

Stripy Salad Pots

Serves 2



Children can chop and layer the different vegetables identifying the colours and names to create a Stripy



Ingredients

- 30g Cheddar cheese
- 1 small carrot
- 1/2 red pepper, deseeded
- 2 x lettuce leaves
- 4 x 15ml spoons sweetcorn



Equipment

Chopping board, plastic grater, plate, safety vegetable knife, peeler, kitchen scissors, 2 clear jars or plastic glasses.



Method

1. Grate the cheese.
2. Top, tail, peel and grate the carrot.
3. Use scissors to snip the pepper into strips and then into small pieces.
4. Cut the lettuce leaves into thin strips.
5. Arrange the ingredients in layers in the cup.



Extras

You could add other ingredients to your salad pot:

- chopped cherry tomatoes, grapes or olives
- grated courgette
- canned tuna
- cooked prawns
- sliced ham or chicken