

Fruit and Vegetable Salad Lab

Summary

A combined lab using both fruits and vegetables in the preparation of a variety of salads applying the skills and techniques of fruit and vegetable preparation to be share with the class.

Main Core Tie

Food And Nutrition

[Strand 5 Standard 4](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Lab Planning Sheet

Fruit and Vegetable Salad recipes

Vegetable and Fruit Unscramble Worksheet

Ingredients needed to prepare each of the recipes for the class depending on which recipes are being used.

(There are more recipes listed than what I prepare for the class. I choose which recipes I want the students to prepare as some of them take more time) Refer to recipes for ingredients and amounts.

Background for Teachers

The teacher needs to have a good understanding about fruits and vegetables, how to select and care for them in the preparation of a salad in preserving the nutrients, color, flavor and texture.

Student Prior Knowledge

The student needs to know the importance of fruits and vegetables in the diet and how to select and prepare them to preserve the nutrients, color, flavor and texture.

Intended Learning Outcomes

The student will demonstrate how to prepare a salad using fruits or vegetables applying the proper skills and techniques in the preparation of fruits and vegetables in preserving the nutrients, color, flavor and texture.

Instructional Procedures

Hand out the recipes for the fruit and vegetable salads, lab planning sheet, and fruit and vegetable unscramble worksheet.

Lab activity: Prior to class, have all of the ingredients portioned and organized by salad recipe on supply table for the students to measure and obtain. Explain the different salads being prepared during class. Assign a salad to each unit.

Give the students a time frame for the salads to be prepared and ready to be served buffet-style for the class to eat and evaluate. Units should be cleaned up as they go.

Walk around, help and assist as needed in the preparation of their salads.

If they have extra time, they can work on the Vegetable and Fruit Unscramble Worksheet.

When ready to serve, tables should be set. Identify and explain each of the salads. Have them sample each of the salads on their plates.

Allow enough time for them to eat, evaluate and clean-up before leaving.

Go over and correct the Vegetable and Fruit Unscramble Worksheet if time is available or at the start of the next class.

Authors

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