

Salad Structure Foods II

Summary

This power point, listening guide and accompanying lab concentrates on the structure of salads, the care of salad greens and the process of preparing fresh salad dressings.

Main Core Tie

Dietetics and Nutrition 1

[Strand 6 Standard 2](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Life Skills

Aesthetics, Thinking & Reasoning, Employability

Materials

- Care of Salad Greens power point.
- Care of Salad Greens Listening Guide.
- Salad Dressing Recipes and supplies for lab.
- Salad Dressing Evaluation.

Background for Teachers

The structure of a salad includes the Base, Body, Dressing and Garnish. One salad where it is easily displayed is that of a composed salad - think orderly.

The base includes various types of lettuce, greens, romaine, etc. The body is usually a protein like chicken or ham. The dressing can be either a mayonnaise base or vinaigrette. The Garnish is often parsley, basil, chives or olives - something to compliment the colors in the salad.

Composed salads can be made in a layered fashion, in a clear container lettuce first as the base, then the body (protein), followed by the dressing and then garnished.

Tossed salads: Primarily greens and small bite size vegetables.

Composed salads can take a number of forms, from a tower of fresh greens, to an artfully arranged sunburst of color on a plate. the end goal is to plate a more formal, elegant looking salad.

When creating any salad, only the freshest, highest quality ingredients should be used. All of the individual components of the salad are very much on display, so it is important to use strong salad ingredients to carry the dish. Ingredients should be washed and picked through to find the most shapely and attractive portions. When foods are chopped for a salad, they may be prepared on a mandoline so that they are evenly sliced.

In addition to general appearance and taste color is an important aspect of any salad. The colors generally complement each other and may be arranged in layers or concentric circles in a composed salad. A single color maybe used so the salad has an overall theme. It is important to remember the dressing color can factor into the overall appearance of the salad.

The dressing on a composed salad my be drizzled on top or served on the side in the case of drizzled dressings, some chefs create visual variations with cross hatching patterns of different colored dressings or they make shapes such as hearts, waves, circles, or rings on the edge of the plate with

dressing. A squeeze bottle is a very useful, tool for dressing a composed salad.

Intended Learning Outcomes

Students will be able to identify structures of salads, how to properly care for salad greens, and how to prepare a salad dressing.

Instructional Procedures

Hook: "What are some different kinds of salads that you have eaten before?"

Hand out the listening guide for the power point presentation. Have the student take notes as you discuss the Salad presentation. Remind the students that they will be using the information in the presentation to complete the lab today and also will complete an evaluation before the end of class. Go through the presentation, with emphasis on the structure of salads, the types of salads, and the two types of dressings.

For the Lab, give each lab a small head of iceberg lettuce or romaine lettuce and have them follow the instructions they learned in the power point presentation to clean their greens properly.

Emphasize the importance of tearing the lettuce into bite size pieces so it is easier to serve and eat. This lab is less expensive when using cloth towels to dry the lettuce rather than paper towels. When they have prepared their lettuce, have them bring cover it with plastic wrap and place it in the refrigerator until they have prepared their dressing. These dressings are a variety of mayonnaise and vinaigrettes and should be serve buffet style so all students can try each type. Have each student use a dinner plate and create a 7 small piles of greens. Each pile of greens will be used for a different dressing. When all student have dressed their small salads, have them turn to the evaluation on their listening guide and evaluate each dressing as they try it.

Assessment Plan

Salads, Salad Structures, Care of Greens and Dressings mini quiz.

Authors

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