

Healthy Salads

Do you eat salad – the healthy and tasty mixture of vegetables?

Given below are some vegetables that you eat as salad. Identify them and write their names on the lines provided. Take help from help box:

1 

2 

3 

4 

5 

6 

7 

8 

9 

KNOW MORE

A baked potato (with skin) is a good source of dietary fiber (4 grams).

HELP BOX

Lettuce, Capsicums, Radishes, Beetroot, Mushrooms, Broccoli, Carrot, Tomatoes, Celery.

LIVEWORKSHEETS