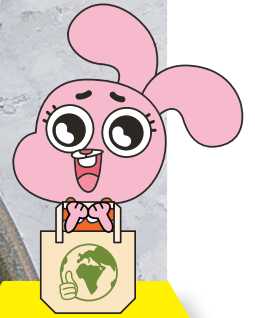


# THE LAB

Three things to make and do

Kitchen chemistry



## TOUGH NUT

The walnuts we eat are actually the seeds of stone fruits, found inside a hard, wrinkly case.

# 1 Make a planet-friendly salad



Put together a tasty dish for Earth Day that looks after the planet's health.

### What you need

- 500g cooked beetroot
- 40g rocket
- 40g **walnuts**
- 50g **Greek style cheese**
- 1 pomegranate
- 1 tbsp **Dijon mustard**
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Black pepper
- Salt

- Chopping board
- Knife
- Large plate
- Mug

### Instructions

- 1 Ask a grown-up to help you chop the beetroot into chunky pieces. Wash the rocket, drain well and place it onto the plate.
- 2 Place the beetroot pieces on top of the rocket. Chop the walnuts and scatter over the top, along with the crumbled cheese.
- 3 Roll the pomegranate along the kitchen worktop a few times, pressing down on it to loosen the seeds inside. Ask a grown-up to chop it in half, then shake it above your salad so the seeds fall out.
- 4 Add the Dijon mustard, lemon juice and 1 tbsp of olive oil to a mug. Season with a little salt and pepper and whisk up with a fork to make a dressing. Drizzle this over your salad and enjoy.

**Allergy warning!** Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](https://tinyurl.com/SN-allergy)



Chunks of chopped beetroot.

## Become a CN Climate Champion

This activity has been adapted from Cartoon Network's Climate Champions initiative. The website has loads of fun challenges to help you take small steps and collectively tackle climate change. Climate change is long-term changes in the world's weather patterns, including rising temperatures. It's caused by human activities that release harmful gases into the atmosphere, such as carbon dioxide (CO<sub>2</sub>). One way to cut down on CO<sub>2</sub> is to eat seasonal foods – fruit and vegetables that are ripe and ready in a particular season. This cuts down on the harmful gases released by transporting food thousands of miles around the world. You can find lots more challenges at [tinyurl.com/SN-Champ](https://tinyurl.com/SN-Champ)

2024 CARTOON NETWORK - REK SHUTTERSTOCK

