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.

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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.

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