

## **LAYERED VEGETABLE SALAD**

You will need several bowls of various raw vegetables to make these creative salads.

We suggest these items:

Grated carrot

Shredded lettuce

Cold cooked green peas

Broccoli and/or cauliflower flowerets

Chopped celery and/or cucumber

Creamy Italian salad dressing

Give each student a clear plastic cup and instruct him or her to spoon layers of vegetables into the cup. Pour a small amount of salad dressing on top. Let the children eat their “layered salads” with a plastic fork.