key Concept(s): Nutrition, Healthy Habits, Vegetables

Saladmania: Make Your Own Salad!

Watch this Wonderama Video on YouTube: <u>Simone Bridges Serves up Some Salad on Wonderama!</u> (If needed, use the video title to search for this video.)

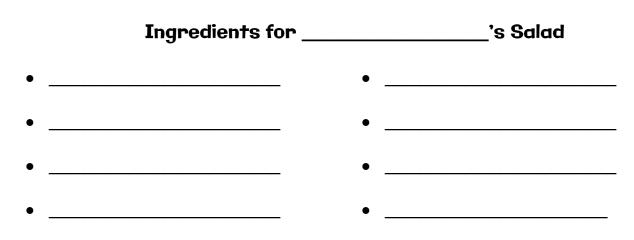
Learn Some Healthy Salad Tips!

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.



- 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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