

Ms. Heather's Learning at Home Activity

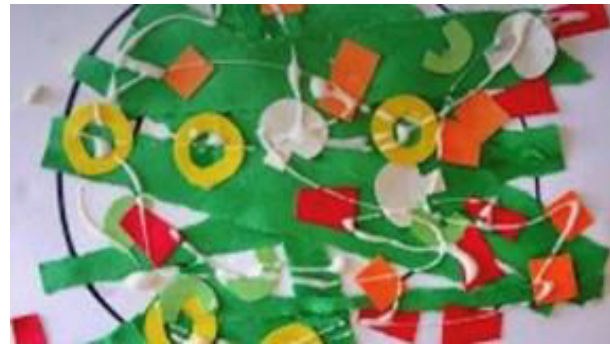
Paper Salad

Related **Math Lesson** November 30, 2021 on WQLN PBS

How to Make

Materials:

- Paper
- Paper plate (if available)
- Scissors
- Glue



Directions:

1. Match the colors of your paper to the vegetables you want to make for your salad. If you don't have colored paper, you can color your paper the color of that salad item.
2. Cut out pieces of paper into shapes that represent the vegetables you want in your salad.
3. Draw a large paper plate, or use an actual paper plate.
4. Glue the paper vegetables onto your paper plate.
5. Discuss the healthy choices for your salad, the color they are, and why they are good for your body.
6. If you'd like, make your own real salad that you can eat for your next meal. Discuss the healthy vegetables in your salad.

