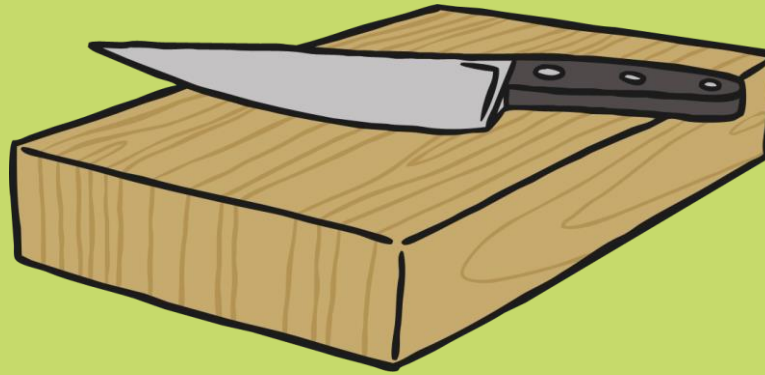




Design and Technology

Sensational Salads

Preparing Salads



twinkl



Aim

- I can prepare and make a healthy salad made from root vegetables.

Success Criteria

- I can follow the food hygiene rules when preparing food.
- I can use kitchen equipment safely when preparing food.
- I can assemble and combine ingredients.

Food Hygiene Rules



Can you remember what we must do before we prepare food?

Wash hands and
remove jewellery
and nail varnish



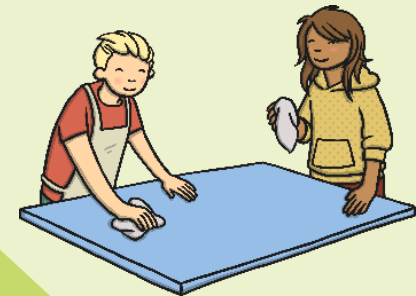
Tie hair back



Roll sleeves up

Put apron on.

Wash surfaces



Safe Preparation Skills: The Bridge



Create a bridge over the food with your hand.

The fingers should be on one side and the thumb should be on the other.

Hold the food to be cut between the fingers and thumb creating a bridge.

The knife should go through the bridge to cut the food.

Safety

This method ensures that fingers are out of the way of the knife.

Tips

Think of the knife as a train which goes under the bridge and through the tunnel.

Use

For cutting circular items into halves and quarters, e.g. tomatoes, apples.

Safe Preparation Skills: The Claw



Create a claw by partly curling your fingers together into a claw shape.

Press the tips of your fingers (nails) against the food to be gripped.

Then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.

Safety

This method ensures that finger tips are tucked out of the way of the knife.

Tips

Think about creating a claw, gripping food and tipping the hand; claw, grip, tip, cut.

Use

Use when food needs to be cut into slices or diced.

Safe Preparation Skills: Fork Secure



Place the food to be cut on a chopping board.

If the food is likely to move or wobble, e.g. a tomato, hold it securely at the edges.

In a firm but controlled way, dig the fork prongs into the food going downwards towards the chopping board.

Continue holding the fork in one hand, take a knife with the other hand and slice the food.

Safety

This method makes sure that the food is stable and keeps finger out of the way.

Tips

Take your time while pushing the fork in the food and make sure you are pushing the fork downwards.

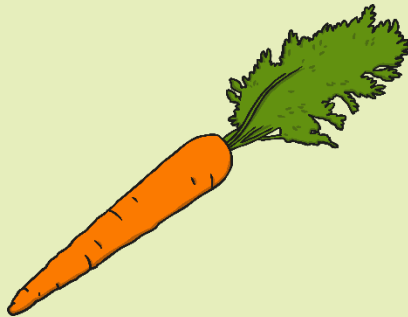
Use

Useful if you find the claw method quite challenging.

Key Words

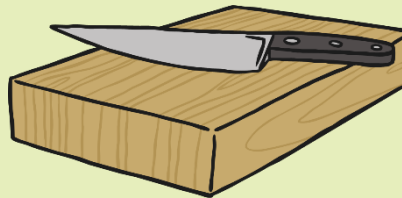


As I make the salad
can you think of any
verbs to
describe my actions ?



For example...

chop

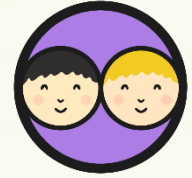


Can you think of
any more?



Make Your Own Salad

Remember to...



1: Carefully follow the Food Hygiene and Safety Cutting Rules.



2: Follow the recipe.

Potato Salad

Ingredients

800g new salad potatoes
4 tablespoons chopped chives
4 tablespoons low-fat mayonaisse



Equipment

Chopping board
Safe knife
Mixing bowl
Kitchen scissors
Measuring spoon



Helpful Hint

More vegetables can be added such as canned sweet corn or chopped pepper.

To change the flavour of the salad, try adding different herbs, e.g. mint or dill.

Method

Step 1: With adult supervision, chop the potatoes in half and place them into the bowl.



Step 2: With adult supervision, snip the chives, and add this to the bowl.



Step 3: Add the mayonaisse.



Step 4: Gently mix all of the ingredients together.



Evaluation



Root Vegetable Salad Evaluation

What I found tricky about making my root vegetable salad...

My root vegetable salad tasted...

My root vegetable salad looked like this.

Marks out of 5

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