Name:	Year:	Date:	
MY FAVOURITE FO	OOD - SALAD		
My favour	ite food is a salad. Sal	ad is 1	_ (load) with
vitamins and mir	nerals. 2	(eat) a salad a	day will also
	of powerful antioxidan		
all types of salads	s. I eat salads that are	cold or warm; ra	w or cooked;
vegetables, fruits	or both combined; usu	ually dressed and 3	
(season). I eat it as	an appetiser, side dish	, or main course.	2
Salad mair	nly 4 (con	sist) of a mixture	of vegetables,
such as cabbage	, sliced tomato, gre	en pepper, and	onion. I can
5 (p	repare) different type	es of salads with	whatever is
available in my f	ridge. Can you imagin	e the endless poss	sibilities? The
options? The flav	our combinations? N	ly home kitchen i	is a place to
experiment, 6	(create) and	d enjoy with my	family during
	we are 7		
	epare a crunchy texture		
mint, then I will 8	(add) then	m to a fruit salad.	
	riment with different ty		
A 10 10	ds of vinegar, oils, or p		
10 10	vegetable dressings. If		
in my garden, t	hen my salad will b	e appealing to t	he eye than
10 (6	eat) first! Salad is my fav	vourite food. What	is yours?

