

# Dressing in a Jar

## Objectives

### *Students will!*

- Make their own vinaigrette salad dressing to go along with their plant parts salad or a simple mix of baby greens
- Learn about mixtures and emulsifications
- Have the option of exploring percentages and proportions

### *Educator Notes*

- This dressing does not necessarily use ingredients from the garden, but may be used to accompany a harvest of greens and/or veggies
- There are many small measurements that must take place in this activity, so if possible, give each student a task (i.e. salt measurer in the ingredients preparation process)

## Materials

- 1 orange – zested (optional) and juiced
- 1 clove of garlic – peeled and minced
- 3 tablespoons white vinegar
- 3 tablespoons balsamic vinegar
- 1 cup olive oil
- 1/2 teaspoon salt
- 8 grinds of pepper (or just a good shake)
- Fresh herbs from the garden, such as mint, basil, chives or thyme – chopped or torn into tiny pieces (optional)
- Knife
- Zester (optional)
- Glass quart jar with lid
- Tablespoon measuring utensil
- Teaspoon measuring utensil
- 1/2 Teaspoon measuring utensil
- Cutting board

## Preparation

- Set up the cutting board, knife and grater/zester. Have all other utensils and ingredients on hand.
- You may choose to prepare the orange and garlic yourself or give the task to your students, depending on their age and comfort with kitchen utensils.

## Key Vocabulary

- Vinaigrette

- Mixture
- Ingredient
- oil
- vinegar
- herb

### **Activity**

Add all ingredients to a glass quart jar. Give each student a task in the measuring and pouring process. Screw lid on tight and set jar down on a flat surface where everyone can see. Ask students to observe the layers that have formed. Can they guess which layer belongs to which ingredient? Do they have guesses as to why the layers remain separate? If *Components of Soil* exercise is already done, ask students to compare these layers to the soil type layers. Once observation have been made, give the jar a good shake, allowing each student a chance to participate. And ta-da, a salad dressing mixture – an emulsified orange vinaigrette!

### **Wrap-Up**

Once you have your orange vinaigrette, you may use it to dress salad greens and chopped vegetables harvested from the garden. You may also sing the praises of oranges and their high content in Vitamin C while also explaining that oranges do not grow in New England but instead grow in much warmer/more temperate climates.

### **Extension Activity**

Students who have worked with fractions and percentages may use this exercise to practice their math skills. Make a drawing of the glass jar that shows the percentages of oil, orange juice and vinegar to the total liquid used in this recipe.

Some useful conversion factors:

- There are 16 tablespoons in 1 cup
- The juice of 1 orange equals about " cup.

### **Sources**

<http://www.edibleschoolyard.org/lessons-recipes>