

KS1: Cookery- Make a Salad

Key Vocabulary

Hygiene	Practices that maintain health, especially through cleanliness.
Taste	Ingredients can compliment each other give a pleasant or contrast together and create an unpleasant taste.
Health benefits	How food helps the body in growth and development
Aesthetic	Concerned with how good something looks or the appreciation of it.
Audience	Who the project is intended for

The Project

Introduction	This project is designed to introduce you to cookery, specifically how to prepare salad, consider your own hygiene and combine ingredients effectively.
Purpose of Project	To design and make a healthy salad to support and educate children in having a healthy diet.

Design

After you have conducted a thorough research of different recipe combinations, design your own recipe. You need to remember:

- Steps to be in chronological order
- Appropriate amount of each ingredient, using the recipes from your research.

For decoration, design some different ways you could add vegetables or other ingredients on top of your salad, either by slicing it into chunks or long slices.

Research

Recipes	Search these websites for interesting salad recipes: <i>BBC Good Food</i> <i>Allrecipes.co.uk</i>
Health Benefits	Carrot- Help your teeth and gums Lettuce- Keeps your bones healthy Tomato- Protects and keeps the heart healthy Spinach- Strengthens Muscles Cucumber- Aids digestion Asparagus- Source of protein Avocado- Protects eyesight
Key Research Questions	What are effective combinations of ingredients? What would not work well? What common ingredients are in most salads? What different health properties do different vegetable have? Consider purpose . How does a salad contribute to a healthy diet ?

Salad



Recipe and Decoration

Salad

Ingredients

Lettuce
1 tomato
½ cucumber
1 hardboiled egg
1 carrot



Method

1. Wash all vegetables.
2. Peel carrot.
3. Pull leaves off lettuce.
4. Slice the carrot, tomato, and cucumber.
5. Peel and cut the hard boiled egg.
6. Arrange neatly in a container.

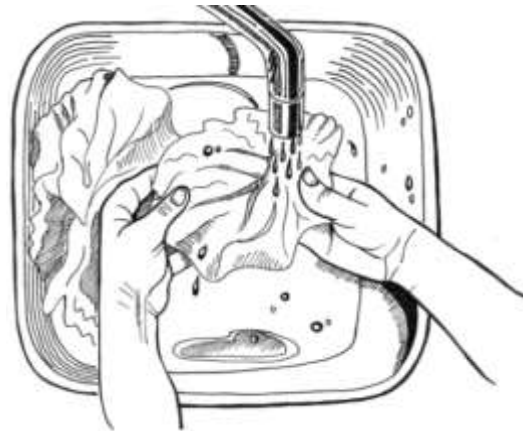
Make

Preparation

All vegetables need to be washed thoroughly before it can be cut.

Wash all salad ingredients under a cold tap for at least 20 seconds per piece to ensure any pesticide or dirt is cleaned off.

Lay out all of your vegetables on a chopping board ready for chopping.



Peeling

Firstly hold the carrot at a 45° angle on a cutting board. Take the peeler in your other hand.

Next, peel the bottom half of the carrot first. Start the vegetable peeler at the middle of the carrot and press downward toward the cutting board.

After that rotate the carrot a bit, and peel another stripe. (Start at the middle; peel down. At the bottom, peel back up to the middle.) Repeat until the bottom is peeled.

Finally flip the carrot so you're holding onto the peeled end of the carrot. The unpeeled end should rest against the cutting board at a 45° angle. Repeat the exact steps as above. Cut down, then up, and around the carrot until it's completely peeled.



Slicing

All of the vegetables you will be using will require the use of a sharp knife. You can either slice your vegetables into chunks or thin slices.

For thin slices, hold the tomato as shown with your non-writing hand.

With your writing hand put your fore finger on top as a guide and saw and push at the same time to create even slices.



Evaluate

Questionnaires

Questionnaires are useful in receiving several different opinions quickly and effectively. You will design a questionnaire to ask simple questions where other children can easily fill them out. It could look like this:

	Strongly Agree	Agree	Disagree
The salad tasted nice.			
The salad looked really appetizing.			
I would eat this again.			

Personal Evaluation

Using the design criteria based on your research, use your own opinion and the questions from the questionnaire to help decide whether the smoothie was tasty. If not ask yourself:

- Was there too much of one ingredient?
- Were the vegetables evenly chopped?
- Did I have a good range of different vegetables?