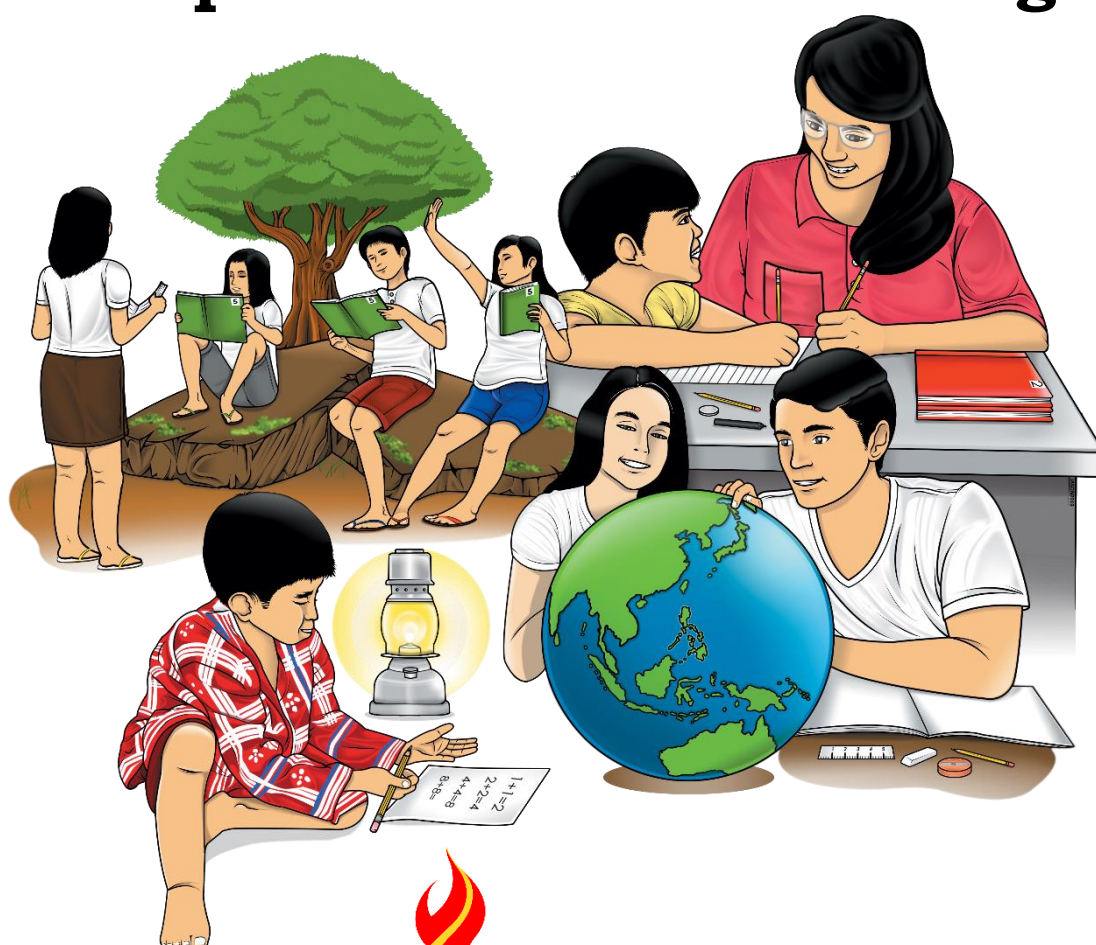


Technology and Livelihood Education Cookery

Quarter 2 – Module 1:

Lessons 1 & 2

Prepare Salad and Dressing



TLE –COOKERY Grade 9
Alternative Delivery Mode
Quarter 2 – Module 1: Prepare Salad and Dressing
First Edition, 2020

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Livelihood Education

Cookery

Quarter 2 – Module 1:
Prepare Salad and Dressing

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master how to prepare salad and dressing. 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 textbook you are now using.

Content Standard

The learners demonstrate an understanding he knowledge, skills, and attitudes required in preparing salad and dressing.

Performance Standard

The learners independently prepare salad and dressing.

