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COOKERY

Quarter 2

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Guide in Using Learner's Module

For the Parents/Guardian

This module is designed to assist you as the learning facilitator at home.

It provides you with activities and lessons' information that the learners need to accomplish in a distance learning modality.

For the Learner

This module is designed to guide you in your independent learning activities at your own pace and time. This also aims to help you acquire the competencies required by the Department of Education (DepEd) at the comfort of your home.

You are expected to answer all activities on separate sheets of paper and submit the outputs to your respective teachers on the time and date agreed upon.



What I need to know?

This module was designed and written with you in mind. It is here to help you master on how to present salads and dressings. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the module you are now using.

The module focuses on:

Learning Outcome 1 – Perform Mise' En Place

After going through this module, you are expected to:

1. Identify tools, equipment and utensils needed in preparing salad and dressing
2. Identify ingredients according to the given recipe
3. Prepare ingredients based on required form and time frame Identify the structure of a salad



What is new?

Salad is a combination of vegetables, fruits and other ingredients served with dressing. Based on Dictionary.com it is usually cold dish consisting of vegetables, as lettuce, tomatoes, and cucumbers, covered with a dressing and sometimes containing seafood, meat, or eggs. Also defined as any herbs or green vegetables eaten raw.

A basic understanding of tools use in preparation will help achieve a better result. So before deepening to the topic come and explore first Learning Outcome Number 1 which is Mise en Place.

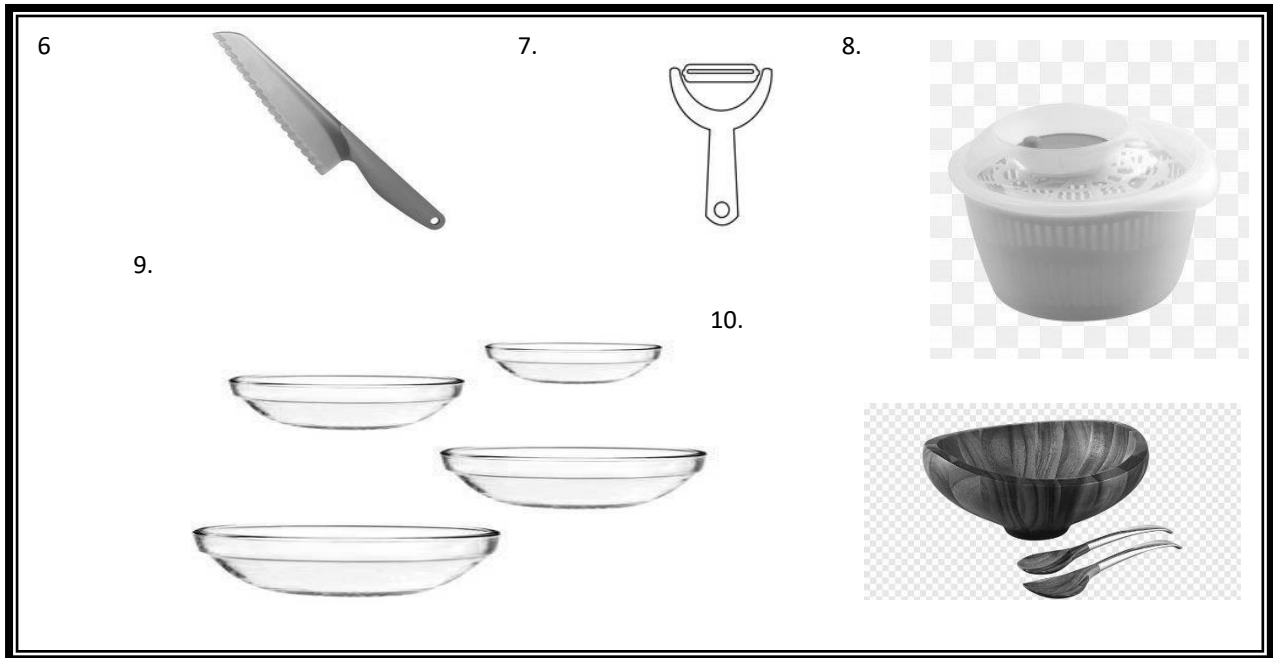
Learning Task 1: Pre-Test: Write your answer in a separate sheet of clean paper, do not forget to write your name, your grade and section, the date of completion and your teacher's name.

Test I. Read each statement carefully. Choose the letter of the best answer.

1. A salad tool used to remove excess water from the salad greens
 - A. Cutting boards
 - B. Mixing bowl
 - C. Salad Server
 - D. Salad Spinner
2. Use to hold salad ingredients for mixing or tossing
 - A. Mixing bowl
 - B. Salad Server
 - C. Salad Spinner
 - D. Serving Tongs
3. Consist of slotted metal blade attached to a handle used to remove outer skin of vegetables
 - A. Citrus zester
 - B. Grater
 - C. Peeler
 - D. Serrated Knife
4. Salad that can be served full meal because it contains substantial portion of meat, poultry, seafoods, fruits and vegetables
 - A. Accompaniment salad
 - B. Appetizer salad
 - C. Dessert salad
 - D. Main Course salad
5. Salad that ingredients are arranged than being mixed together
 - A. Bound salad
 - B. Composed salad
 - C. Fruit salad
 - D. Vegetable salad

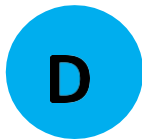
You are expected to answer all activities on separate sheets of paper and submit the outputs to your respective teachers on the time and date agreed upon

Test II. Identify the different kitchen tools and utensils in preparing salad.



Learning Task 2: Think and Be Creative!

MECHANICS: Illustrate or cut-outs picture of words that comes first to your mind whenever you hear the word SALAD and DRESSINGS. This must be words that starts with S-A-L-A-D. Do this in short bond paper. Do not forget to write your name, your grade and section, the date of completion and your teacher's name.



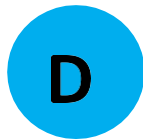
What I know?

Tools, Utensils, and Equipment Needed in Preparing Salads

1. Knives- fresh fruits and vegetables have a reaction when sliced with a [stainless steel](#) blade, causing them to develop brown edges and other unsightly blemishes. To avoid this reaction, many cooks use a special knife called salad knife, sometimes called serrated knife which is normally made of a food-safe plastic, such as nylon.
2. Cutting Boards- use green chopping or cutting board for fruits and vegetable, blue for seafoods, yellow for white meat and red for red meat to avoid cross contamination
3. Peeler- kitchen tool consist of slotted metal blade attached to handle that is used to remove outer skin of fruits and vegetables
4. Citrus Zester- approximately four inches long with handle and curved metal end. The zester is pressed with moderate force against the fruit and drawn across its peel.
5. Grater or Shredder- use to grate food into fine pieces
6. Grill pan- used for salad toppings to be broiled or grilled
7. Salad Spinner- used to hold washed salad, spin by hand to remove water from the leaves
8. Mixing bowls- used to mix and toss all ingredients together
9. Salad server- a salad set with big bowls and servers



Source: <https://www.primaverakitchen.com/tools-making-quick-salads/>



What is in?

Classification of Salads According to Ingredients Used

1. Green Salads- is a salad made mainly with lettuce and other green vegetables, it must be fresh, clean, crisp, cold, and well drained. Moisture and air are necessary to keep green crisp.

Source: <https://saladswithanastasia.com/french-green-salad-with-french-vinaigrette>



2. Vegetable, Grain, Legumes, and Pasta Salad- are salads whose main ingredients are vegetables Other Than lettuce or other leafy greens Starchy items such as grains, pasta, and dried legumes can also form a body of a salad.

Source: <https://ellerepublic.de/en/caprese-pasta-salad/>

3. Bound Salads- mixture of food that are held together with dressing usually a thick dressing like mayonnaise. The term bound is most often used for traditional mixtures of cooked protein, starch, and vegetable items with mayonnaise like chicken salad, tuna salad and egg salad.

