DID YOU EVER MIX A SALAD?

(Lesson Idea)

Bring ingredients for a salad and have children help you mix it. As they sample the salad, invite children to talk about salads they eat at home. Discuss all of the different foods that can go into a salad. Then review the tune of “Did You Ever See a Lassie?” before you sing the song below. Demonstrate a mixing motion, or children can sway to the song as they sing. Encourage them to suggest other vegetables, fruits or salad foods they can add to the song.

Did you ever mix a salad, a salad, a salad,
Did you ever mix a salad in this way or that?
With lettuce and tomatoes,
Cucumbers and potatoes,
Did you ever mix a salad in this way or that?

¡QUÉ RICA LA ENSALADA! (SPANISH)

Bring ingredients for a salad and have children help you mix it. Vamos a mezclar estos alimentos para hacer una ensalada. ¿Quién quiere ayudar? As they sample the salad, invite children to talk about salads they eat at home. ¿Qué ensaladas comen en su casa? Discuss all of the different foods that can go into a salad. ¿Qué alimentos sirven para hacer ensaladas? Then review the tune of “Did You Ever See a Lassie?” before you sing the song below. Van a oír la música de una canción. ¿La han oído antes? Demonstrate a mixing motion, or children can sway to the song as they sing. Si quieren, muevan el cuerpo de un lado o otro como lo hago yo. Encourage them to suggest other vegetables, fruits or salad foods they can add to the song. ¡Qué otros vegetales, frutas y otros alimentos para ensaladas pueden agregar a la canción?

¡Qué rica la ensalada, ensalada, ensalada!
¡Qué rica la ensalada así y así!
Con lechuga y tomate,
pepino y guisantes.
¡Qué rica la ensalada así y así!

Did you ever mix a salad, a salad, a salad,
Did you ever mix a salad in this way or that?
With lettuce and tomatoes,
Cucumbers and potatoes,
Did you ever mix a salad in this way or that?