

# Have a go at this

## Activity: Design and create a salad to go

*Salads make a good addition to packed lunches.*

Design a salad that can be made ahead of time and refrigerated overnight.

How many colours of the rainbow might you include?

Tomatoes are red, lettuce is green, carrots are orange, capsicum can be red, green or yellow and beetroots ... What colour are they?

Draw a picture of a bowl, like the one below, and design your salad to go.

Maybe you want to add some healthy seeds or grains? How about seaweed or tofu? What about including mealworms or crickets.