Source: <https://www.everydaydiabeticrecipes.com/Deli-Salad/Pilgrim-Chicken-Salad-7164>



4. Fruit Salads- contain fruits as its main ingredient like appetizer salad and dessert salad

Source: <https://www.allrecipes.com/recipe/137346/cream-cheese-fruit-salad/>

5. Composed Salads- from the French “salade composée,” a composed salad is simply salad arranged on a plate rather than tossed in a bowl

Source: <https://noreensketokitchen.com/2019>





6. Separate Course Salads- must be very light that aims to cleanse the palate before eating dessert

Source: <https://www.yummly.com/recipes/bibb-lettuce-salad>

7. Dessert Salad- are usually sweet and may contain fruits, nuts, sweet gelatin, and cream

Source: <https://www.pinterest.ph/pin/>



D *What is it?*

Classification of Salads According to Their Function in Meal

1. Appetizer Salads- it aims to stimulate the appetite which has fresh, crisp ingredients, tangy flavorful dressing, and attractive appetizing appearance
2. Accompaniment Salads- it is a type of salad which is always served with the main dish, it should give balance and compliment the rest of the meal
3. Side dish salad- should be light but flavorful
4. Main Course Salads- must serve large enough to serve as full meal, must include protein
5. Separate Course Salads- must be very light that aims to cleanse the palate before eating dessert
6. Dessert Salads- are usually sweet and may contain fruits, nuts, sweet gelatin, and cream

Learning Task 3: KITCHEN ADVENTURE

MECHANICS: Go to your kitchen and try to look for five or more available tools, equipment or utensils use in preparing salad and dressing. Take picture of it or draw it. Briefly describe the appearance (color, texture, material where it is made) using your own words, emphasizing its uses. Do this in short bond paper. Do not forget to write your name, your grade and section, the date of completion and your teacher's name.

Example:



Kitchen Shears- is a cutting tool used for cutting or trimming foods. The blade of our kitchen shears is made of stainless steel and the handle which is color black is made of hard plastic.

E *What is more?*

Learning Task 4: MAKE YOUR SALAD

MECHANICS: Give an example of the given classification of Salad. Write down the tools and ingredients used in preparing it. Do this in 1 whole sheet of pad paper. Do not forget to write your name, your grade and section, the date of completion and your teacher's name.

Classification of Salad	Salad Dish (2 Points)	Tools, Utensils and Equipment Used in Preparing it (3 Points)	Ingredients Used in Preparing it (5 Points)
Example: Classification: Side Dish Salad	Macaroni Salad	1. Mixing Bowls 2. Knives 3. Peeler 4. Grater 5. Salad Server	1. Elbow Macaroni 2. Mayonnaise 3. Fruit cocktail 4. Pineapple chunks 5. Condensed milk 6. Raisins 7. Kaong 8. Nata de Coco

1. Accompaniment Salad			
2. Dessert Salad			
3. Main Course Salad			



What I can do?

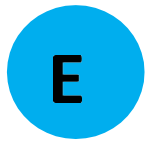
Learning Task 5: SHARE YOUR THOUGHTS!

MECHANICS: In 1 whole sheet of pad paper answer the following questions and share your thoughts to any of your family member living in the same house where you are staying now. Do not forget to write your name, your grade and section, the date of completion, your teacher's name and the name and signature of person to whom you shared your answer with.

- What is Mise'en place and why one should practice doing it?

- What is your favorite classification of salad according to ingredient used and why?

- What is your favorite classification of salad according to function in meal and why?



What else can I do?

Learning Task 6: PROMOTE ME!

Mechanics: Using any form of art (can be through illustration like poster or postlogon, a poem, an essay, or a musical composition) how will you encourage children and teenagers to eat salad? Do this in short bond paper. Do not forget to write your name, your grade and section, the date of completion and your teacher's name in your work of art.

NAME:	Date of Completion:
Grade and Section:	Teacher: Mrs Mary Jane V. Rivera

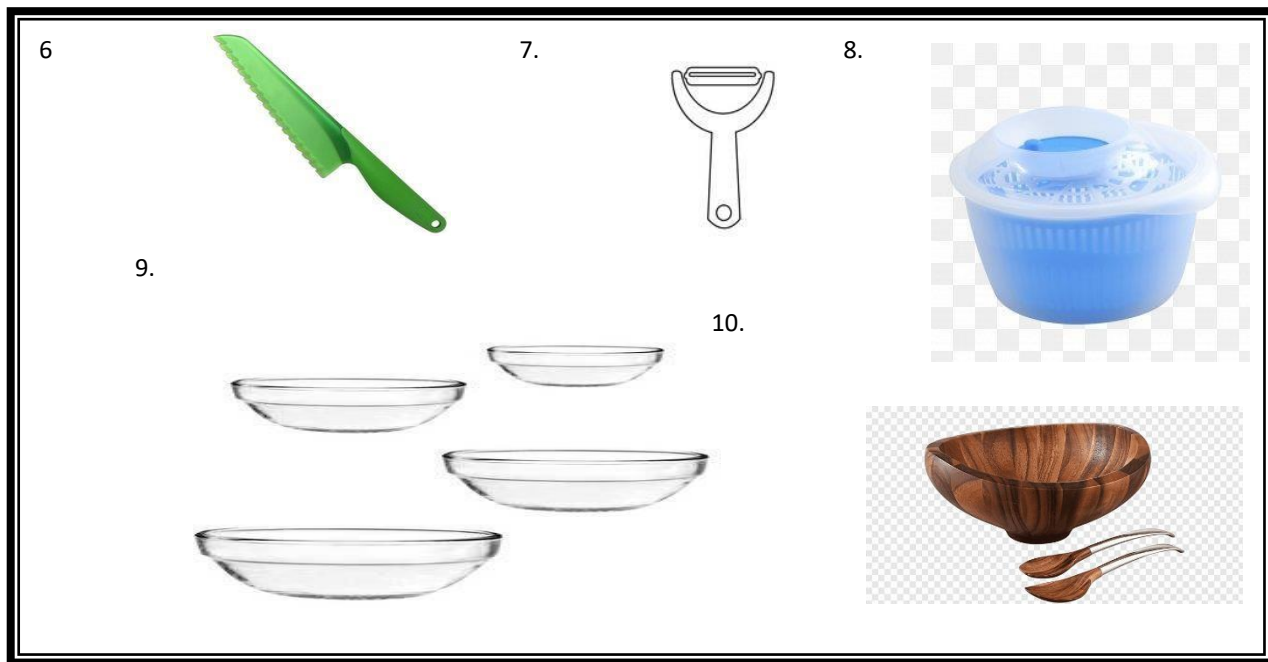


What I have learned?

Learning Task 7: Post-test Write your answer in a separate sheet of clean paper, do not forget to write your name, your grade and section, the date of completion and your teacher's name.

Test I. Read each statement carefully. Choose the letter of the best answer.

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Test II: Identify the different kitchen tools and utensils in preparing salad.

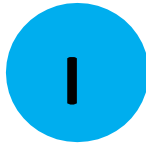
Learning Task 7: Reflection

Identify the different kitchen tools and utensils in preparing

Student's Reflection for the Week

I learned that

I realized that...



What I need to know?

This module was designed and written with you in mind. It is here to help you master on how to present salads and dressings. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the module you are now using.

The module focuses on:

Learning Outcome 2 – Present a Variety of Salad and

Dressing After going through this module, you are expected to:

1. Identify the ingredients used in salads and dressing preparation
2. Identify the factors to consider in salads and dressing preparation
3. Prepare a variety of salad and dressings



What is new?

Salad comes from the Latin word “*herba salta*” or “*salted herbs*,” so called because such greens were usually seasoned with dressings containing lots of salt. **Salad** is a single food that consists of a mixture of different foods accompanied or held together with a dressing. Salads may contain vegetables, fruits, cheese, cooked meat, eggs, cured meat, grains, seeds, and nuts. They are typically served cold, although some, such as South German Potato salad, are served warm. In this module, you will learn the important information you will need in the preparation of variety of salads.

A **dressing** is both a sauce and a seasoning. As such, it should complement the flavors and textures of the salad ingredients, not dominate them. When considering the type of dressing for the salad, use a flavor that complements and combines the flavors of the salad ingredients.

- If the greens or ingredients have strong flavors, use dressings that are robust in flavor.
- Delicate greens require a lighter weight dressing so it does not overpower the salad ingredients.

The weight of the dressing should also be considered.

