



Let's make Taco Salad for lunch!

Taco Salad Fun Facts

- Taco salad has all the major food groups. Can you name them?
- Do you know which food groups each of the ingredients is in?

How to make Taco Salad

Mix all of these ingredients together:

- One head of lettuce cut up into bite-size pieces
- One onion cut up in small bits
- One cup of cut-up tomatoes
- Add one can of kidney beans or black beans. You may want to drain them first. You can also use chili beans that aren't drained.
- One cup of shredded cheese
- Two cups of smashed up tortilla chips

Add ½ cup of Western or French dressing and ½ cup of salsa

Mix it up again.

This is a basic recipe. You can increase or decrease the amounts of these ingredients, and add cilantro, chilis, peppers, or even meat if you want to. **Enjoy this complete meal in a bowl!**

For inspiration, listen to this story about Tacos:

Dragons Love Tacos by Adam Rubin

<https://www.youtube.com/watch?v=Nz6MAQrxVQs>



For more nature activities, ,
www.nextstepadventure.com

NextStep
adventure
nextstepadventure.com



Let's make Taco Salad for lunch!

Taco Salad Fun Facts

- Taco salad has all the major food groups. Can you name them?
- Do you know which food groups each of the ingredients is in?

How to make Taco Salad

Mix all of these ingredients together:

- One head of lettuce cut up into bite-size pieces
- One onion cut up in small bits
- One cup of cut-up tomatoes
- Add one can of kidney beans or black beans. You may want to drain them first. You can also use chili beans that aren't drained.
- One cup of shredded cheese
- Two cups of smashed up tortilla chips

Add ½ cup of Western or French dressing and ½ cup of salsa

Mix it up again.

This is a basic recipe. You can increase or decrease the amounts of these ingredients, and add cilantro, chilis, peppers, or even meat if you want to. **Enjoy this complete meal in a bowl!**

For inspiration, listen to this story about Tacos:

Dragons Love Tacos by Adam Rubin

<https://www.youtube.com/watch?v=Nz6MAQrxVQs>



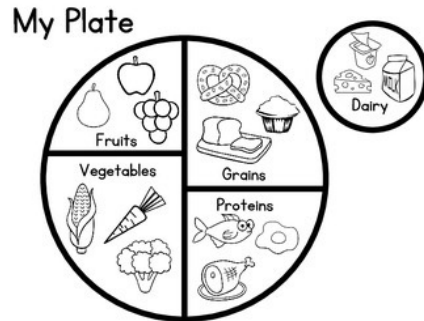
For more nature activities,
www.nextstepadventure.com

NextStep
adventure
nextstepadventure.com

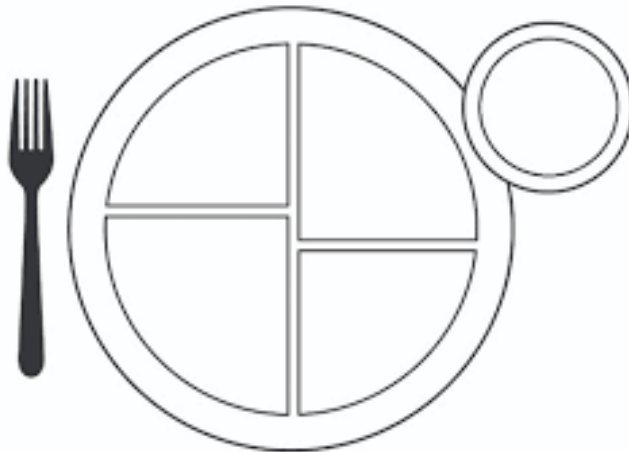
Use MyPlate to Eat Well

Build healthy eating habits one plate at a time! Use these MyPlate diagrams to learn where the foods in your taco salad fit on your plate, and into your daily menus!

This plate is divided into sections comparable to the amount of each type of food you need each day.



Use the plate above to draw the foods in your taco salad in the right spaces on the blank plate below. How does it match up?



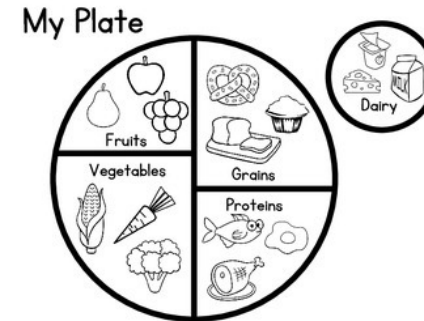
For more nature activities, ,
www.nextstepadventure.com

NextStep
adventure
nextstepadventure.com

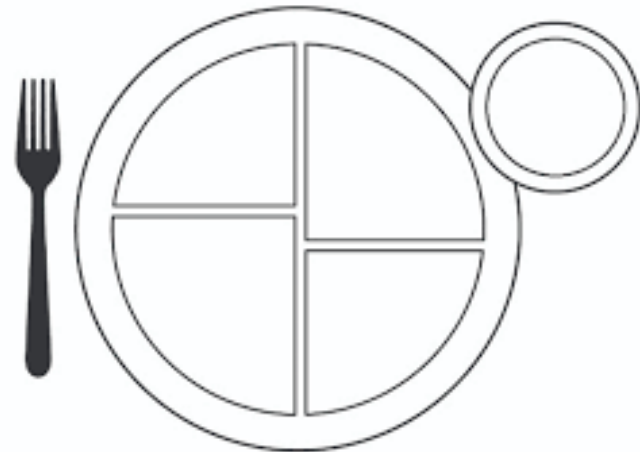
Use MyPlate to Eat Well

Build healthy eating habits one plate at a time! Use these MyPlate diagrams to learn where the foods in your taco salad fit on your plate, and into your daily menus!

This plate is divided into sections comparable to the amount of each type of food you need each day.



Use the plate above to draw the foods in your taco salad in the right spaces on the blank plate below. How does it match up?



For more nature activities,
www.nextstepadventure.com

NextStep
adventure
nextstepadventure.com