

MAKE A SALAD

I like salad, and not just when it is on a hamburger. I like the crunchy crunch, and I like dressing too.

And the other great thing about a salad is that it's healthy, so we are going to look at making an awesome healthy salad for your family.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

1. Plan out what will go into the salad and gather the ingredients. Of course it may require a trip to the store for a few of the items.
2. Create a salad for the family and get a Life-Proof thumbs up from your family.

LEVEL D

PERIOD 5

TASK 3

- Hygiene first, wash your hands thoroughly with soap.
- Get a bowl and a head of lettuce, wash the head thoroughly, and then break off the leaves and place into the bowl.
- Next, add chopped veggies of your choice. Some favorites might be cucumber, onion, celery, carrots and bell peppers. Some prefer something a little simpler with just lettuce and maybe tomato (technically a fruit, but we'll let it slide).
- Mix everything together with salad tongs.
- Finally, you can add the salad dressing of your choice and if you want to make it extra special, why not add some croutons and bacon bits.

