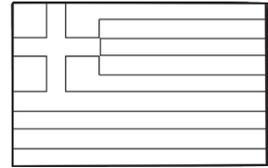


Greek Salad Recipe

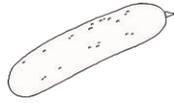
Greek salad is a yummy and healthy salad from Greece. To make it, you will need:



Ingredients



lettuce



cucumber



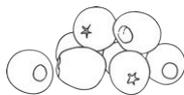
tomatoes



red onion



feta cheese



olives

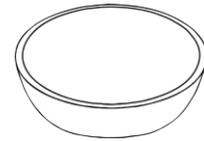


olive oil

Equipment



chopping board



salad bowl



salad spoons

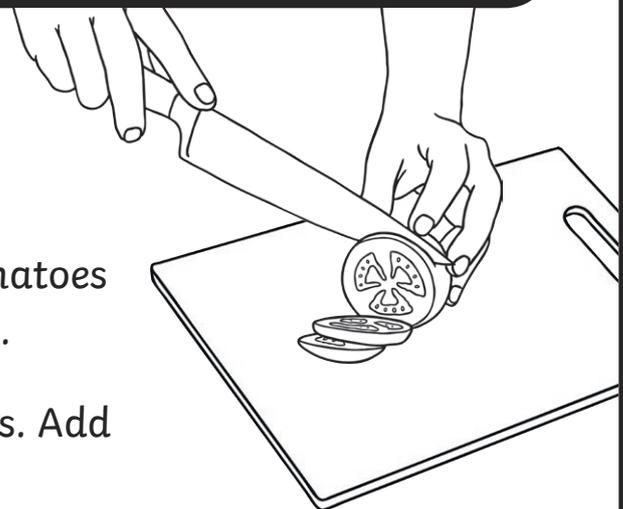


a knife

(you must have an adult with you when you use this)

Method

1. Wash your hands.
2. Cut up the lettuce, cucumber, tomatoes and onions. Put them in the bowl.
3. Chop up the feta cheese and olives. Add them to the bowl.
4. Drizzle some olive oil on top and mix the salad with the spoons.
5. Now, enjoy your salad!



Questions

1. Where does the salad come from? Tick one.
 - Spain
 - Greece
 - France
2. Which of these ingredients are in Greek salad? Tick one.
 - grapes
 - tomatoes
 - apples
3. What equipment do you need to make Greek salad? Tick **two**.
 - salad spoons
 - a fork
 - a knife
4. **First wash your** _____.
Tick one words to finish the sentence.
 - hands
 - feet
 - face
5. What do you drizzle on top of the salad? Tick one.
 - lettuce
 - lemon
 - oil

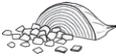
Answers

1. Where does the salad come from? Tick one.
 - Spain
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Greek Salad Recipe

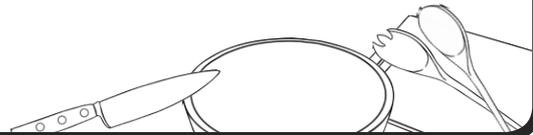
Greek salad is a tasty and healthy salad from Greece. It is great to eat on a hot day. It has some strong ingredients, such as olives and feta cheese. Not everyone likes them!

Ingredients

- lettuce 
- cucumber 
- tomatoes 
- red onion 
- feta cheese 
- olives (if you like) 
- olive oil 

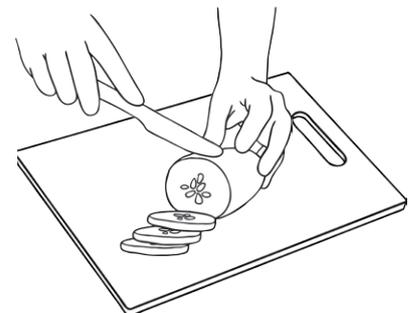
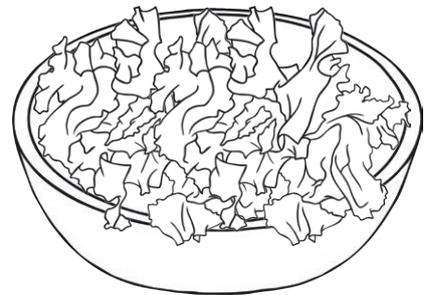
Equipment

