

Lesson 5- Student Guide

Application of Culinary Skills- Vegetable and fruit salad

Activity 1: Class discussion

Observe picture A below and share what you see.

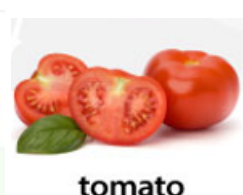


Picture A

Activity 2: Names of vegetables and fruits

To make a raw salad, you can include both vegetables and fruits.











Below you will learn the names of some vegetables and fruits.







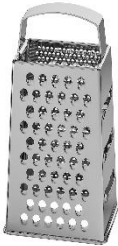




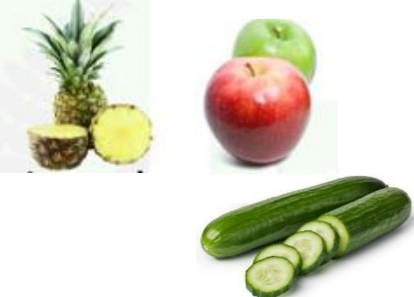
List the names of 3 fruits and 3 vegetables in the table below.

	Vegetables	Fruits
1		
2		
3		

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	Ingredients
<p>Top and tail</p> <p>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</p> <p>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>chopping board and knife</p>	<p>onion</p> 
<p>Shred</p> <p>To cut through many layers</p> 	 <p>chopping board and knife</p>	<p>cabbage lettuce</p> 
<p>Slice</p> <p>To cut into even thickness</p> 	 <p>Chopping board and knife</p>	<p>cucumber tomatoes carrots</p>  <p>oranges hard-boiled eggs</p> 
<p>Mix</p> <p>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> 

Recipe: Mixed Vegetable and Fruit Salad

Serves: 3

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



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 in the food laboratory. 		

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 _ _



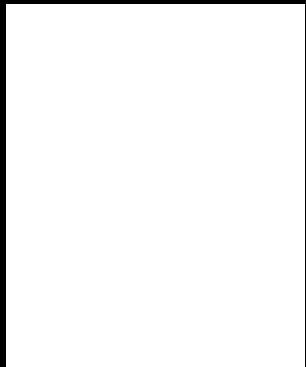

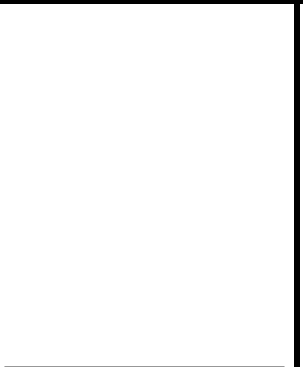

Activity 2B: Basic Culinary skills

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) Pieces of a _____ (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

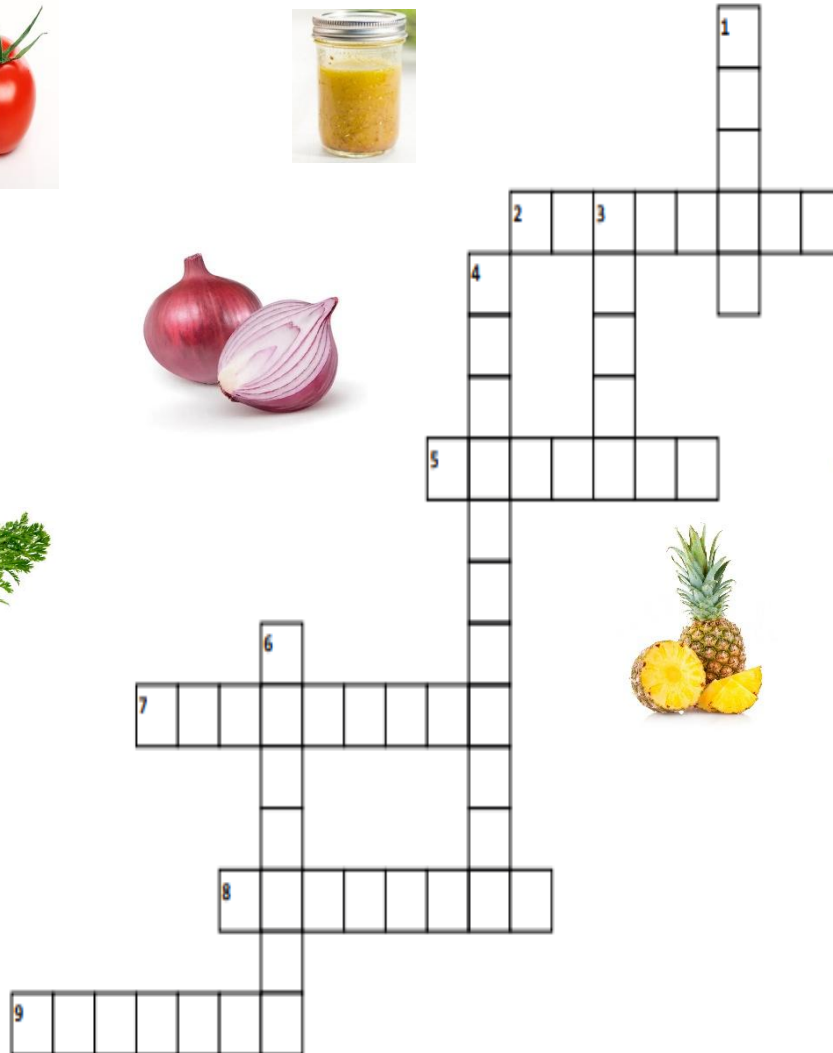
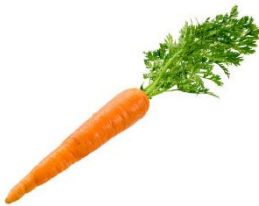
MANGO

CUCUMBER

graphic please circle the word cabbage

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

