



List of Supplies Needed

Lesson 9: Plant Parts Salad

General

- Lesson plan
- Activity worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/lesson9

Cooking

- Aprons
- Kitchen towels
- Mixing bowl
- Tongs
- Grater for carrots
- Cutting mat or cutting board
- Plastic kid knife or butter knife
- Measuring cups & measuring spoon
- Jar with lid or bowl for dressing

Food & Produce

- Cucumber
- Celery
- Broccoli
- Lettuce
- Carrot
- Canola oil
- Sesame oil
- Rice Vinegar
- Soy sauce
- Honey
- Roasted sunflower seeds