- Lighter weight vinaigrettes will evenly coat salad ingredients.
- Creamier and heavier dressings provide a deeper and heavier coating.

In this module, you will learn how to prepare a variety of salads and dressings.

Pre-Test:

A. Multiple Choice: Let’s check your prior knowledge about salad dressings. Circle the letter of the correct answer.

1. Most of the basic salad dressings used today can be divided into three categories...
 - A. Oil and Vinegar Dressing, Mayonnaise-based dressings, Cooked Dressings
 - B. Acids dressings, Base dressings, Alkaline dressings
 - C. Emulsion dressings, Temporary emulsions, Cooked dressings
 - D. Vinaigrette dressings, Oil and Acid dressings, Mayonnase dressing

2. What is temporary emulsion?
- A. Acids and bases combined by a cooked substance such as sour cream or yogurt, thus creating a temporary bond of two un-mixable liquids.
 - B. A dressings that have high content of emulsifiers that bind oil and acid together.
 - C. A simple oil and vinegar dressing that always separate after being shaken.
 - D. None of the above.
3. What is the most important ingredient to make an emulsion?
- A. Mustard
 - B. Egg Yolks
 - C. Egg white
 - D. Oil
4. What is a cooked dressing?
- A. A dressing that is a mixture of cooked products such as sour cream and other prepared ingredients such as flavored syrups and liquid seasonings.
 - B. A dressing that is introduced to a considerable amount of heat for a period of time.
 - C. A dressing that has high content of acid that kills bacteria.
 - D. A dressing that is cooked in high heat with mayonnaise and acid products.
5. It is a permanent emulsion of creamy dressing such as mayonnaise, yoghurt, cream or cheese base.
- A. Vinaigrette
 - B. Cooked dressing
 - C. Emulsified
 - D. Basic dressing

E. Direction: Answer the following questions based on your own pre-requisite knowledge in the preparation of ingredients used in making salads. *Scoring Method: Each number is equivalent to 2pts. Total: 10pts.*

1. What do you think will happen to the grains/pasta when they are marinated for too long?

Answer: _____

2. How are you going to cook potatoes for salads to be able to preserve its nutrients?

Answer: _____

3. What will you do to prevent fruits from discoloration when cut?
Example fruit is an apple.

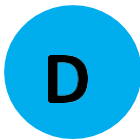
Answer: _____

4. Is it okay to add raw pineapple and papaya to a gelatin salads?
Why? or Why not?

Answer: _____

5. When both preparing vegetable salad and fruit salad, which of the two should you prepare first? Why?

Answer: _____



What I know?

VARIETIES OF SALAD

A. **Tossed Salads** - are the most common kind of salad and are prepared by tossing the greens and garnishes (Such as tomatoes, onions, or cucumber) in a dressing. A tossed salad uses leafy vegetables such as lettuce, spinach or watercress. It is important to remember that the greens be well dried before tossing. If the leaves are wet, the dressing won't properly adhere to the greens causing the dressing to become watered down and generally unenjoyable.



B. **Composed Salads** - A composed salad is one of order and detail. These are made by carefully arranging items on a plate, rather than tossing them together.

C. **Bound Salads** - Bound types of salads are one that is made by combining cooked meats, fish, shellfish and/or legumes with dressing and garnishes. A bound salad literally means each of the ingredients is bound together in

one mass. They can include pasta, potatoes, quinoa as the base. The difference from farinaceous salads in that bound salads is heavier more robust salads.





D. **Farinaceous Salads** - A

farinaceous salad is a salad that is made with potatoes, pasta or grains. A farinaceous salad differs from a bound salad in that many farinaceous salads are not bound. Many pasta salads use combinations of light dressing and flavorful ingredients to bring it together.

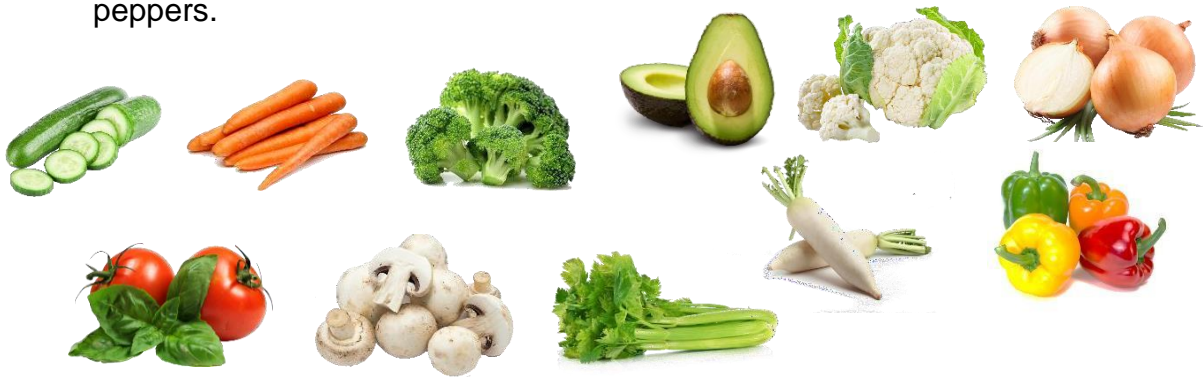
A farinaceous salad is almost always tossed but can be used as the body for a composed salad. A famous and popular farinaceous salad include potato salad.

INGREDIENTS OF SALADS

1. **Salad Greens** – Iceberg lettuce, Romain lettuce, Boston lettuce, Chinese cabbage, Spinach.



.2. **Vegetables (Raw)** – cucumber, carrots, broccoli, avocado, cauliflower, onions, tomatoes, mushrooms, celery, radish, bell peppers.



3. **Vegetables (cooked, pickled and canned)** – asparagus, beets, carrots, olives, corn, pimientos



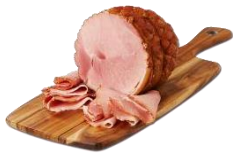
4. **Starches** – dried beans, potatoes, macaroni products, grains, croutons.



5. **Fruits (Fresh, cooked, canned or frozen)** – apple, berries, peaches, mangoes, pears.



6. **Protein foods** – meat (beef, ham), poultry, fish and shellfish, salami, luncheon meat, bacon, eggs, cheese.



7. **Miscellaneous** – gelatin, nut



Factors to Consider in Salad Preparation:

1. Quality of Ingredients
2. Eye Appeal
3. Simplicity
4. Neatness
5. Contrast and Harmony of Colors
6. Proper Food Combinations
7. Foods should be recognizable
8. Keep Chilled
9. Serve hot foods while hot and cold foods
10. Keep it clean and crispy
11. Flavorful
12. Drain all the ingredients well
13. Do not overcook food.

Types of Salad Dressings

1. **Vinaigrettes** – Basic vinaigrette is a simple mixture of oil, vinegar and seasonings, which is an example of temporary emulsions. The ratio of oil to vinegar is 3 parts of oil to 1 part vinegar. However it can be changed depending upon the taste. Less oil makes the dressing tarter, while more oil makes it taste milder.

Types of Vinaigrette Dressing: French dressing; Italian dressing; Balsamic Vinaigrette;

2. **Cream-Styled or Fatty (Emulsified)** – it is a permanent emulsion of creamy dressing such as mayonnaise, yoghurt, cream or cheese base. It is more often serve as the base for wide variety of other dressings.

Types of Creamy dressings: Ranch dressing; Thousand Island dressing

3. **Cooked Dressings** - cooked salad dressing is similar with appearance to mayonnaise, but it has a tarter flavor, while mayonnaise is richer and milder. Cooked dressing is made with little or no oil and with a starch thickener.

Emulsions in Salad Dressings

Emulsion – the uniform mixture of two unmixable liquids, oil and vinegar. **Emulsification** – is another method of thickening sauces. Emulsions are made by mixing two or more liquid ingredients that normally do not combine, with the aid of an emulsifying agent.

Three Kinds of Emulsions

1. **Permanent Emulsion** – a permanent emulsion usually lasts several days or more. Example of this is the mayonnaise. Mayonnaise is also a mixture of oil and vinegar, but the two liquids do not separate because it contains egg yolk which is a strong emulsifier.



2. **Semi-Permanent Emulsion** – a semi-permanent emulsion lasts a shorter period of time than a permanent emulsion, usually several hours.

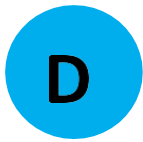
Example of this is Hollandaise.



3. **Temporary Emulsion** – a simple oil and vinegar dressing is called temporary emulsion because the two liquids always separate after being shaken. Example of this is vinaigrette.

Activity 1: Complete the Table. Directions: Give at least five (4) examples of each of the following common ingredients used in the salad preparation. *Scoring Method: 1pt for each correct answer. Total: 20 pts.*

Salad Greens	Vegetable (Raw)	Starches	Fruits	Protein Foods
Ex: Limestone Lettuce	Ex: Cauliflower	Ex: Bread (croutons)	Ex: Grapes	Ex: Ham
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.



What is in?

GUIDELINES FOR MAKING SALADS

1. *Vegetables, Legumes, Grains and Pasta Salads*

- Neat, accurate cutting of ingredients is important because the shapes of the vegetables add to eye appeal.
- Cut vegetables as close as possible to serving time or they may dry or shrivel at the edges.
- Cooked vegetables to a firm, crisp texture and good color.
- After cooking, vegetables must be thoroughly drained and chilled before using.
- Starches, pastas and legumes should be cooked until completely tender but not overcooked.
- Vegetables are sometimes marinated or soaked in a seasoned liquid before being made into salad. Do not plate marinated salads too far ahead of time because the lettuce base will wilt.
- Grains and pastas may also be marinated for a short time. If marinated too long, pasta absorb too much liquid and become very soft. Legumes should not be allowed to stand longer in a marinade because the acid toughen the proteins in the beans.

2. *Bound Salads*

- Cooked ingredients must be thoroughly cooled before being mixed with mayonnaise and the completed salad mixture must be kept chilled at all times.
- Leftover such as chicken meat or fish which have been handled according to the rules of good sanitation and food management can be used for making bound salads.
- Potatoes for salads should be cooked whole before peeling and cut in order to preserve nutrients.
- Crisp vegetables like celery, green peppers, carrots, chopped pickles, onions and water chestnuts are used.
- Bland ingredients like potatoes and some foods maybe marinated in seasoned liquid such as vinaigrette before being mixed with mayonnaise and other ingredients.
- Fold in thick dressings gently to avoid crushing or breaking the main ingredients.
- Bound salads are portioned using scoop to give height and shape to the salad.
- For plated salads, serve on a base with greens and choose attractive, colorful garnishes when appropriate.

3. *Fruit Salads*

- Often arranged, mixed or tossed of most fruits that are delicate and easily broken.

- Broken or less attractive pieces of fruit should be placed on the bottom of the salad while more attractive pieces arranged on top.
- Some fruit discolor when cut and should be dipped into an acid such as tart or fruit juice.
- If both vegetables and fruits salads are being prepared, vegetable salads should be prepared first.
- Drained canned fruits well before mixing them in the salad.
- Dressings for fruit salad are usually sweet, but fruit juices are used to add tartness.

4. *Composed Salads*

- Prepare and season each ingredients separately and evaluate the flavor and quality.
- Arrangements may be plated ahead of time and add delicate ingredients just before serving.
- Flavors and textures of all ingredients should provide pleasing contrast.
- Observe general concepts of plating and presentations of output.

5. *Gelatin Salads*

- Observe the correct proportion of gelatin and liquid.
- To dissolve unflavored gelatin, stir it in cold liquid to avoid lumping and let it stand for 5 minutes to absorb water. Then heat until it dissolves.
- To dissolve sweetened, flavored gelatin, stir it into boiling water. It will not lump because the gelatin granules are held apart by sugar granules.
- For quick setting, dissolve the gelatin to half of the volume of liquid and the other half is cold water to lower the temperature.
- Do not add raw pineapple and papaya to gelatin salads because these fruits contains enzymes (bromelain and papain) which dissolves gelatin.
- Refrigerate gelatin salads.
- To unmold gelatin if it is firm:
 - Loosen it by dipping a small pointed knife in warm water and running the tip of it around the top edge of the molded gelatin.
 - Dip the mold into hot water for 1-2 seconds
 - Quickly moisten tips of the fingers and gently pull gelatin away from edge.

Ingredients of Salad Dressing

1. **Oils** – should have mild, sweet flavor. Ex: corn oil; soybean oil; canola oil; peanut oil; olive oil; walnut oil
2. **Vinegar** – should have a good, clean sharp flavor. Most salad vinegar are about 5% acidity, but some range from 7-8%.
Ex: wine vinegar; red vinegar; balsamic vinegar; sherry vinegar

3. **Lemon Juice** – fresh lemon juice may be used in place of or in addition to vinegar in some preparation.
4. **Egg yolk** – essential ingredient in mayonnaise and other emulsifier dressings.
5. **Seasoning and Flavorings** – fresh herbs are preferable to dried herbs. Other flavorings include mustard, ketchup, Worcestershire sauce and various kinds of cheeses.



What is it?

Standard Recipes for Salad Dressing

"French Dressing"	"Mayonnaise Dressing"
<p>Ingredients:</p> <p>½ tsp dry mustard ½ tsp paprika ½ tsp salt ½ tsp sugar (optional) ¼ cup lemon juice or vinegar ½ salad oil</p> <p>Procedure:</p> <ol style="list-style-type: none"> 1. Measure the dry seasonings into a bowl, add the vinegar or lemon juice, and dissolve them. 2. Add the oil, mix well, and transfer to a jar. Shake well. 3. Just before serving shake again to blend thoroughly. 	<p>Ingredients:</p> <p>½ tsp mustard pinch of paprika ½ tsp salt ½ tsp sugar (optional) pinch of pepper 2 cups salad oil 3 tbsp lemon juice or vinegar 1 egg</p> <p>Procedure:</p> <ol style="list-style-type: none"> 1. Measure seasonings into bowl. Blend and add egg. Mix well. 2. Gradually add the first ½ cup of the oil, almost drop by drop, beating well. Then add the lemon juice and the rest of the oil slowly and continue beating all during these additions. 3. Transfer to the covered refrigerator jar and store.
"Cooked Salad Dressing"	
<p>Ingredients:</p> <p>3 tbsp. flour ½ tsp dry mustard 2 cups milk 1 egg 2 tbsp. sugar 2 tsp salt 1/3 cup vinegar or lemon juice 2/3 cup fortified margarine</p> <p>Procedure:</p> <ol style="list-style-type: none"> 1. Sift the flour, sugar, salt, and mustard, onto the top of a double boiler. 2. Add ¼ cup milk and stir until smooth. Carefully add the remaining milk. 3. Cook over low heat until the mixture thickens. Stir constantly. 4. Place over hot water on the bottom of the boiler. Cook for 10 minutes and stir occasionally. 5. Beat the egg well, add the lemon juice, and beat. Slowly add to the cooked mixture and cook until well blended. 	

Sample Salad Recipe

Coleslaw Salad

Procedure:

1. Combine the mayonnaise, vinegar, sugar, salt, and pepper in a stainless bowl. Mix until smooth.
2. Add the cabbage and mix well.
3. Taste and, if necessary, add more salt and/or vinegar.
4. Arrange the lettuce leaves as under liners on cold saladplate.
5. Using a scoop, place a mound of coleslaw in the center of each plate.
6. Hold for service in refrigerator.

Ingredients

1 ½ pt	Mayonnaise
2 fl oz	Vinegar
1 oz	Sugar (optional)
2 tsp	Salt
½ tsp	White Pepper
4 lb EP	Cabbage, shredded
25	Lettuce cups

Fruit Salad

Procedure:

1. Assemble all utensils and supplies.
2. Carefully wash the celery, apples and salad greens.
3. Refrigerate the salad greens.
4. Cubed the apples in rather large pieces, and cover with lemon juice to prevent discoloration.
5. Also chop the celery and dates in rather large pieces.
6. Combine the chopped ingredients with the dressing.
7. If desired, chill the salad greens.
8. Serve on crisp salad greens.

