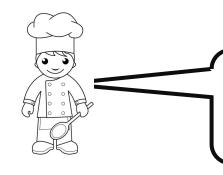
Stripy Salad Pots

Serves 2



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

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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.



- 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.





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

