

1 Match the ingredients with the pictures.

1 cooked chicken

3 butter

2 wholemeal bread

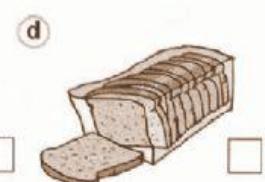
4 lettuce

5 olive oil

6 tomato

7 cucumber

8 avocado



2 Write the ingredients from Activity 1 in the correct food groups.

| Protein | Vegetables | Dairy | Fruit | Grain |
|---------|------------|-------|-------|-------|
| | | | | |
| | | | | |
| | | | | |

Complete the recipe with the words under the pictures.



a

chop



b

pour



c

cut



d

slice



e

spread

- 1 Cut the chicken into pieces on a chopping board.
- 2 your favourite fruit and vegetables and put them in your salad with some lettuce.
- 3 olive oil on your salad.
- 4 your wholemeal bread.
- 5 butter on the bread.