**FOODS AND NUTRITION II – SALADS AND DRESSINGS LAB**

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| **OBJECTIVE:**  Identify and perform salad preparation skills. | **STANDARD:**  Students will demonstrate food preparation techniques and nutrition of salads. |

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| **MOTIVATOR** | **DESCRIPTION:**  Bell Ringer Question | **MATERIALS:**  Bell Ringer Cards |
| **TIME: 5 min.** |
| **CONTENT:**   1. Have the students answer the following question on their bell ringer cards, “What is the oil to vinegar ration when making a vinaigrette salad dressing?” (3 oils to 1 vinegar). 2. Have the students return their cards to the class basket. | | |

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| **ACTIVITY 1**  **(Cooperative)** | **DESCRIPTION:**  Salad and Dressings Lab | **MATERIALS:**  Food needed for one class (4 kitchens):  Bacon – 2 pkgs. Balsamic vinegar – 4 tsp.  Cottage cheese – 1 c. Green Leaf Lettuce – 1 head  Dry mustard – ½ tsp. Green onions – 2 bunches  Mayonnaise – ½ c. Iceberg lettuce – 2 heads  Mushrooms – ½ c. Onion powder – 1 tsp.  Oil – 4 Tbsp. Peas, frozen – 10 oz.  Pepper – ½ tsp. Salad dressing – ½ c.  Red onion – 1 Swiss cheese – 16 oz. pkg.  Salt – 1 ½ tsp. Spinach – 1 bunch  Sugar – 2/3 c. Vinegar – 6 Tbsp.  Handouts needed for students:  *SARAH’S SALAD RECIPE*  *SPINACH SALAD RECIPE*  *LAB SHEETS* |
| **TIME: 60 min.** |
| **CONTENT:**   1. Explain to the class that they will be making a mayonnaise based dressing and salad or a vinaigrette based dressing and salad.    1. Kitchens 1 and 3 will be making Sarah’s Salad (mayonnaise based dressing)    2. Kitchens 2 and 4 will be making Spinach Salad (vinaigrette based dressing) 2. Kitchens 1 and 2 will share their final product with each other while kitchens 3 and 4 will do the same. | | |
| **PROCESS QUESTIONS:**   1. Describe the type of salad dressings available to use when making a salad. | | |
| **REFERENCES:**  None | | |

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| **SUMMARY:**  There are different salad dressings available to use when making salads. Try both and find out which ones you prefer! |

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| **STUDENT EVALUATION:**  As the students are cooking, assess their cooking skills with measuring, safety, following directions and working well together as a group. Fill out the lab sheet and give each kitchen a grade for the experience. |

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| **TEACHER EVALUATION:** |

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| **OPTIONAL ACTIVITY:**  Create your own vinaigrette salad dressing recipe. What ingredients would you need? How much oil and vinegar should be added? Once you have written your own recipe, try making it to see how it turns out. |