Ingredients

2 cups	Unpeeled apples (cubed)
1 cup	Pitted dates
1 cup	celery chopped
3 tbs	lemon juice
½ cup	all purpose cream
¼ cup	nuts
	Salad greens
	Garnish, if desired

ACTIVITY 2: BUY ME! Directions: Imagine that you are going to market to buy your ingredients for the following recipe of salads. Pick the common and appropriate ingredients for your salad. **Note:** Ingredients may be used/picked multiple times and you may use the recipe of your own. Enjoy shopping! *Scoring Method: 5pts for each recipe. Incorrect recipe added is equivalent to minus (-1pt.) Total: 20pts.*



FRUIT SALAD	COLESLAW SALAD	POTATO SALAD	JELLIED MEAT SALAD

E What is more?

Activity 3: Envisioned Salad

MECHANICS: You don't even have to get into the kitchen to make your salad! Create your own perfect salad from your imagination. Even if you do make a salad to eat, try this activity anyways as it is a lot of fun to get to use ANY ingredients you want. Nothing is holding you back. Grab a piece of longbond paper and draw a big circle (maybe trace a plate to get an exact circle) in the middle. Don't forget to write your Name, Grade and Section and the date you accomplished the task.

Brainstorm Ideas:

1. Think about what might be sweet, sour, salty and bitter? You may want to add in a protein too.
2. If you have any old magazines, delivery menus, or newspapers around, you could cut out pictures of food to add in. You may also go Online for ideas.
3. Draw your salad – add in ingredients that you think would make a balanced salad. You can **draw in pencil, make a collage, use words to describe your items** – anything works. Just be creative and think like a Chef!
4. If you have lots of ideas, make more than one salad – find a family member or friend to judge which one “tastes” best.

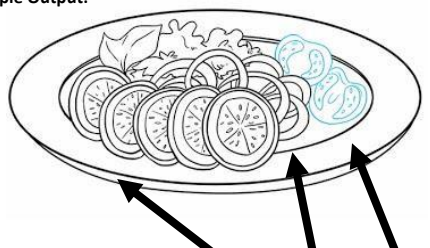
Debrief/Key Points

- Salads can include a range of ingredients – doesn't even have to have lettuce! Think about grains, beans, and your favorite foods, such as Carlos' Doritos!
- To make a balanced salad, include foods that have different tastes (sweet, sour, bitter, salty).

Name:	Date:
Grade/Section:	Teacher:

Name of Salad

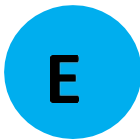
Sample Output:



Name/label of Ingredient used

Comments of Evaluator/Family Member

Signature of Evaluator/Family Member



What I can do?

ACTIVITY 4: Know your Dressings!

Directions: Identify which of the following types of dressing belongs to Creamy dressing and which one belongs to Vinaigrette dressing. Put a check mark on the corresponding column.

Types of Dressing	Vinaigrette Dressing	Emulsified Dressing
1. Ranch Dressing		
2. Balsamic Vinaigrette		
3. French Dressing		
4. Thousand Island Dressing		
5. Honey Mustard Dressing		

ACTIVITY 5: Show Off!

Direction: It is your time to showcase what you have learned from this lesson. With the supervision from any of your household members, choose and prepare from among the given recipes in preparing salad dressings. Follow carefully the given procedures and let any of your family member rate your final product. Don't forget to take some photos and document your work. Enjoy and have fun! Your output will be graded based from the following criteria:

Criterion	PERFORMANCE LEVEL					
	Excellent (6 pts.)	Very Satisfactory (5 pts.)	Satisfactory (4 pts.)	Needs Improve- ment (3 pts.)	No Attempt (0 pts.)	Points Earned
Use of tools and equipment	Uses tools and equipment correctly and confidently at all times	Uses tool and equipment correctly and confidently most of the times	Uses tools and equipment correctly and but less confidently sometimes	Uses tools and equipment incorrectly and less confidently most of the time	No Attempt	

Application of procedure	Manifests very clear understanding of the step-by- step procedure	Manifests clear understand -ing of the step-by- step procedure	Manifests understand -ing of the step-by- step procedure but sometimes seeks clarification	Manifests less understand ing of the step-by- step procedure and seeking clarification most of the time	No Attempt	
Execution	Works independently with ease and confidence at all times	Works independent -ly with ease and confidence most of the time	Works independent -ly with ease and confidence sometimes	Works independent -ly but with assistance from others most of the time	No Attempt	
Complete - ness of Task	Task is completed following the procedures in the activity with innovation/ creativity	Task is completed following only the procedures given	Task is nearly completed following only the procedures given	Task is started but not completed	No Attempt	
Safety work habits	Observe safety precautions at all times	Observe safety precautions most of the time	Observe safety precautions sometimes	Most of the time not observing safety precautions	No Attempt	
TOTAL POINTS						

E *What else can I do?*

ACTIVITY 6: SHARE YOUR THOUGHTS!

MECHANICS: Pick at least five (5) Factors to Consider in Salad Preparation. Explain briefly the important role of each factors and their impact on the overall appearance of the salad. *Scoring Method: 1pt each for the Factors and 2pts each for the explanation. Total: 15pts.*

Factors to Consider in Salad Preparation	Use/Importance in Salad Preparation
Ex: Keep Chilled	All ingredients of the salad should be keep chilled to maintain its freshness. It also adds quality to the taste of your salad.
1.	
2.	
3.	
4.	
5.	

Follow Up-Questions:

1. How are you going to maintain salad crisp and freshness?

Your Answer:

2. Explain why salads are recommended as a healthy option in our diet.

Your Answer:



What I have learned?

Post-Test:

A. Multiple Choice: Let us check what you have learned from this lesson. Circle the letter of the correct answer.

1. Most of the basic salad dressings used today can be divided into three categories...
 - A. Oil and Vinegar Dressing, Mayonnaise-based dressings, Cooked Dressings
 - B. Acids dressings, Base dressings, Alkaline dressings
 - C. Emulsion dressings, Temporary emulsions, Cooked dressings
 - D. Vinaigrette dressings, Oil and Acid dressings, Mayonnase dressing
2. What is temporary emulsion?
 - A. Acids and bases combined by a cooked substance such as sour cream or yogurt, thus creating a temporary bond of two un-mixable liquids.
 - B. A dressings that have high content of emulsifiers that bind oil and acid together.
 - C. A simple oil and vinegar dressing that always separate after being shaken.
 - D. None of the above.
3. What is the most important ingredient to make an emulsion?
 - A. Mustard
 - B. Egg Yolks
 - C. Egg white
 - D. Oil
4. What is a cooked dressing?
 - A. A dressing that is a mixture of cooked products such as sour cream and other prepared ingredients such as flavored syrups and liquid seasonings.
 - B. A dressing that is introduced to a considerable amount of heat for a period of time.
 - C. A dressing that has high content of acid that kills bacteria.
 - D. A dressing that is cooked in high heat with mayonnaise and acid products.
5. It is a permanent emulsion of creamy dressing such as mayonnaise, yoghurt, cream or cheese base.
 - A. Vinaigrette
 - B. Cooked dressing
 - C. Emulsified
 - D. Basic dressing

E. Direction: Answer the following questions based on what you learned and understand in the preparation of ingredients used in making salads. *Scoring Method: Each number is equivalent to 2pts. Total: 10pts.*

1. What do you think will happen to the grains/pasta when they are marinated for too long?

Answer: _____

2. How are you going to cook potatoes for salads to be able to preserve its nutrients?

Answer: _____

3. What will you do to prevent fruits from discoloration when cut?
Example fruit is an apple.

Answer: _____

4. Is it okay to add raw pineapple and papaya to a gelatin salads?
Why? or Why not?

Answer: _____

5. When both preparing vegetable salad and fruit salad, which of the two should you prepare first? Why?

Answer: _____

What I can do?

Student Reflection for the Week

I learned that...

I realized that...



What is new?

LO3: Present Variety of Salad and Dressings

Salads and their dressings can be arranged and plated in many different ways. Several factors need to be considered when determining how salads will be presented. There are also times when the salads need to be prepared and plated beforehand to accommodate the demand of the dining operation. Such instances call for special measures to ensure the quality of salads and dressing during holding and storing.

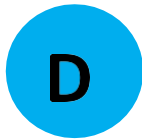
Let us determine how much is your prior knowledge on how to present variety of salad and dressing. Take this test.

Learning Task 1: Pre-test

I. **Directions:** Read the following statements carefully then choose the best answer from the given choices. Write only the letter of your answer on separate sheet of paper.

1. Which of the following structures of a salad is an edible decorative item that gives eye appeal and adds flavor to the food?
 - A. Body
 - B. Base
 - C. Dressing
 - D. Garnish
2. Which of the following salad presentation can be done by serving the salad in a hollowed fruit or vegetable which is also found in the mixture?
 - A. Presentation in jars and cups
 - B. Presentation in edible bowls
 - C. Presentation by arranging the salad in a platter
 - D. Presentation by tossing the salad in a plate
3. The following are all structure of a salad, EXCEPT _____.
 - A. Body
 - B. Dressing
 - C. Base
 - D. Crust
4. Which of the following salad presentation can be done by arranging the salad components in stripes, wedges, circles stacked and in one over another?
 - A. Presentation in jars and cups
 - B. Presentation in edible bowls
 - C. Presentation by arranging the salad in a platter
 - D. Presentation by tossing the salad in a plate

5. The following are all guidelines for arranging salads, EXCEPT_____.
- | | |
|----------------------------|--|
| A. Cut ingredients neatly. | C. Strive for a good balance of colors |
| B. Make it complicated | D. Make every ingredient identifiable |



What I know?

Structure of a Salad

Generally, a plated salad has four components – the base, body, dressing and garnish. However, salads may be served plated or put in serving trays during buffets or gatherings. And while plated salads or salads in platters contain all the four components, salads served buffet-style only have two – the body and the dressing.

1. Base

This serve as the bed for the main part of the salad. Usually, green-leafy vegetables are used as a salad base. They may be put in as:

- Cup-shaped leaves (iceberg or Boston lettuce)
- Flat and loose (romaine, loose-leaf or chicory)
- Shredded

2. Body

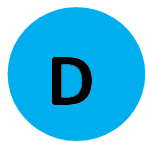
This is the main part of the salad. The body can be a mixture of cooked and/or raw ingredients: vegetable, fruit, meat, poultry and seafood, eggs and dairy products or any ingredients.

3. Dressings

A seasoned liquid or semi liquid added to the body of the salad to give added flavor, tartness, spiciness and moistness. Dressing may be added at service time, served separately for the customer to add, or mixed with the ingredients ahead of time.

4. Garnish

An edible decorative item that is added to salad to give eye appeal, and adds flavor as well. It should harmonize with the rest of the salad ingredients.



What is in?

Factors Need to Be Considered when Determining How Salads Will Be Presented

- **Salad type** – Some salad types have distinct arrangements and presentations. Traditionally, composed salads look different from a bound salad;
- **Ingredients used** – The quality of ingredients need to kept until the salad is taken by the diners. Some element may affect the texture, color and flavor of other items when added too early or arranged improperly;
- **Service style** – The way meals are served also affect how salads are presented. In a buffet set-up, salads may be arranged on serving dishes for the guests to serve themselves. In a French or a spoon and fork service, salads are commonly arranged in front of the guests; and
- **Function** – What the salad is being served and when it will be served also affect the presentation of a salad. Appetizer salads need to be arranged in small portions while salads to be served as the main course or a separate dish should be served in a filling portion.

Common Salad Plating Styles

These are just some of the many ways you can plate your salad. However, whatever way you have decided to present your salad, you have to make sure that the presentation does not compromise the balance color, texture and taste of the salad.



1. TOSSED AND PLATED

Keep in mind the acidic ingredients affect the texture of the salad greens. Dressings should be added as close to serving as possible.

Source: <https://www.foodandhealth.com/12-salad-presentations/>



2. STUFFED OR SERVED IN EDIBLE BOWLS

A salad mixture is served in a hallowed fruit or vegetable which is also found in the mixture.

Source: <https://www.cheatsheet.com/culture/healthy-stuffed-avocado-recipes-filled-with-flavor.html/>



3. IN JARS, CUPS AND GLASSES

Serving salads in cups and mason jars is becoming popular due to the convenience it brings into salad consumption.

Source: <https://www.asweetpeachef.com/easy-mason-jar-salad-recipes/>



4. ARRANGED IN A PLATE OR PLATTER

Components can be arranged in stripes, wedges, circles stacked and in one over another.

Source: <https://www.preciousscore.com/lettuce-salad/>

Guidelines for Plating Salads and Salad Dressings

The following are some of the important aspects of plating that you should look into before serving a plate or a platter of salad.

1. Uniformity

Same dishes should be the same in terms of color, size, shape, garnishing and portion size. Another way of making the dishes uniform is by presenting same dishes with the same utensils and made out of the same materials.

2. Simplicity and Stability

Salads and dressings should be assembled as simple as possible without compromising their visual appeal. Too elaborate arrangements should be avoided in order to keep the stability of the plating and to highlight the main ingredient of the dish.

3. SHIFT (Shape and Height, Interest, Flavor and Taste)

This five-letter mnemonic means making sure that:

- The plate shows various shapes which can be in uniform or varying sizes;
- Elements are arranged in varying levels in terms of height to add another dimension to the dish;
- Garnishes are used to enhance the color dish making it appealing and enticing; and
- The flavors combine harmoniously resulting to a pleasing taste that provides satisfaction of all senses.

4. Portion

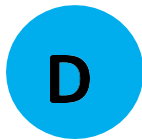
The amount of plated salad should be appropriate to the function the dish will serve on the menu. Appetizer salads should be just enough to stimulate the appetite without being too filling while main-course salads are expected to be filling. The dressing, whether served tossed in the salad or in a separate container, should be enough to cover the entire salad. The size of plate should be appropriate to the portion size to keep the salad off the rim of the plate.

5. Safety and Sanitation

When plating, you should make sure that all the utensils are clean and safe to be used by the guests. Ceramic crockery and cutlery items should be free from cracks. Stainless or iron tableware should not have dents and rust. The garnish should be edible and prepared properly. More importantly, the doneness and freshness of food should be checked before serving. It should be made sure that cooked food items will be served cooked and raw items will be served fresh.

Guidelines for Arranging Salads

1. Keep the salad off the rim of the plate.
2. Strive for a good balance of colors .
3. Height helps make a salad attractive.
4. Cut ingredients neatly.
5. Make every ingredient identifiable.
6. Keep it simple.



What is it?

Learning Task 2: What Can You Give

Directions: After studying the topic let us do the enrichment activity. Answer the following questions on your answer sheet.

A. What are the four different components of a salad?

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

B. In what ways can you present or plate your salads?

- | | |
|----------|----------|
| 5. _____ | 7. _____ |
| 6. _____ | 8. _____ |

C. What are the factors that you need to consider when presenting salads?

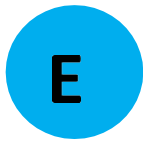
- | | |
|-----------|-----------|
| 9. _____ | 10. _____ |
| 10. _____ | 12. _____ |

D. Why do we need to follow the guidelines in arranging salads? (2 points)

E. Your mother will celebrate her 40th birthday. You are assigned to make a Cesar salad in her birthday party. What common salad plating style do you prefer in presenting your salad? Why? (2 points)

F. What are the roles of garnishes in presenting salads? (2 points)

G. Why do we need to present our salad as simple as possible? (2 points)



What is more?

Learning Task 3: Add to Cart

Directions: Below are different salad ingredients. Classify them according to salad component. Put them on its proper cart. Copy and draw the carts in your answer sheet.

- | | | |
|------------------------------|--------------------|-------------------|
| *Iceberg lettuce | *Basic vinaigrette | *Mixed fruits |
| *Sliced carrots and cucumber | *Romaine lettuce | *Poultry and eggs |
| *Lemon wedge | *Mayonnaise | *Yogurt |
| *Chinese cabbage | | |

A. Base



B. Body

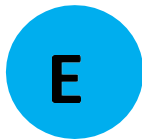


C. Dressing



D. Garnish





What I can do?

