

## Salad rolls



I enjoyed this lab because I was able to learn new skills with a knife and also learning about the texture of the rice paper. I learned how to julienne the carrots which at first I was a little nervous to do but I ended up doing ok. I liked how in this lab I was able to become more confident with my knife skills. I also liked that this was an easy and healthy question.

I would want to see what this would taste like if you put chicken or something like that into it. I'm not sure if the paper would be able to support that but I think I would like the taste a lot more. It would add protein to the wrap making it even better for athletes to eat.

Deep frying your food is basically dumping your food into fat. It's very unhealthy because it can add lots of calories and trans fat. Deep frying food also takes the natural nutrients out of the products. The oils most of the time are artificial and not natural. The only way to make deep frying a little but healthier is to change the type of oil you are using.

<http://www.fitday.com/fitness-articles/nutrition/healthy-eating/food-myths-debunked-fried-foods-are-too-fatty-and-unhealthy.html>