

A Look Inside Salads, Dressings & Dips Unit

- 7 Days of Detailed Lesson Plans
- Slideshows in Google & PPT

Length of Lesson: 40 minutes Grade Level: 7-11	Name of Lesson: Salads, Dressings & Dips Day 1 Course: Culinary 1 Date:	
Planning		
Standards	Prostart Standard: Students will identify and prepare salads, dressings and dips. Explain the roles of salads on the menu. Identify and describe the various ingredients used to make salads. List the four parts of a salad and explain the role of each. Identify and prepare various types of salad. Identify procedures for cleaning and storing salad greens. Differentiate among various oils and vinegars. Prepare vinaigrettes and other emulsions. Describe and prepare common cold and hot dips.	
Learning Objectives	Students will be able to identify common salads and dressings.	
Vocabulary	Academic: aesthetically, element, foundation, context, sturdy, tender	Content: Brine, garnish, textures, vinaigrette, accompaniment, raw
Materials	Salads & Dressing Presentation (#1), Guided	
Instruction	Teacher	
Anticipatory Set	Using the bell ringer sheet, ask students the following question: "List as many ingredients as you can that is often found in a salad."	Student
Procedure for Instruction	1. Hand out the guided notes (#2) or assign the Google version. 2. Present the Salads and Dressings Presentation (#1). 3. Hand out the word search (#3) if there is time at the end of class.	1. 2.
Closure Activity	1. Have students complete the exit ticket. Ask the question: "In your own words, between the foundation, body, garnish. 2. Discuss Possible d veggies c is usually	
College & Career Readiness	Prepare	

I'm Editing

1. First fill a large bowl with water.
2. Before washing, remove any damaged or bruised produce.
3. Separate the produce into water, and wash your hands.
4. Leave the produce in the water for 10-20 minutes.

Name: _____

What's the DIP?



Have you been to a party and had chips and dip? How about veggies and dip? How many dips can you name?

Dips are the sidekicks of finger foods, from veggies to chips, and they bring a burst of taste and texture, especially when paired with salads. Have you ever noticed how the texture of a dip can completely transform a food?

So What is the Definition of a Dip?

A dip is a flavorful sauce, or condiment enjoyed with vegetables, crackers, bread, chips, or other snack items. Typically served as appetizers, especially in casual settings, dips must be just the right texture for the job.

CLEANING SALAD GREENS

1. First fill a large basin or bowl with cold water.
2. Before washing heads of lettuce, remove any damaged outer leaves and cut off the stems.
3. Separate the leaves, dropping them into the water, and move them around with your hands.
4. Leave the lettuce in the water a minute or two



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- Rubrics
- Projects

May the
Best Dip
Win!

A Look Inside Salads, Dressings & Dips Unit

- Guided Notes
- Questions

Name: _____
Salads and Dressings Questions



1. In the earliest salads, what were the vegetables soaked in?

2. Where were the earliest known salads made?

3. List the 4 main parts of a salad.

4. List 2 examples of the foundation of a salad.

5. What would the body of a bean salad be?

6. What is the purpose of a garnish?

7. When should a dressing type

Name: _____

Salads and Dressings Notes

How many types of salad can you name?

What is your favorite salad?

History of Salads

The word salad comes from the French word " " meaning salted herb. The vegetables in the earliest salads were soaked in "brine" or salt and dressed with " " or vinegar as dressing.

Earliest known salads were made in ancient " " and Rome. In the 1800s Europeans began layering salad ingredients and calling it a chef salad. Over time, people became more creative with salads and dressings.

What are the 4 Parts of a Salad?

A salad is made of 4 components



In Google & Print!

A Look Inside Salads, Dressings & Dips Unit

- Editable Quiz
- Review Sheet
- Recipes

Name: _____

Salads, Dressings and Dips Quiz

1. Which ancient civilization is credited with being one of the earliest to consume mixed greens with dressing, resembling modern salads?
A. Egyptian
B. Chinese
C. American
D. Roman
2. What is the role of the "foundation" component in a salad?
A. To add color and visual appeal
B. To provide a contrast in texture
C. To serve as the main source of flavor
D. To form the base on which the other components are built
3. Which component of a salad is responsible for holding the ingredients together?
A. Body
B. Garnish
C. Dressing
D. Foundation
4. Which dip is made from pureed chickpeas?
A. Guacamole
B. Hummus
C. Salsa
D. Tzatziki
5. Which component of a salad includes the dressing?
A. Garnish
B. Dressing
C. Foundation
D. Body
6. Which is an example of a mayonnaise-based dressing?
A. Thousand Island
B. Balsamic Vinaigrette
C. Italian
D. Oil and Vinegar

Name: _____

SALAD, DRESSING & DIPS REVIEW

The 4 Components of a salad and example:

- _____
- _____
- _____
- _____

Earliest civilizations with salad:

Vinaigrette consists of:

Describe cleaning greens:

Cobb Salad:

Waldorf Salad:

3 examples of salads as a main course:

3 examples of the crunch element:

Dip Recipe Ideas

Greek Tzatziki

Yield: 6
Total Time: 20 minutes



Ingredients:

- 1 cup Greek yogurt
- 1 cucumber, grated and squeezed to remove excess moisture
- 2-3 cloves garlic, minced
- 1 tablespoon fresh dill, chopped
- Juice of 1 lemon
- Salt and pepper to taste
- Optional: olive oil, chopped fresh mint

Instructions:

1. In a bowl, mix the Greek yogurt, grated cucumber, minced garlic, chopped dill, and lemon juice.
2. Season with salt and pepper to taste.
3. Optional: Drizzle with olive oil and sprinkle with chopped fresh mint.
4. Refrigerate for a while before serving to allow flavors to blend.
5. Serve with pita bread, cucumber slices, or carrot sticks.

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