- chopping board
- knife (make sure you are supervised by an adult when using this)
- large salad bowl
- salad spoons or tongs



Method

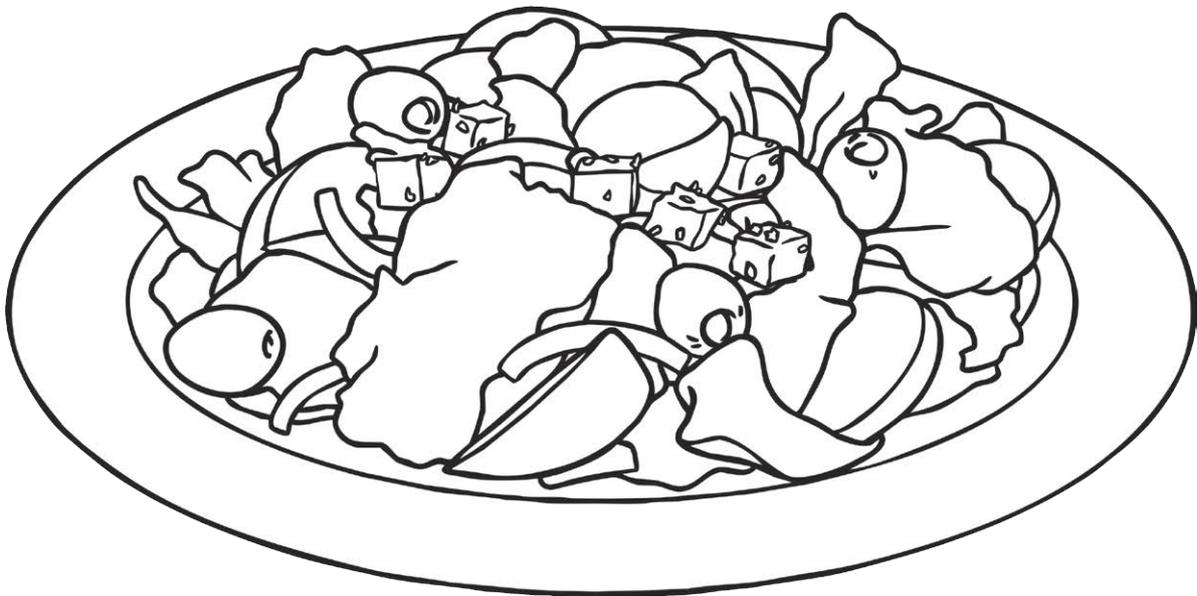
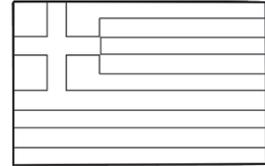
1. First, wash your hands.
2. Then, rip the lettuce with your hands. Put it in the bottom of the bowl.
3. Next, slice the cucumber and put it in the bowl. Chop the tomatoes and add them to the bowl. Slice the red onion into thin slices and scatter them on top.
4. After that, chop the feta cheese into chunks and place them on top of the salad. Add the olives to the salad if you are using them.



5. Finally, drizzle with olive oil and give the salad a good mix with the salad spoons or tongs.
6. Now, serve and enjoy your salad!

Did You Know...?

In Greece, this salad is made with no lettuce and is called **horiatiki** salad.



Questions

1. What is one of the **strong** ingredients in Greek salad? Tick one.

- lettuce
 olives
 cucumber

2. Number these steps in the order you find them in the recipe. The first one has been done for you.

- Rip the lettuce with your hands.
 Add the feta cheese.
 1 Wash your hands.
 Put the cucumber in the bowl.

