

Junior Salad Bar

Salad isn't just for grownups. Set out all the ingredients and let the kids choose a little bit of this and a little bit of that. A colorful salad is a nutritious one, so encourage a rainbow in every bowl!



HELPFUL TIP If avocado was included in your salad bar, save the pit. Use toothpicks to suspend the avocado pit (pointed side up) in water and watch the roots grow. Did you know avocados grew on trees?

what you need:

- shredded lettuce
- cherry or grape tomatoes, sliced or quartered
- shredded carrots
- broccoli, cooked and chopped
- sliced avocado
- shredded cheese
- mandarin oranges
- croutons
- low-fat dressing (optional)
- bowls
- serving spoons and plastic forks

what to do:

- 1 Ahead of time, chop and prepare the salad fixings.
- 2 Create signs to label each item.
- 3 Place each item in a small bowl or on a small plate. Don't forget serving spoons.
- 4 Give each child a bowl and open the junior salad bar for business!

DISCUSSION When kids are munching on salad, it's an opportunity to talk about textures. Ask them to describe what they're eating (crunchy carrots, sweet oranges, smooth avocado, etc.).

Another idea: Let the kids plant vegetable seeds and watch them grow in the classroom. Leaf lettuce, green beans or peas, and radishes are good choices for a windowsill garden because they grow quickly. Carrots can also be grown indoors, but they take a little longer to germinate.

