



Today's special
Broccoli
salad

ingredients (per child)

4-6 cups chopped raw broccoli
½ cup grated cheddar cheese
1 cup chopped onion
1 cup sunflower seeds
½ cup raisins
1 cup mayonnaise
3-4 tbsp white sugar
2 tsp vinegar

materials (per child)

1 medium bowl
1 small bowl
1 large wooden spoon
1 teaspoon
1 tablespoon
1 butter knife
1 sharp knife (adult)

1- Chop the broccoli into bite-sized bits with help from an adult.

2- Dice the onion with help from an adult.

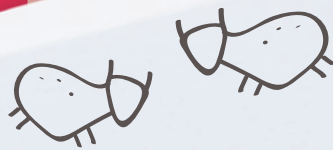
3- Put the broccoli, onions, raisins, cheese and sunflower seeds into the bowl.

4- In a smaller bowl mix the mayonnaise, sugar and vinegar together to make the dressing.

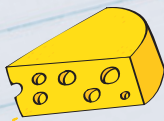
5- Pour the dressing over the broccoli salad. Toss to coat the salad.

6- Eat and enjoy!





→ Match the name to the correct drawing. Yummy!



o mayonnaise

o sugar

o onion

o cheese

o raisins

o broccoli

o vinegar

