

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.