

Greek Salad

To understand why our bodies need fruit and vegetables.
To know where our foods come from and how they're reared, grown or caught.

Activity 1: True or False. Read the statements below. Circle the True ones.

Olives are grown in the UK Most of the UK's tomatoes come from Europe.

Feta Cheese is made from Goat's milk
Peppers grow best in hot countries

Activity 2: The foods in Spain, Greece and other Mediterranean countries are said to be healthier than the UK. Why do you think it is easier to eat healthy in these countries?

Activity 3: Greek Salad!

Give your Greek Salad a score out of 10 for the 3 categories below:

Taste: _____/10
Appearance: _____/10
Texture: _____/10

If you make another Greek Salad, what will you change next time and why?

Name one reason why it is important to eat fruits and vegetables:
