

Lesson 5 – Teacher’s Guide

Application of Culinary Skills- Vegetable and fruit salad

Learning objectives

At the end of this lesson students should be able to:

1. list the basic culinary skills used in the preparation of a vegetable and fruit salad.
2. identify the ingredients and equipment used for each basic culinary skill.
3. apply basic culinary skills in the preparation of a vegetable and fruit salad.

Introduction

Basic culinary skills involve the essential techniques and knowledge needed to prepare food safely, effectively and attractively.

In this lesson, you will learn some basic culinary skills which will help you to prepare, cook and serve dishes during the practical classes.

Stimulus

Teacher can introduce the lesson through Activity 1.

Allow students to observe the pictures in pairs and encourage them to share their views.

- What can you observe in picture A? Can you name the vegetables?
- Do all the vegetables have same size and shape?
- Are you familiar with any of the shapes / cuts shown? In which dishes do you use these shapes?
- Which equipment are used for preparing these vegetables?

Materials: Student’s workbook, posters, pictures, flash cards, whiteboard, Bristol paper, scissors, glue, kitchen equipment and materials

Venue: Food lab, classroom

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Activity 1: Class discussion

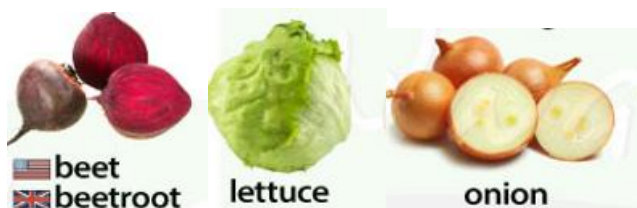
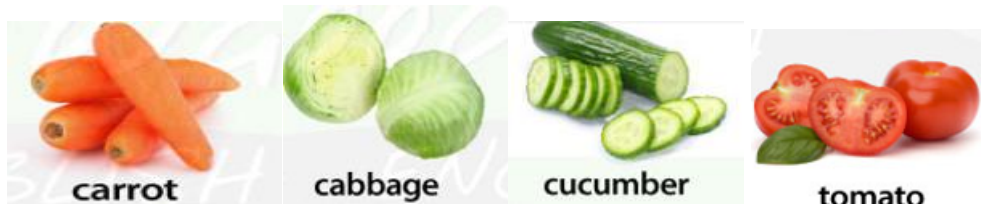
Observe picture A below and share what you see.



Picture A

Teaching point

To make a raw salad, you can use both vegetables and fruits to make it attractive. You will learn the names of some vegetables and fruits below



dried raisins

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Activity 2: Name of vegetables and fruits




List the names of 3 fruits and 3 vegetables in the table below.










	vegetables	fruits
1		
2		
3		

Teaching point













The tables below explain some basic culinary skills and the equipment needed to prepare the vegetables for making a raw vegetable and fruit salad.

Culinary Skill	Equipment	Ingredient
<p>Top and tail To cut the top and the tail of vegetables and fruits</p> 	 <p>chopping board and knife</p>	<p>carrot</p>  <p>onion</p> 
<p>Peel To remove the skin of vegetables and fruits</p> 	 <p>peeler</p>  <p>Either a peeler or a knife can be used for peeling</p>	<p>onion</p>  <p>mango</p>  <p>orange</p> 

<p>Scrape</p> <p>To remove attached particles from the surface of vegetables</p> 	 <p>vegetable knife</p>	<p>carrot</p> 
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Culinary Skill	Equipment	Ingredients
<p>Grate</p> <p>To rub the vegetables against the grater</p> 	 <p>grater</p>	<p>carrot</p>  <p>cheese</p> 
<p>Dice</p> <p>To cut into small squares or cubes</p> 	 <p>chopping board and knife</p>	<p>cucumber, apple, orange</p>  <p>pineapple</p>
<p>Chop</p> <p>To cut into small pieces</p>		<p>onion</p> 

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	<p>chopping board and knife</p>	
<p>Shred To cut through many layers</p> 	 <p>chopping board and knife</p>	<p>cabbage lettuce</p>  
<p>Slice To cut into even thickness</p> 	 <p>chopping board and knife</p>	<p>cucumber tomato carrot</p>  <p>orange hard-boiled eggs</p>  
<p>Mix To put all the ingredients for vinaigrette in a jar, close tightly and shake</p>	 <p>Small jar</p>	<p>Mixing of ingredients for vinaigrette</p> 

Teaching point

Teacher reminds students the personal hygiene rules to follow before food preparation.



