

1 Match the ingredients with the pictures.

1 cooked chicken

3 butter

5 olive oil

7 cucumber

2 wholemeal bread

4 lettuce

6 tomato

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.



chop



pour



cut



slice



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.