

Salads and Salad Dressing Lab

Summary

Students will implement their knowledge on salad making skills by creating two different types of salads - mayonnaise based or vinaigrette based.

Time Frame

1 class periods of 70 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning, Communication

Materials

- Bell Ringer Cards for each student
- Food needed for lab (see lesson plan for details)
- Sarah's Salad Recipe
- Spinach Salad Recipe
- Lab Sheets

Intended Learning Outcomes

- Students will be able to identify the classifications of salad dressings - mayonnaise based and vinaigrette based.
- Students will be able to apply their knife skills when preparing the salads.

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Salads Lab Lesson Plan" attachment.

Assessment Plan

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.

Authors

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