Recall

The safety rules to follow before food preparation.



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Help students read the recipe.

Recipe: Mixed Vegetable and Fruit Salad

Serving size: 3

No of servings: 2

Ingredients	Quantity
Carrot, medium	1
Cabbage	1
Cucumber, green (English)	½
Onion, small	1
Red apple	1
Pineapple/ mango	½
Orange	½
Dried raisins	1 Tbsp
Vinaigrette	1 basic quantity* (recipe on next page)



Method:

1. Wash all the vegetables and fruits in a colander.
2. Wash the dried raisins in a small bowl and drain.
3. Top and tail carrots. Scrape and grate them.
4. Shred the cabbage.
5. Peel and chop the onion.
6. Peel and dice the pineapple/mango.
7. Dice the apple, cucumber and orange.
8. Prepare vinaigrette by putting all the ingredients in a small jar and shake well.
Transfer it in sauce boat or small bowl.
9. Put all the fruits and vegetables in a mixing bowl. Mix well with a spoon.
10. Transfer in a serving dish. Add vinaigrette to the salad before serving.

Vinaigrette

Ingredients for 1 basic quantity

Vinegar	1 Tbsp
Olive oil	2 Tbsp
Salt	to taste
Sugar	a pinch
Pepper	a pinch
Water	1 Tbsp (optional)



Method

1. Put all ingredients into a jar with a lid.
2. Shake to mix thoroughly to give a good emulsion.
3. Serve in a sauceboat/small bowl.



Variations:

- Diced cheddar cheese and nuts can be added to the salad to enhance its nutritive value.
- Other seasonal fruits and vegetables can be used according to your taste and availability. For example, sliced radish, shredded lettuce, sliced avocado, diced tomato, diced watermelon or diced celery can be used.

Materials needed for the practical class:

apron



hair net



dish towel



hand towel



Optional: Disposable gloves



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Equipment needed for the practical class:

grater



mixing bowl



chopping board



plate



vegetable knife



Colander



peeler



tablespoon



teaspoon



fork



Small jar



bowl



serving dish




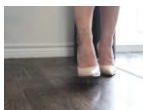





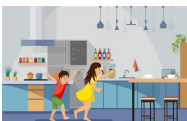
sauceboat



Follow up activities after the practical class

Activity 1: Good hygiene practices and kitchen safety when carrying out practical work.

Put a tick (✓) in the appropriate column to indicate whether the statement is True or False.

STATEMENT	TRUE	FALSE
a) Wash hands properly before handling food. 		
b) Wear high heels in the food laboratory. 		
c) Wear a clean apron in the food laboratory. 		
d) Do not wipe spills on the floor. 		
e) Wear a hair net. 		
f) Apply nail polish on your nails before the practical. 		
g) Play with knives in the food laboratory. 		
h) Run around the food laboratory. 		

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Activity 2 A: Basic Culinary skills

Fill in the missing letters for the basic culinary skills used in the making of the mixed vegetable and fruit salad.

a) S _ r _ _ e



b) S h _ e _



c) D _ c e



d) C h _ _






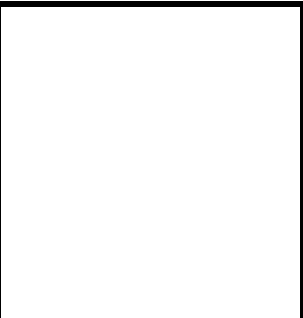
Activity 2B: Basic Culinary skills

Fill in the blanks by choosing the correct word given in brackets.

