

Mix Up a Salad

- 8 There are lots of tempting things that you
13 can put into a salad.
- 22 Start with a bed of greens and then add
28 things on top for extra crunch.
- 37 Nuts and seeds have good fats in them that
40 keep you strong.
- 47 Grains can keep you full for longer.
- 57 You might wish to roast a parsnip and add it
61 as a hot topping.



Read Together Quick Questions



1. Find and copy one word that can mean the same as 'tasty'.



2. Which ingredient contains 'good fats'?
Tick one

- grains
- nuts
- parsnips



3. Why might you want to add a hot topping to a salad?



4. Does this text make you want to make a salad in future?

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Answers



1. Find and copy one word that can mean the same as 'tasty'.

tempting



2. Which ingredient contains 'good fats'? Tick one

grains

nuts

parsnips



3. Why might you want to add a hot topping to a salad?

Pupils' own responses, such as: You might want to add a hot topping to a salad if you want something to keep you warm on a cold day.



4. Does this text make you want to make a salad in future?

Pupils' own responses, such as: No, this text does not make me want to make a salad in future because I do not like the ingredients that it mentions.