

Knife Skills and Salad Making Foods II

Summary

This plan is intended to review the 5 basic knife skills introduced prior and apply these skills to the basics of 3 different types of salads, vegetable salads, pasta salads, and dessert salads.

Main Core Tie

Dietetics and Nutrition 1

[Strand 1 Standard 2](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Large Groups

Life Skills

Aesthetics, Thinking & Reasoning, Employability

Materials

Knife Skills Power Point to be used for quick review with students.

Salad Recipes

Lab ingredients

Background for Teachers

Review the basic knife cuts previously taught.

Student Prior Knowledge

Students will need a basic knowledge of the knife cuts introduced, including measurements and knife skills required to achieve the knife cuts.

Intended Learning Outcomes

Students will understand and apply the basic knife skills required by Standard 2 in the preparation of a salad recipe.

Instructional Procedures

Begin with the Knife Skills power point. Many of the slides may be quickly reviewed, with special attention paid to the actual knife cuts and the measurements required.

Depending on how many labs are available, use the attached recipes to create a salad buffet with the three different types of salads. Have each lab prepare a different salad and then share that salad with the entire class. The serving sizes will be very small - reminding the students that this is a tasting buffet is necessary.

As the labs progress, several of the salads have garnishes recommended. If the salad does not have a specific garnish, suggest that the students create a garnish for their salads, re-emphasizing the information that they learned during the Structure of Salads lesson.

Assessment Plan

When the lab is complete, before students leave class have them complete the knife skill salad's lab evaluation.

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