

**UNIT 7: HEALTHY AND WISE**  
**WRITING: PREPARE A HEALTHY MEAL**

Refer to recipe of Grilled Chicken Salad Wrap page 66 of the textbook. Complete the instructions of making the wrap.



1. Mix two tablespoon of \_\_\_\_\_ with the \_\_\_\_\_.
2. Grill the \_\_\_\_\_.
3. After the chicken is well cooked, transfer the grilled chicken to a plate.
4. Add \_\_\_\_\_ and \_\_\_\_\_.
5. Steam or blanch the \_\_\_\_\_ and slice \_\_\_\_\_ thinly.

6. Take a piece of chapatti or \_\_\_\_\_ wrap. .

7. Place the \_\_\_\_\_, \_\_\_\_\_, and  
\_\_\_\_\_ in the middle of the wrap.

8. \_\_\_\_\_ and \_\_\_\_\_ the wrap.

9. Serve with sauce.

\*After you have finished answering the questions, copy the ways  
of making the recipe in your exercise book.