Learning Task 4: Picture Prompt

Directions: Below are pictures of plated salads. Identify how it is presented. Write **A** if it's TOSSED AND PLATED, **B** if its STUFFED OR SERVED IN EDIBLE BOWLS, **C** if its IN JARS, CUPS AND GLASSES and **D** if its ARRANGED IN A PLATE OR PLATTER. Write the answers in your answer sheet.

___1.



___6.



___2.



___7.



___3.



___8.



___4.



___9.

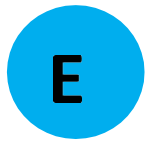


___5.



___10.





What else can I do?

Learning Task 5: Evaluating Statements

Directions: Evaluate each statement carefully. Write TRUE if the statement is correct, and FALSE if it is not. Write the answers in your answer sheet.

_____ 1. Another way of making the dishes uniform is by presenting same dishes with the different utensils and made out of the different materials.

_____ 2. Salads and dressings should be assembled as simple as possible without compromising their visual appeal.

_____ 3. Appetizer salads should be just enough to stimulate the appetite without being too filling while main-course salads are expected to be filling.

_____ 4. In a French or a spoon and fork service, salads are commonly arranged at the back of the guests.

_____ 5. It should be made sure that cooked food items will be served cooked and raw items will be served fresh.



What I have learned?

Learning Task 6: Post-test

I. **Directions:** Read the following statements carefully then choose the best answer from the give choices. Write only the letter of your answer on separate sheet of paper.

1. Which of the following structures of a salad is an edible decorative item that gives eye appeal and adds flavor to the food?

- A. Body
- B. Base
- C. Dressing
- D. Garnish

2. Which of the following salad presentation can be done by serving the salad in a hallowed fruit or vegetable which is also found in the mixture?

- A. Presentation in jars and cups
- B. Presentation in edible bowls
- C. Presentation by arranging the salad in a platter
- D. Presentation by tossing the salad in a plate

3. The following are all structure of a salad, EXCEPT_____.

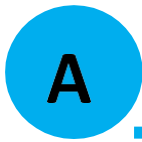
- A. Body
- B. Dressing
- C. Base
- D. Crust

4. Which of the following salad presentation can be done by arranging the salad components in stripes, wedges, circles stacked and in one over another?

- A. Presentation in jars and cups
- B. Presentation in edible bowls
- C. Presentation by arranging the salad in a platter
- D. Presentation by tossing the salad in a plate

5. The following are all guidelines for arranging salads, EXCEPT_____.

- A. Cut ingredients neatly.
- B. Make it complicated.
- C. Strive for a good balance of colors
- D. Make every ingredient identifiable



What I can do?

Learning Task 7: Reflection

Student's Reflection for the Week

I learned that...

I realized that



What I need to know?

This module was designed and written with you in mind. It is here to help you master the ways on how to store salads and dressings. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the module you are now using.

The module focuses on:

Learning Competency 4 – Store Salad and Dressing After going through this module, you are expected to:

1. Identify safety and hygienic practices in storing salad and dressing; and
2. Keep salad and dressing in appropriate conditions to maintain its freshness, and quality.



What is new?

Salads and dressings may be preparing a la minute or in quantities made beforehand. Salads prepared beforehand have a lesser chance of deterioration and contamination. However, the risk gets higher when salads and dressings are prepared in quantities even before the service starts.

Let us determine how much is your prior knowledge on how to store salad and dressing. Take this test.

Learning Task 1: Pre-test

I. **Directions:** Evaluate each statement carefully. Write TRUE if the statement is correct, and FALSE if it is not. Write the answers in your answer sheet.

_____1. Toss salads greens with the dressing just before serving the salad to avoid wilting.

_____2. Wash your hands for 5 seconds with soap and warm water before and after handling fresh produce.

_____3. Hold the fruit or vegetable under hot running tap water, gently rubbing it as you rinse it.

_____4. Keep cream-based dressings in covered containers and refrigerate them at 1 to 4°C or 34 to 40°F

_____5. You can plate the salad beforehand and add the delicate elements just before serving.

II. **Directions:** Unjumble the given words that has something to do with handling and storing salads. Write the answers in your answer sheet.

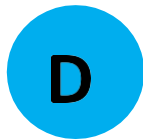
6.TIERRRFGEAOR = _____

7.NRZFOE = _____

8.SHAIPERBLE = _____

9. ILINGWT = _____

10. ATURMPTEERE = _____



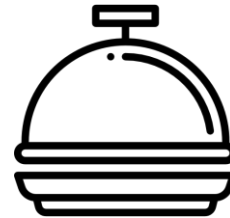
What I know?

Guidelines for Storing and Holding Salads and Dressings



Do not hold salads for more than two hours to avoid wilting. Toss salad greens with the dressing just before serving the salad to avoid wilting.

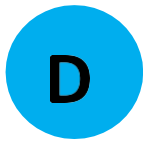
You can plate the salad beforehand and add the delicate elements just before serving. Place plated salads in plate, cover them with cling wrap and refrigerate them until service.



Mayonnaise-based dressings must be kept refrigerated but not frozen. Keep cream-based dressings in covered containers and refrigerate them at 1 to 4°C or 34 to 40°F.

Hold or store oil-based dressings at near room temperature to avoid oil from solidifying.





What is in?

Principles and Practices of Hygiene in Preparing Salads and Salad Dressing

How to Wash Fruits and Vegetables

- Start by choosing produce that's free of bruises, molds, or other signs of damage. If you are purchasing pre-cut items, make sure they have been refrigerated or displayed on ice at the supermarket.
- Once home, store perishable fruits and vegetables in the refrigerator (at 40 degrees F or below) until you're ready to use them. Always store pre-cut fruits and vegetables in the refrigerator, too.
- Wash your hands for 20 seconds with soap and warm water before and after handling fresh produce.
- Use a sharp paring knife to cut away any damaged or bruised areas of the fruit or vegetable.
- Wash the produce before you peel it. That way, contaminants will not be transferred from your knife to the fruit or vegetable.
- Hold the fruit or vegetable under cool running tap water, gently rubbing it as you rinse it.
- For firm produce, such as melons and winter squash, use a clean vegetable brush to scrub the surface as you rinse it.
- Produce with bumpy, uneven surfaces, such as cauliflower and broccoli, should be soaked for 1 to 2 minutes in cold water to remove contaminants from the nooks and crannies.
- Use a clean cloth or paper towel to dry the produce before using it.

How to Wash Salad Greens

Salad greens require special attention. First, discard the wilted outer leaves; then prep and wash greens as directed for each type.

- For leafy lettuces, such as green or red-tip leaf, butter head, and romaine as well as endive, remove and discard the root end. Separate leaves and hold them under cold running water to remove any dirt.
- For smaller greens, such as spinach and arugula, swirl them in a bowl or a clean sink filled with cold water about 30 seconds. Remove the leaves and shake gently to let dirt and other debris fall into the water. Repeat the process if necessary. Drain in a colander.
- For iceberg lettuce, remove the core by hitting the stem end on the countertop; twist and lift out the core. (Do not use a knife to cut out the core, as this can cause the lettuce to brown). Hold the head, core side up under cold running water, pulling leaves apart slightly. Invert the head and drain thoroughly. Repeat if necessary.
- For mesclun (a mixture of young, small salad greens often available in bulk at farmers markets), rinse in a colander or the basket of a salad spinner.



What is it?

Learning Task 2: Share Your Thoughts

Directions: Test your understanding by answering the following questions in your answer sheet. (2 points each)

1. Why do we need to store oil-based dressings at near room temperature?

2. What is the proper way of storing plated salad?

3. How will you store mayonnaise-based dressings?

4. What is the first thing to keep in mind when purchasing pre-cut items that are used in making salads?

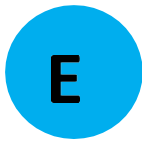
5. Why do we need to avoid holding the salad for more than two hours?

What is more?

Learning Task 3: Wash Me Up Before You Go!

Directions: Below are different salad ingredients. Identify the appropriate way on how to wash them. Copy the table in your answer sheet.

Salad Ingredients	Techniques on How to Wash
1. Mesclun	
2. Iceberg lettuce	
3. Spinach	
4. Red-tip leaf lettuce	
5. Melon	
6. Arugula	
7. Broccoli	
8. Romaine lettuce	
9. Cauliflower	
10. Winter squash	



What I can do?

