




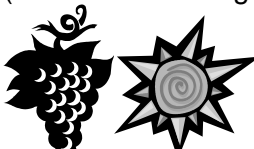





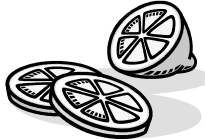






### Sweet Apple Salad for the Classroom

Serves 1 learning team of 4-6 students

	Ingredient	Directions	Nutrient
Core	Apple 	Use apple corer to cut 1 apple into pieces. Cut pieces into smaller chunks. Add to the bowl.	Fiber 
Grate	Carrot 	Grate 1 carrot and add to the bowl. 	Vitamin A 
Measure	Raisins (come from dried grapes) 	Measure 1 tablespoon of raisins and add to the bowl. 	Fiber 
Measure	Walnuts 	Measure 1 tablespoon of chopped walnuts and add to the bowl. 	Protein 
Juice	Lemon 	Make dressing: Juice ½ of a small lemon and add to jar with tight fitting lid. 	Vitamin C 
Measure	Honey 	Measure 1 teaspoon of honey and add to the jar. Put lid on and shake well. Pour dressing over salad. Stir and enjoy! 	Sugar