

Stage 1

5V 4b

Name of the project: **Salad 4 life**

A bank of ideas drawn from the individual reasons of not eating so much salad

What new things we could learn in this project?

tasting salads/trying new salads

learning to taste new salads

eating vegetables every day

how healthy vegetables and salads are

tasting something one doesn't like and could actually like it

What skills could we practice?

to teach oneself to like something

to eat a lot of the same salad

thinking

tasting a bit by bit

learning new tastes

tasting and eating more new food

trying, discussing, working in groups

to use salad dressings

How could we practice these skills?

to make a test about food

tasting vegetables in the class

to research different salads

Eat the food and start liking it!

Just do it!

taste first and then take more

taste, eat, think

think that it is good

when to eat half a plateful of salad