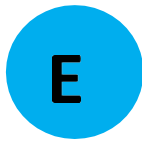
Learning Task 4: Create and Post

Directions: In a short bond paper, make a post-slogan that deals with the importance of washing salad ingredients properly before using them in making salads.

Note: Be creative in making your post-slogan. You may **manually draw it** or may also **cut some pictures from newspapers and magazine** to make your output more interesting.

Your post-slogan will be rated using the scoring rubric below.

SCORE	CRITERIA
10	Creatively and neatly done showing much relevance to the given topic
8	Creatively done and neat enough with relevance to the given topic
6	Creatively done and neat enough with relevance to the given topic
4	Simply done and neat enough but not so relevant to the given topic
2	Poorly done with erasures and irrelevant to the given topic



What else can I do?

Learning Task 5: ACRONYM

Directions: With what you have learned from the lesson Storage of Salad and Dressing, you can now give your own definition of the word STORAGE. You can use the words from this lesson as your reference. Write the acronym in your answer sheet.

S - _____

T - _____

O - _____

R - _____

A - _____

G - _____

E - _____



What I have learned?

Learning Task 6: Post-test

I. **Directions:** Evaluate each statement carefully. Write TRUE if the statement is correct, and FALSE if it is not. Write the answers in your answer sheet.

_____ 1. Toss salads greens with the dressing just before serving the salad to avoid wilting.

_____ 2. Wash your hands for 5 seconds with soap and warm water before and after handling fresh produce.

_____ 3. Hold the fruit or vegetable under hot/ running tap water, gently rubbing it as you rinse it.

_____ 4. Keep cream-based dressings in covered containers and refrigerate them at 1 to 4°C or 34 to 40°F

_____ 5. You can plate the salad beforehand and add the delicate elements just before serving.

II. **Directions:** Unjumble the given words that has something to do with handling and storing salads. Write the answers in your answer sheet.

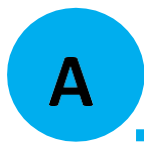
6. TIERRRFGEAOR = _____

7. NRZFOE = _____

8. SHAIPEBLE = _____

9. ILINGWT = _____

10. ATURMPTEERE = _____



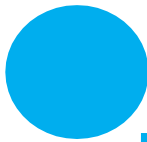
What I can do?

Learning Task 7: Reflection

Student's Reflection for the Week

I learned that...

I realized that



Answer

LO1: Perform Mise En Place

Learning Task 1: Pre-test

1. D
2. A
3. C
4. D
5. B
6. Kitchen Knife
7. Peeler
8. Salad Spinner
9. Mixing bowl
10. Salad Server

Learning Task 2:

Think and Be Creative
(Student's insight)

Learning Task 3:
Kitchen Adventure
(Student's insight on what is available tools and utensils at home)

Learning Task 4:
Make Your Salad
1. Accompaniment Salad:
<https://www.yummly.com/recipes/accompaniment-salad>
2. Dessert Salad:
<https://www.allrecipes.com/recipes/373/desserts/specialty-desserts/dessert-salads/>
3. Main Course Salad:
<https://www.tasteofhome.com/collection/healthy-main-dish-salad-recipes/>
Learning Task 5: Share Your Thoughts

Learning Task 6:
Promote Me
(Student's Output will vary in his/her skills or strength)

Learning Task 7:
Post Test

1. D
2. A
3. C
4. D
5. B
6. Kitchen Knife
7. Peeler
8. Salad Spinner
9. Mixing bowl
10. Salad Server

LO2: Prepare Variety of Salads and Dressings

Learning Task 1: Pre-test

1. D
2. B
3. D
4. C
5. D

Learning Task 2: What Can You Give

A.

1. Base
2. Body
3. Dressing

B.

4. Garnish
5. Tossed and Plated
6. Stuffed or Served in Edible Bowls
7. In Jars, Cups and Glasses
8. Arranged in Plates or Platter

C.

9. Salad type
10. Salad type
11. Service style
12. Function

D. (Student's Insight)

E. (Student's Insight)

F. (Student's Insight)

G. (Student's Insight)

Learning Task 3: Add to Cart

A. Base

- Iceberg lettuce
- Romaine lettuce
- Chinese Cabbage

B. Body

- Sliced carrots and cucumber
- Mixed fruits
- Poultry and eggs

C. Dressing

- Basic vinaigrette

D. Garnish

- Mayonnaise
- Yogurt
- Lemon wedge

Learning Task 4: Picture Prompt

1. B
2. D
3. A
4. B
5. C
6. C
7. B
8. D
9. A
10. B

Learning Task 5: Evaluating Statements

1. False
2. True
3. True
4. False
5. True

Learning Task 6: Post-test

1. D
2. B
3. D
4. C
5. D

Learning Task 7: Reflection

(Student's Insight)

LO3: Present Variety of Salads and Dressings

Learning Task 1: Pre-test

- C. Dressing**
- Basic vinaigrette
 - Mayonnaise
 - Yogurt
- D. Garnish**
- Lemon wedge

Learning Task 2: What Can You Give

1. D
2. B
3. D
4. C
5. D

A.

1. Base

2. Body

3. Dressing

4. Garnish

B.

5. Tossed and Plated

6. Stuffed or Served in Edible Bowls

7. In Jars, Cups and Glasses

8. Arranged in Plates or Platter

C.

9. Salad type

10. Salad type

11. Service style

12. Function

- D. (Student's Insight)

- E. (Student's Insight)

- F. (Student's Insight)

- G. (Student's Insight)

Learning Task 3: Add to Cart

A. Base

- Iceberg lettuce

- Romaine lettuce

- Chinese Cabbage

B. Body

- Sliced carrots and cucumber

- Mixed fruits

- Poultry and eggs

Learning Task 4: Picture Prompt

1. B

2. D

3. A

4. B

5. C

6. C

7. B

8. D

9. A

10. B

Learning Task 5: Evaluating

Statements

1. False

2. True

3. True

4. False

5. True

Learning Task 6: Post-test

1. D

2. B

3. D

4. C

5. D

Learning Task 7: Reflection

(Student's Insight)

LO4 : Store Variety of Salads and Dressings

Learning Task 1: Pre-test

1. True
2. False
3. False
4. True
5. True
6. REFRIGERATOR
7. FROZEN
8. PERISHABLE
9. WILTING
10. TEMPERATURE

Learning Task 2: Share Your Thoughts

(Student's insight)

Learning Task 3: Wash Me Up

Before You Go!

1. Rinse in a colander or the basket of a salad spinner.
2. Hold the head, core side up under cold running water, pulling leaves apart slightly. Invert the head and drain thoroughly.
3. Swirl them in a bowl or a clean sink filled with cold water about 30 seconds. Remove the leaves and shake gently to let dirt and other debris fall into the water. Repeat the process if necessary.
4. Drain in a colander.
5. Remove and discard the root end. Separate leaves and hold them under cold running water to remove any dirt.
6. Use a clean vegetable brush to scrub the surface as you rinse it.
7. Swirl them in a bowl or a clean sink filled with cold water about 30 seconds. Remove the leaves and shake gently to let dirt and other debris fall into the water.

Learning Task 5: ACRONYM

(Student's insight)

Learning Task 4: Create and Post

7. Soaked for 1 to 2 minutes in cold water to remove contaminants from the nooks and crannies.
8. Remove and discard the root end. Separate leaves and hold them under cold running water to remove any dirt.
9. Soaked for 1 to 2 minutes in cold water to remove contaminants from the nooks and crannies.
10. Use a clean vegetable brush to scrub the surface as you rinse it.

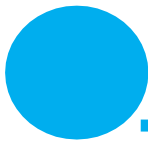
Learning Task 6: Post-test

(Student's insight)

1. True
2. False
3. False
4. True
5. True
6. REFRIGERATOR
7. FROZEN
8. PERISHABLE
9. WILTING
10. TEMPERATURE

Learning Task 7: Reflection

(Student's insight)



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LO1: Perform Mise En Place

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LO2: Prepare Variety of Salads and Dressing

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LO3: Present Variety of Salads and Dressings

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LO4: Store Salads and Dressings

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