

Traffic Light Salad

A traffic light salad can be made up of any combination of red, orange and green fruit and vegetables. Try being creative and rearrange the ingredients in different ways.

Cooking Aims:

To know how to safely cut soft foods.

To arrange ingredients for better presentation.

Ingredients:

Any red, orange or green fruits or vegetables.

Examples:

- Carrots
- Tomatoes
- Cucumber
- Orange
- Lettuce
- Peppers
- Mint leaves/other herbs



What we need to do:

- Wash our chosen fruit and vegetables.
- Cut up our chosen ingredients into slices and small chunks.
- Arrange the fruit and vegetables into layers. Could be stacked or split into columns/rows etc.

CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at www.facebook.com/classroomkitchen or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome