



RAINBOW SALAD

This colourful salad is a feast for the eyes as well as your tummy and is packed with goodness from lots of healthy, nutritious vegetables. Anything goes so it's a great way to get children to try new foods and they'll learn basic knife skills preparing it. We've topped ours with boiled egg but be creative with cold meats, fish, cheese or a little of each; so many options!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; chop using bridge/claw knife technique safely; use a vegetable peeler and box grater safely; garnish

Equipment: Chopping board, sharp knife, vegetable peeler.

Allergens*: Mustard | Eggs | Sulphites

Ingredients (serves 1 adult or 2 children):

- 1 hard-boiled egg, shell removed
- 2 tbsp of sweetcorn
- A selection of any mixed salad leaves; iceberg lettuce, rocket, spinach
- 6 slices of cucumber
- 5 cherry tomatoes, halved or 1 salad tomato sliced
- 1 small carrot
- Half a cooked beetroot, sliced
- Half a small yellow or red pepper, sliced or diced
- A few broccoli florets broken into smaller pieces
- Some cress to garnish

Optional extras or substitutes – green pepper, celery, tuna, grated cheese, cold sliced meats, radishes, avocado

Method

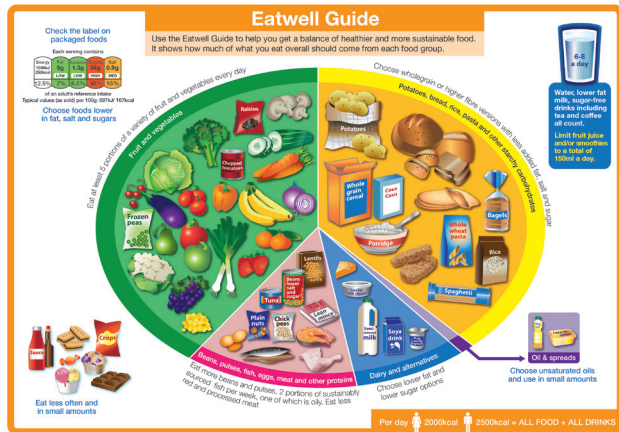
1. Peel and grate the carrot.
2. Prepare the rest of the vegetables you are using.
3. Arrange your salad leaves on a plate as a base and then attractively layer up your salad.
4. Cut the hard-boiled egg into quarters and then place them on top of your salad.
5. If using, sprinkle cress over the top to garnish.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



RAINBOW SALAD

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Rainbow Salad...

Eggs are an excellent source of protein, vitamins and minerals, and are usually cheaper than meat or fish.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 446g (adult) serving

ENERGY
935kJ / 223kcal **11%**

LOW **FAT**
7.3g **10%**

LOW **SATURATES**
2.0g **10%**

LOW **SUGARS**
16.0g **18%**

LOW **SALT**
0.38g **6%**

% of an adult's reference intake

Typical values per 100g : Energy 210kJ / 50kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.