

## How to...



# Make a delicious Greek-style salad

### What you need

- ½ a head of lettuce
- 2 tomatoes
- ½ a cucumber
- 1 pepper
- 4 olives with no stones
- 100g feta cheese
- ½ a red onion, peeled
- 2tbsp olive oil
- Juice of ½ a lemon
- 1tsp dried oregano (optional)
- 1 knife
- 1 large bowl
- 1 tablespoon
- 1 small bowl

### Instructions

Start by cutting the lettuce into bitesized pieces, and put it in the large bowl. Next, chop the tomatoes, cucumber and pepper into chunks and add them to the lettuce, along with the olives. Now, cut the feta cheese into one centimetre cubes and add to the bowl. Chop the onion as finely as possible, then add the pieces to the rest of the ingredients in the large bowl. To make the dressing, mix the olive oil and the lemon juice in the small bowl, then pour it into the large bowl and mix everything together. Sprinkle some dried oregano on top if you fancy it and then tuck in.



**WARNING!**  
Take care when using knives, and always ask an adult for help if you need it.

**CHEESY FACT**  
Feta is the national cheese of Greece. It is traditionally made with sheep milk.

**Got an idea?** Made something cool? Share it with us at [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk)

# Make the planet a better place

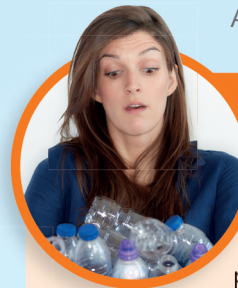
**H**ow can you make the planet a better place to live? *What a Waste* is a new book with all the answers on rubbish, recycling and protecting the planet. Find out how to reduce the amount of waste we create, where it comes from, and how it affects the planet. Written by Dr Jess French (presenter of the children's TV series *Minibeast Adventure with Jess* on CBeebies), *What a Waste* is filled with exciting ideas and tasks that show how simple changes can help make a world of difference.



**DID YOU KNOW?**

Around 91% of all plastic ever created has not been recycled

### ADVERTISEMENT FEATURE



### TRY JESS'S CHALLENGE

For one week, collect all your family's plastic waste. At the end of the week, go through each item and think of any plastic-free items you could use instead. By making swaps to create less waste, you can become a plastic-free family!

### WIN a copy of What a Waste!

Win a copy of *What a Waste* and a £50 National Book Tokens voucher by visiting [www.dk.com/TheWeekCompetition](http://www.dk.com/TheWeekCompetition) by Friday 19 April 2019. Terms and conditions apply. An adult (someone aged over 18) must submit your application.

Closing date: Midnight, 19 April. Ask your parents' permission before entering. If you win, we will use the details you provide to contact you and arrange delivery of your competition prize. Further details about how we manage the data you provide can be found at [dk.com/uk/information/privacy-policy-and-cookies/](http://dk.com/uk/information/privacy-policy-and-cookies/). For terms and conditions, please head to [dk.com/uk/information/the-week-terms-and-conditions/](http://dk.com/uk/information/the-week-terms-and-conditions/).

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