

Name: _____ Year: _____ Date: _____

MY FAVOURITE FOOD - SALAD

My favourite food is a salad. Salad is 1 _____ (load) with vitamins and minerals. 2 _____ (eat) a salad a day will also increase the level of powerful antioxidants in our blood. So, I love eating all types of salads. I eat salads that are cold or warm; raw or cooked; vegetables, fruits or both combined; usually dressed and 3 _____ (season). I eat it as an appetiser, side dish, or main course.

Salad mainly 4 _____ (consist) of a mixture of vegetables, such as cabbage, sliced tomato, green pepper, and onion. I can 5 _____ (prepare) different types of salads with whatever is available in my fridge. Can you imagine the endless possibilities? The options? The flavour combinations? My home kitchen is a place to experiment, 6 _____ (create) and enjoy with my family during weekends when we are 7 _____ (make) our salad. If I have croutons, I will prepare a crunchy texture salad. If I have some herbs like mint, then I will 8 _____ (add) them to a fruit salad.

I can experiment with different types of dressings, 9 _____ (try) different kinds of vinegar, oils, or go for the less common creamy dressings, pureed vegetable dressings. If there are butterfly pea flowers in my garden, then my salad will be appealing to the eye than 10 _____ (eat) first! Salad is my favourite food. What is yours?