

Build a salad bowl

Introduction

This activity is designed to teach students how to make a healthy meal that includes a variety of vegetables. Students will learn basic knife skills, teamwork, and how to evenly measure and divide ingredients.

What to do

Before the cooking lesson:

1. Ask students to complete step one to six in their groups.
2. Based on your students' selections in step one to five, ensure you have enough ingredients for the cooking lesson.
3. Pre-cook the grains and noodles (see skill cards on the Heart Foundation website and Vegetables.co.nz).
4. Prepare the salad dressings (see recipes on the Heart Foundation website and Vegetables.co.nz).

During the cooking lesson:

5. Ask students to collect their chosen ingredients and make the recipe.
6. Ask students to evaluate their salad bowl.

Tips

- Growing and using vegetables and herbs from a school garden can help students learn more about vegetables, sustainability, and how to make a meal within a budget.
- Remind your students that each ingredient that they select is for their team of two students. For example, 1 cup of cooked soba noodles serves 2.
- If you do not have all the ingredients, decide which group will use which option.
- Encourage students to write a shopping list for their salad bowl, which you can collect and use to plan the lesson.
- Encourage students who would like an extension activity to help you pre-cook the grains/noodles and prepare the salad dressings.

Building salad bowls is fun and a great way to eat plenty of different coloured vegetables.

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Working in pairs:

- **design two salad bowls** with the same ingredients in each
- **give the salad a name.**

Follow the steps below to complete this task. Remember that each ingredient you choose is for your pair.

Step one: Choose your base. *Please **select one**.*



1 cup cooked
soba noodles



1 cup cooked
couscous



1 cup cooked rice



Step two: Choose **at least three** different coloured vegetables. Please **select**.

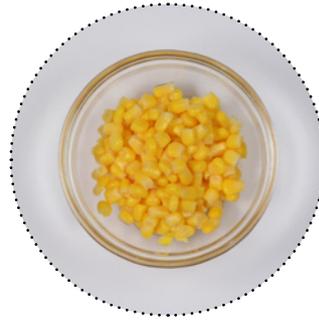
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1 red tomato,
sliced into wedges



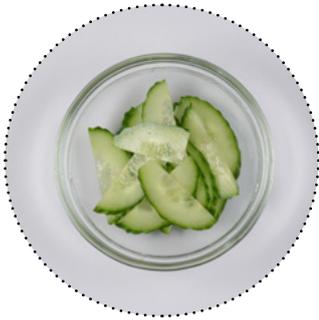
½ small carrot,
sliced into thin sticks



½ cup cooked
corn kernels



½ cup finely sliced
lettuce



½ cup finely sliced
cucumber



½ cup finely sliced
red cabbage



½ cup grated
beetroot



Step three: Choose your protein. Please **select one**.



200 grams tofu,
cubed



200 grams canned
tuna, drained



200 grams canned
butter beans, drained
and rinsed



200 grams cooked
shredded chicken



Step four: Choose your dressing. Please **select one**.

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¼ cup lemon and
ginger dressing



¼ cup balsamic
dressing



¼ cup honey and
mustard dressing



Step five: Choose your garnish. Please **select one**.



1 tablespoon chopped
mint



1 tablespoon chopped
spring onion



1 tablespoon chopped
parsley



Step six: Write your recipe.

Hint: List the ingredients you have chosen above.

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Recipe name:

Rainbow tuna bowl

Serves 2

Ingredients

1 cup cooked rice
1 red tomato sliced into wedges
½ cup finely sliced lettuce
½ cup finely sliced red cabbage
200 grams canned tuna, drained
¼ cup lemon and ginger dressing
1 tablespoon chopped spring onion

Method

1. Place ½ cup cooked grains in each salad bowl.
2. Top the grains with an even amount of vegetables.
3. Next, evenly divide the protein among each bowl (on top of grains and vegetables).
4. Drizzle an even amount of dressing over top of salad.
5. Garnish with herbs and serve.

Equipment

Chopping board and knife
Kitchen scales
Measuring cups
Measuring spoons
Spoons
Serving bowls

Preparation and cooking skills

Chop, divide, grate, measure, slice.

Extension task

Cook the noodles or grains yourself using one of our skill cards on the Heart Foundation website and Vegetables.co.nz.

If you have a school garden, think about how you can use the vegetables and herbs that you are growing for your salad bowl.