- a) A _____ (**knife, grater**) is used to scrape carrots.
- b) A _____ (**chopping board, grater**) is used to cut vegetables.
- c) _____ (**cabbage, cucumber**) can be diced using a knife and chopping board.

Activity 3: Kitchen equipment used for making the salad

Draw and name 4 kitchen equipment needed for making the salad.

			
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Activity 4: Vegetable and Fruit salad word search game

Find and circle the vegetable and fruit names provided in the list on the right.

F	M	T	T	O	M	A	T	O	E	S	W	M	R	F
D	U	Z	C	U	C	U	M	B	E	R	G	W	M	E
D	Z	B	D	N	A	Z	F	P	M	I	U	S	D	M
Q	R	L	C	R	H	B	T	O	O	R	T	E	E	B
W	Y	F	I	L	E	T	T	U	C	E	R	O	L	L
R	H	P	Y	T	Y	S	S	K	B	T	B	Y	P	F
B	C	D	Y	Z	R	X	T	O	L	Y	Z	T	P	R
Z	X	A	R	W	Y	R	O	C	A	Y	D	I	A	F
Z	H	V	B	S	H	G	R	K	G	I	J	H	E	O
G	E	I	D	B	N	K	R	V	V	Q	O	O	N	U
Z	I	Z	S	A	A	J	A	C	A	B	U	T	I	R
E	N	J	M	Y	B	G	C	I	T	O	K	W	P	W
J	F	H	D	E	N	L	E	Y	R	H	O	K	C	T
F	Y	Z	Q	N	O	I	N	O	M	I	E	I	L	O
G	U	Q	M	N	F	E	F	S	X	Q	V	A	Z	C

CABBAGE

CARROTS

PINEAPPLE

ONION

BEETROOT

TOMATOES

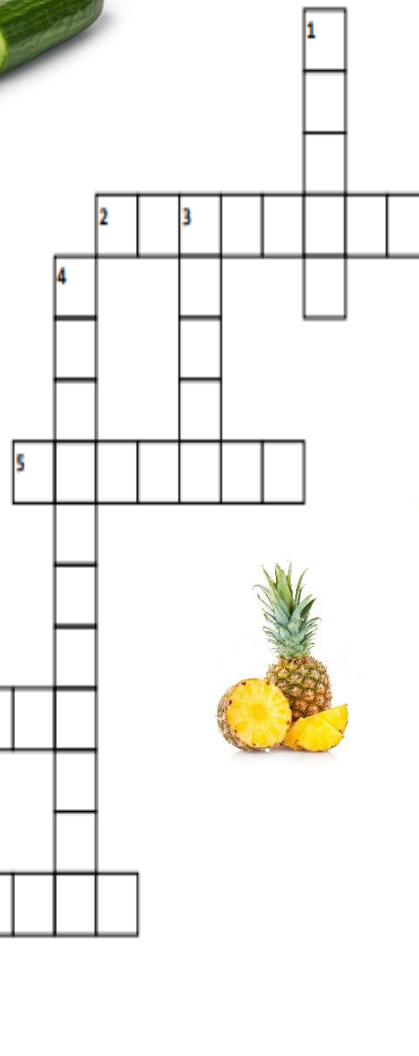
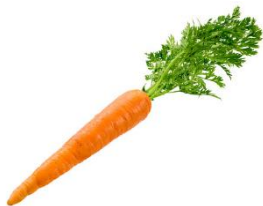
LETTUCE

MANGO

CUCUMBER

Activity 5: Vegetables and fruits crossword

Complete the crossword below using the hints provided. One has been done for you.



Across

- 2. a round red vegetable
- 5. an orange long root vegetable
- 7. a yellow fruit with a crown
- 8. long green or white vegetable
- 9. a leafy vegetable

Down

- 1. a white red vegetable with peels
- 3. a tropical red and green fruit with yellow flesh
- 4. a dressing for salad
- 6. a crisp thin leafy vegetable

