

Year 1 DT Final Challenge!!

Now that you have learnt how to be safe when using kitchen tools, I would like you to use your knowledge to create and make a salad.

Ingredients:

1 lettuce

½ cucumber

2 tomatoes

1 (or 2) carrots

Equipment:

A kitchen knife

A grater

A peeler

A chopping board

Instructions:

1. First wash your hands with soap and water.
2. Then wash the vegetables with cold water.
3. Chop the lettuce into strips.
4. Cut the tomatoes in half, and then lay them flat onto the chopping board to cut again.
5. Chop the cucumber as desired - slices or batons.
6. Pop it all into a big serving bowl
7. Grate the carrot on top - you can peel before serving if you wish.
8. Give your salad ingredients a shake, serve, and ENJOY!

Extras:

If you wish to add some meat, or extra vegetables, or maybe a dressing to your salad then feel free!

Don't forget to send me a picture before you eat all your salad up!

