



KidsPlay Chefs

Recipe: Rainbow Salad

Book: My Crayons Talk

by Patricia Hubbard

You will need a variety of colorful foods. Here are some suggestions:

Red:

peppers or strawberries

Orange:

shredded cheese, oranges, or carrots

Yellow:

yellow squash, corn, or pineapple

Green:

romaine lettuce, peppers, or celery

Blue:

blueberries or dark seedless grapes

Purple:

purple cabbage, dark seedless grapes, or plums

Pink:

1 tablespoon of mayonnaise and 1 tablespoon of ketchup, mixed; or a strip of baked ham

Steps:

Mix 1 tablespoon of mayonnaise and 1 tablespoon of ketchup to make a pink salad dressing. Add the dressing to the bottom of your salad bowl.

Prepare each of your ingredients as needed; for example, wash and dry the fruit and vegetables, shred the lettuce, peel the carrots, slice the peppers, and/or halve the grapes.

Sort your ingredients by colors into separate bowls.

Add one ingredient of each color to your salad bowl. Check to see if you have included all the colors of the rainbow. Challenge yourself to add the colors to your salad in the same order as the colors in a rainbow.

Stir your salad ingredients with the dressing mixture on the bottom of the bowl.

Enjoy eating your Rainbow Salad!



DID YOU KNOW? Vocabulary Builders

A **rainbow** is an arc in the sky which appears when sunlight shines through water droplets.

The **colors** of a rainbow in order are red, orange, yellow, green, blue, and violet.

Sorting is putting objects together according to a feature they share.

Try this recipe at home.

Have fun sharing with your family!