3. Draw lines to match the verb to the food it is used for.

slice	•
chop	•
drizzle	•

•	tomatoes and feta
•	olive oil
•	cucumber and red onion

4. Find and copy the name of this salad in Greece.

5. When is it great to eat a Greek salad?

Answers

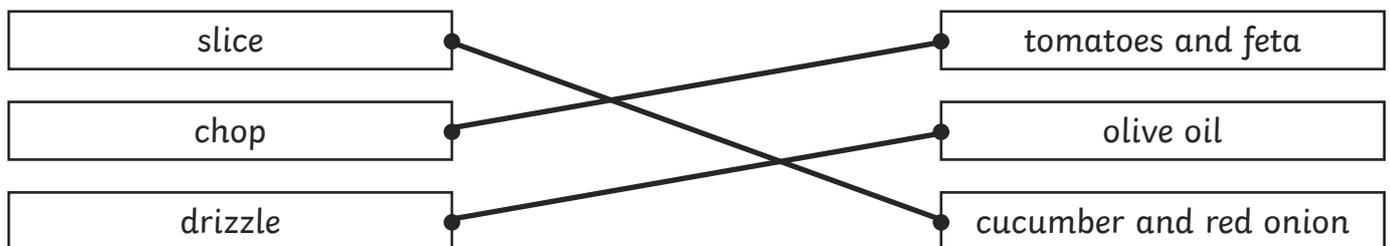
1. What is one of the **strong** ingredients in Greek salad? Tick one.

- lettuce
 olives
 cucumber

2. Number these steps in the order you find them in the recipe. The first one has been done for you.

- 2** Rip the lettuce with your hands.
 4 Add the feta cheese.
 1 Wash your hands.
 3 Put the cucumber in the bowl.

3. Draw lines to match the verb to the food it is used for.



4. Find and copy the name of this salad in Greece.

horiatiki

5. When is it great to eat a Greek salad?

It is great to eat Greek salad on a hot day.

Greek Salad Recipe

Greek salad is a delicious and healthy salad from Greece. It is perfect for eating on a summer's day. It has some strong ingredients, such as olives, that not everybody enjoys. It is made with a salty cheese made from sheep's milk, called feta.

Ingredients

- fresh lettuce 
- fresh cucumber 
- fresh tomatoes 
- red onion 
- feta cheese 
- olives (optional) 
- olive oil 

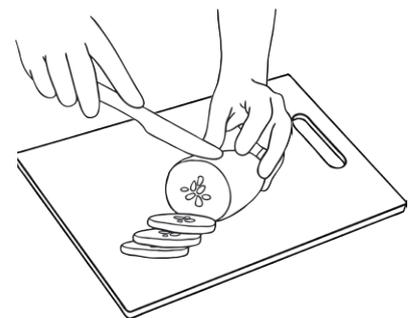
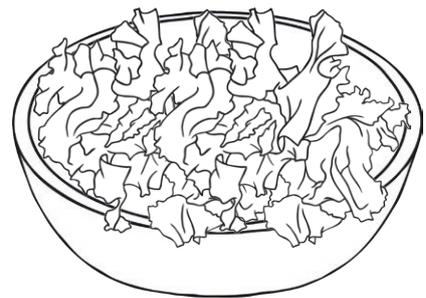
Equipment

- chopping board
- sharp knife (make sure you are supervised by an adult when using this)
- large salad bowl
- salad spoons or tongs



