

MY NAME IS \_\_\_\_\_





## ACTIVITY 1: LOOK AT THE PHOTO'S ABOVE

Circle the correct answer.

1. Is Mark's hand above or below the food?    above                            below

**Write your sentence here:**

Mark's hand is \_\_\_\_\_ the food.

2. Is the food above or below Mark's hand?    above    below

**Write your sentence here:**

The food is \_\_\_\_\_ Mark's hand.

3. Which colours can you see in this photo? Circle the correct answers.

red                            blue                            green

**Write out the three colours below.**

red \_\_\_\_\_    blue \_\_\_\_\_    green \_\_\_\_\_

## ACTIVITY 2: LOOK AT THE PHOTOGRAPH OF MARK CUTTING FOOD

1. Place a circle around the hand that is behind the food.

2. Which hand does Mark cut with?

left                            right



**ACTIVITY 3: DRAW YOUR OWN PICTURES OF FRESH FRUIT AND VEGETABLES NEXT TO THESE.**



**ACTIVITY 4: READING FOR MEANING**

**Mark Olive's Yabbie Salad**

**INGREDIENTS**

- 6 Yabbie Tails
- 1 Packet Fresh Gourmet Salad Mix
- Handful Fresh Rocket Leaves
- 2 Roma Tomatoes
- 1 Lebanese Cucumber

**Salad Dressing**

- 80ml Olive Oil
- 40ml Balsamic Vinegar
- 30ml Lemon/Lime Juice
- 1 teaspoon Wattleseed (Roasted)
- 1 teaspoon Kutjera Powder (Crushed Desert Raisins)

**METHOD**

- Blanch yabbie tails in boiling water until pink.
- Remove heads and peel shell off tails, leave ends.
- Set aside in fridge.
- Finely chop lettuce, rocket, tomatoes and cucumber.
- To make the dressing, place all ingredients in a small bowl and stir to combine.
- Dress salad and leave for 5 to 8 minutes, adding tails to absorb flavour. Arrange salad on plate and serve.

Serves 2.

1. List the ingredients that you would need to make Mark's recipe for yabbie salad.

6 \_\_\_\_\_ tails

1 packet fresh gourmet salad \_\_\_\_\_

handful fresh rocket \_\_\_\_\_

2 Roma \_\_\_\_\_

1 Lebanese c \_\_\_\_\_

2. List one ingredient in the salad dressing.

\_\_\_\_\_

3. It says in the method that you will need to blanch yabbie tails in boiling water until pink. What do you think the word blanch means?

\_\_\_\_\_

4. This recipe will make enough salad for \_\_\_\_\_ people.



## ACTIVITY 5: EATING HEALTHY FOOD

In the box below, draw some of the healthy food you like to eat every day.

