



GSCCC Celebrates National Salad Month

An At-Home Family Fun Program

GSCCC Family Fun Celebrate National Salad Month

National Salad Month is celebrated in the United States during the month of May. Salads can be green salads made with lettuce and other vegetables or fruit salads made for dessert or a salad made with grains like a lentil salad. Get creative include a salad in your healthy eating practice.

Materials:

- Knife or butter knife
- Cutting board
- Big bowl
- Salad making ingredients

Program Outline:

Activity 1 – Learn More About Salads

- Pick three (3) salads from the list in the box below to research. Try to pick salads that are new to you.
- Answer the following questions
 - What continent does this salad come from?
 - When was salad first introduced in history?
 - Which ingredients do you like in this salad?
 - When would you serve this salad?
 - Would your family enjoy this salad?
 - Would you enjoy this salad?
- Share what you have learned about these salads with your family and friends

Salads that include ingredients other than only fresh vegetables.

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| Antipasto Salad (Italy) | Sesame Noodle Salad(China) |
| Chicken Salad (USA) | Russian Salad (Russia) |
| Cucumber Salad (USA, Japan) | Ham Salad (USA) |
| Eggplant Salad (Greek) | Somen Salad (Japan) |
| Israeli Salad (Israel) | Som tum or Green Papaya Salad (Thailand) |
| Pea Salad (USA) | Watergate Salad or Pineapple Pistachio Delight (USA) |
| Polish Salad (Poland) | Shopska Salad (Bulgaria) |
| Strawberry Pretzel Salad(USA) | Tabboueleh Salad (Lebanon) |

Activity 2 – Celebrate National Salad Month

Go to this link and review the salad recipes - <https://www.loveandlemons.com/salad-recipes/>

- After reviewing the salads and their ingredients, pick four (4) salads you would like to make for your family.
 - *Note: If you click on the name of the salad, you will be able to see the ingredients and directions for each salad.*
- Share with an adult what you will be doing; celebrating National Salad Month by making the family a salad one day a week for the month of May. Get permission to do this activity.

- Create a shopping list for each of the four salads. Answer the following questions.
 - Which ingredients do you have at home already?
 - Which do you need to purchase? Work with an adult to put this list together.
- Ask an adult to pick the ingredients up for you the next time they go shopping.
- Plan which salad you will do each week.
- Make your salad and enjoy the new experience!
- Ask a family member to take photos or video you making your salad. Send these to media@girlscoutsccl.org.
- Ask your family for feedback.
 - Did they like the salad?
 - What would they have added or taken out of the salad to change the flavor?
 - Was this salad easy or hard to make?