



Pilot Light Family Meal Lesson
Seaweed Salad

Suggested Age Range: 6 years old - adult

Recipe:

In this [Pilot Light Video](#), you will learn about seaweed and why it is important. If you don't have seaweed at home to make seaweed salad, you can create a salad with what you have in your fridge or pantry! Be creative! You may be surprised at what delicious combinations you come up with!

Seaweed Salad (serves 4-6 people)

- 1 cup carrots, chopped
- 1 cup cucumbers, chopped
- $\frac{2}{3}$ cup soy sauce
- 1 tsp sesame seeds
- 20 sheets Kombu seaweed (6x6), hydrated

1. Rinse the seaweed once and soak it in at least 10 times its volume of water (make sure you have a big container or sanitize your sink)! When tender, about 5 minutes later, drain and gently squeeze the mixture to remove excess water.
2. Pick through the seaweed to sort out any hard bits, and chop or cut up (you may find it easier to use scissors) if the pieces are large.
3. Cut up carrots and cucumbers into bite-sized pieces.
4. Combine seaweed, carrots, cucumbers, and soy sauce. Stir to combine and garnish with sesame seeds.
5. Enjoy! Refrigerate any leftovers and enjoy within 2-3 days.

Activity/Discussion Questions:

Families/children could discuss or write about:

- Discuss or write a review of it. What did you like and what did you not like? What would you add or take away if you made it again?
- If you made a salad with ingredients not listed in the recipe, discuss why you chose them. Which ingredients are sweet and which ingredients are salty or savory? What other ways can you describe the ingredients you taste?
- How many different colors and shapes are in the salad? What are the different textures of the ingredients in the salad?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- If you made your own salad recipe, write it down and send it to friends or family to try. Consider including a drawing or photo of your salad in your recipe.
- Research how seaweed is grown and harvested. Share out your findings with friends or family members.
- Research the different types of seaweed and their benefits and create an advocacy poster promoting why seaweed is important.

*This Family Lesson was written by Pilot Light staff
and was inspired by Pilot Light's lesson [Why We Need Seaweed](#).*