


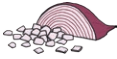


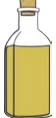


Greek Salad Recipe

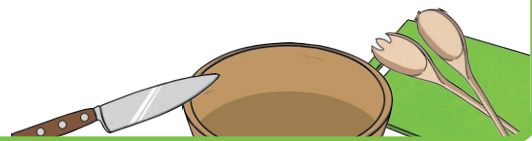
Greek salad is a delicious and healthy salad from Greece. It is perfect for eating on a summer's day. It has some strong ingredients, such as olives, that not everybody enjoys. It is made with a salty cheese made from sheep's milk, called feta.

Ingredients

- fresh lettuce 
- fresh cucumber 
- fresh tomatoes 
- red onion 
- feta cheese 
- olives (optional) 
- olive oil 

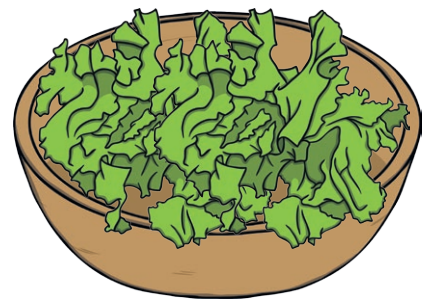
Equipment

- chopping board
- sharp knife (make sure you are supervised by an adult when using this)
- large salad bowl
- salad spoons or tongs



Steps

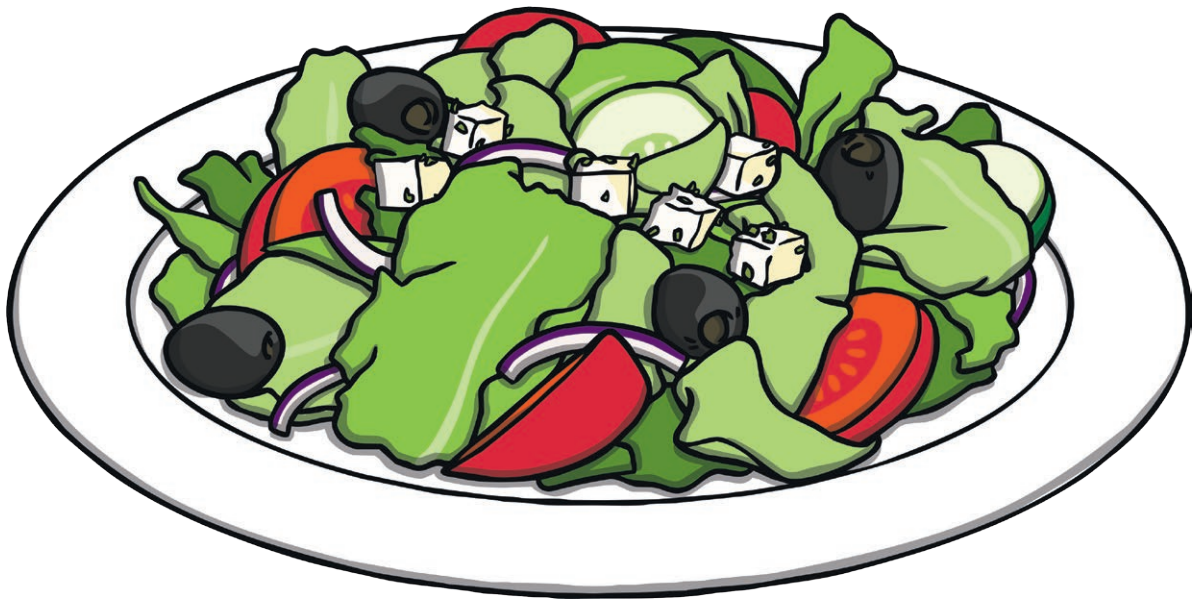
1. To begin, wash your hands thoroughly.
2. Then, shred the lettuce into rough pieces with your hands. Place them in the bottom of bowl.
3. Next, slice the cucumber and add it to the bowl. You can quarter the slices if you like. Chop the tomatoes into quarters and add them to the bowl. Slice the red onion finely and scatter the thin slices on top.



4. After that, chop the feta cheese into chunks and place them on top of the salad.
5. Next, chop the olives in half if you are using them, removing the stones if they have any. Add the olives to the salad.
6. Finally, drizzle generously with the olive oil and mix well, using the salad spoons or tongs.
7. Now, serve and enjoy your salad! You may wish to serve it with a dip called **tzatziki**, made by mixing together cucumber, mint and yoghurt.

Did You Know...?

In Greece, this salad is made without lettuce and is called **horiatiki** salad, meaning 'from the village' salad.



Questions

1. What is feta cheese made from? Tick one.

- cow's milk
- sheep's milk
- goat's milk

2. Number these steps 1-4 in the order you find them in the recipe.

- Shred the lettuce.
- Chop the olives.
- Wash your hands.
- Slice the red onion.

3. Find and copy one verb that describes how to pour the olive oil on top.

4. What might you serve the salad with?

5. ***It has some strong ingredients, like olives, that not everybody enjoys.***

Why do you think that some people don't enjoy these ingredients?

6. Do you think that a Greek salad would be perfect for eating on a summer's day? Give a reason for your answer.

Answers

1. What is feta cheese made from? Tick one.

- cow's milk
 sheep's milk
 goat's milk

2. Number these steps 1-4 in the order you find them in the recipe.

- 2** Shred the lettuce.
4 Chop the olives.
1 Wash your hands.
3 Slice the red onion.

3. Find and copy one verb that describes how to pour the olive oil on top.

drizzle

4. What might you serve the salad with?

You might serve the salad with a dip called tzatziki.

5. ***It has some strong ingredients, like olives, that not everybody enjoys.***

Why do you think that some people don't enjoy these ingredients?

Pupils' own responses, such as: I think that some people don't enjoy these ingredients because they are too salty for them.

6. Do you think that a Greek salad would be perfect for eating on a summer's day? Give a reason for your answer.

Pupils' own responses, such as: I think a Greek salad would be perfect for eating on a summer's day because it would be hot on a summer's day and this salad would be cold and crisp and refreshing.