Steps

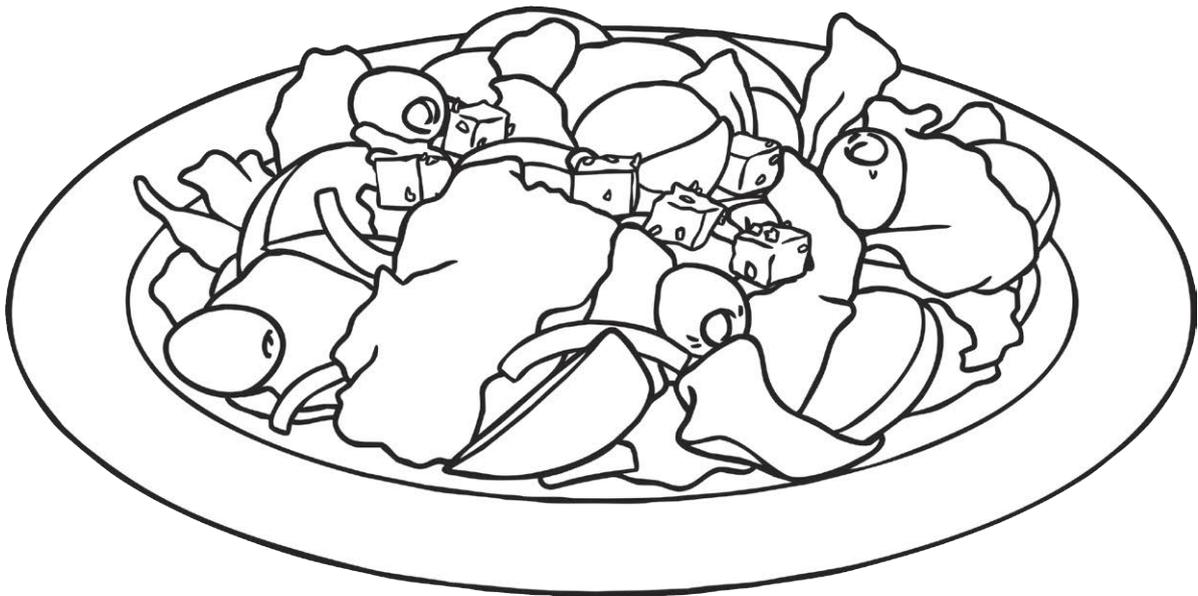
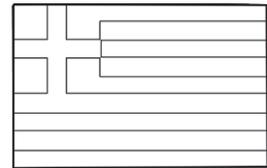
1. To begin, wash your hands thoroughly.
2. Then, shred the lettuce into rough pieces with your hands. Place them in the bottom of bowl.
3. Next, slice the cucumber and add it to the bowl. You can quarter the slices if you like. Chop the tomatoes into quarters and add them to the bowl. Slice the red onion finely and scatter the thin slices on top.



4. After that, chop the feta cheese into chunks and place them on top of the salad.
5. Next, chop the olives in half if you are using them, removing the stones if they have any. Add the olives to the salad.
6. Finally, drizzle generously with the olive oil and mix well, using the salad spoons or tongs.
7. Now, serve and enjoy your salad! You may wish to serve it with a dip called **tzatziki**, made by mixing together cucumber, mint and yoghurt.

Did You Know...?

In Greece, this salad is made without lettuce and is called **horiatiki** salad, meaning 'from the village' salad.



Questions

1. What is feta cheese made from? Tick one.

- cow's milk
- sheep's milk
- goat's milk

2. Number these steps 1-4 in the order you find them in the recipe.

- Shred the lettuce.
- Chop the olives.
- Wash your hands.
- Slice the red onion.

3. Find and copy one verb that describes how to pour the olive oil on top.

4. What might you serve the salad with?

5. ***It has some strong ingredients, like olives, that not everybody enjoys.***

Why do you think that some people don't enjoy these ingredients?

6. Do you think that a Greek salad would be perfect for eating on a summer's day? Give a reason for your answer.

Answers

1. What is feta cheese made from? Tick one.

- cow's milk
 sheep's milk
 goat's milk

2. Number these steps 1-4 in the order you find them in the recipe.

- 2** Shred the lettuce.
4 Chop the olives.
1 Wash your hands.
3 Slice the red onion.

3. Find and copy one verb that describes how to pour the olive oil on top.

drizzle

4. What might you serve the salad with?

You might serve the salad with a dip called tzatziki.

5. ***It has some strong ingredients, like olives, that not everybody enjoys.***

Why do you think that some people don't enjoy these ingredients?

Pupils' own responses, such as: I think that some people don't enjoy these ingredients because they are too salty for them.

6. Do you think that a Greek salad would be perfect for eating on a summer's day? Give a reason for your answer.

Pupils' own responses, such as: I think a Greek salad would be perfect for eating on a summer's day because it would be hot on a summer's day and this salad would be cold and crisp and refreshing.