

Name _____

Date _____

Build-A-Meal: Salad Bar Matchups

Directions: Working as a group, build your own “whole meal” salad. This salad should include Idaho leafy greens, vegetables, fruit, protein, grains, dairy, and salad dressing. You can mix and match within each food group, as long as you don’t go over the total serving amount allowed. After you have chosen the foods and amounts that will go into your salad, have your recorder write down the ingredients and amounts on your group Recipe Card. The group illustrators will draw and color pictures of the ingredients while the recorder is working. Finally, your reporter will share your recipe with the class!

KEY:

1 cup = $\frac{1}{2}$ cup + $\frac{1}{2}$ cup

$\frac{1}{2}$ cup = $\frac{1}{4}$ cup + $\frac{1}{4}$ cup

$\frac{1}{4}$ cup = $\frac{1}{8}$ cup + $\frac{1}{8}$ cup

Vegetables – Idaho Leafy Greens

(Choose enough for a 1 $\frac{1}{2}$ cup serving.)

Red or Green Leaf Lettuce

Kale or Collard Greens

Spinach

Romaine Lettuce

Fruits

(Choose enough for a 1 cup serving of fresh or 3 tablespoons of dried.)

Strawberries

Grapes

Dried Cherries

Diced Apples

Vegetables – Other

(Choose enough for a $\frac{1}{2}$ cup serving.)

Carrots

Cherry Tomatoes

Sugar Snap Peas

Zucchini

Protein

(Choose enough for a 3 oz. serving of meat or $\frac{1}{2}$ cup serving of beans.)

Grilled Chicken

Grilled Steak

1 Hard Boiled Egg

Kidney or Garbanzo Beans

Grains

(Choose 1 serving as shown.)

1 Medium Roll

1 Breadstick

5 Saltine Crackers

$\frac{1}{4}$ Cup Croutons

Dairy

(Choose enough for a $\frac{1}{4}$ cup serving of cheese.)

Feta Cheese

Cheddar Cheese

Blue Cheese

Mozzarella Cheese

Salad Dressing

(Choose enough for a 2 tablespoon serving.)

Italian

Ranch

Thousand Island

Olive Oil & Vinegar