English Language Year 6 : Unit 7 : Healthy and Wise

Exercise 1 : Using the ingredients below, write the instructions to make grilled chicken salad wrap.

Grilled Chicken Salad Wrap



Ingredients:

- Whole grain wraps
- 2 tablespoons of olive oil
- 1 onion, minced
- 2 boneless chicken breast (cut into 2 cm per piece)
- 1/2 teaspoon freshly ground pepper.
- 2 tablespoons of low-fat mayonnaise
- 50g asparagus
- 50g carrot thinly sliced
- 2 butterhead lettuce

First, heat two tablespoon of _____ (1) on a non stick pan and saute the _____ (2). Secondly, add _____ (3) once the onion is soft.

After that, add _____ (4). Mix well and transfer chicken to a plate. Next, steam or blanch the _____ (5).

Then, take a piece of _____ (6). Place the lettuce, _____ (7), chicken and _____ (8) in the middle of the wrap. Fold and roll the wrap. Lastly, serve with sauce.



Skill :
3.2.2(e)

LIVEWORKSHEETS