Learning Competencies

LO 1. Perform mise en place

- 1.1 identify tools and equipment needed in the preparation of salad and dressing
- 1.2 clean, sanitize, and prepare tools, utensils, and equipment based on the required tasks
- 1.3 identify ingredients according to the given recipe
- 1.4 prepare ingredients based on the required form and time frame

LO 2. Prepare a variety of salads and dressings

- 2.1 identify the components of a salad
- 2.2 identify the factors to consider in salad preparation
- 2.3 select and use correct equipment in preparing salads and dressings
- 2.4 prepare a variety of salad
- 2.5 identify the different kinds of salad dressings and their ingredients
- 2.6 prepare salad dressings
- 2.7 follow workplace safety procedures

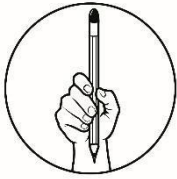
LO 3. Present a variety of salads and dressings

- 3.1 Present salads and dressings attractively
- 3.2 Observe sanitary practices in presenting salad and dressing
- 3.3 Identify the accompaniments of salads and dressings
- 3.4 Rate the finished products using rubrics

LO 4. Store salad and dressing

- 4.1 Utilize quality trimmings

4.2 Store appetizers in appropriate conditions to maintain them freshness, quality, and taste



What I Know

Directions: Read each question carefully. Choose the letter of the correct answer and write it on a separate sheet of paper.

1. What is *mise en place*?
 - a. a French term that means to separate
 - b. an Italian term which means to separate
 - c. a French term that means everything in place
 - d. an Italian term for having all your ingredients prepared
2. What are the basic techniques in pre preparation of ingredients?
 - a. washing, peeling, paring, cutting
 - b. cutting, paring, washing, peeling
 - c. peeling, washing, paring, cutting
 - d. washing, peeling, cutting, mashing
3. Which tools are made of sturdy, heavy glass wares or ceramics used to toss and mix all the ingredients together?
 - a. salad servers
 - b. salad spinner
 - c. mixing bowls
 - d. shredder
4. What tool is used to grate foods into fine pieces?
 - a. Grater
 - b. Peeler
 - c. Citrus Zesters
 - d. Grill pan
5. What classification of salad stimulates appetite which has fresh, crisp ingredients?
 - a. Dessert Salad
 - b. Side dish salad
 - c. Appetizer salad
 - d. Main course salad
6. What products are made with sweetened prepared mixes with artificial color and flavour?
 - a. Bound salad
 - b. Gelatin salad
 - c. Composed salad
 - d. Pasta Salad
7. Why is it important to practice mise en place?
 - a. Saves space on counters
 - b. Saves time by having everything ready to combine

- c. Eliminates the chance of culinary disasters that occur from lack of preparation
 - d. all of the above
- 8. Which of the following is *NOT included* in the techniques in pre-preparation?
 - a. cutting
 - b. peeling
 - c. washing
 - d. dressing
- 9. Which shows a good practice in lifting objects?
 - a. Lift heavy objects without any help.
 - b. Lift with your back.
 - c. Bend your back before lifting.
 - d. Keep the object close to your body.
- 10. What classification of salad contains fruits as their main ingredients?
 - a. Fruit salad
 - b. Caesar Salad
 - c. Green salad
 - d. Bound Salad
- 11. What classification of salad that must balance and harmonize with the rest of the meal?
 - a. Appetizer salad
 - b. Dessert salad
 - c. Accompaniment salad
 - d. Side dish salad
- 12. What ingredient is added to the body of salad that gives flavor, tartness, spiciness, and moistness?
 - a. base
 - b. dressing
 - c. garnish
 - d. decoration
- 13. How long does salad last?
 - a. 2 days
 - b. 5 days
 - c. 4-7 days
 - d. 7-10 days when properly stored
- 14. What tool is used to remove the outer skin or peel of certain vegetables?
 - a. peeler
 - b. knife
 - c. mixing bowl
 - d. chopping board
- 15. What dish consists of raw greens, vegetables and toppings?
 - a. Salads
 - b. Soup
 - c. Desserts
 - d. Main course

Lesson

1

Perform Mise ‘en Place

Mise’ En Place (pronounced *meez ahn plahs*) is a French term which means setting everything in place and organizing all the materials and ingredients before preparing foods.



What’s In

Activity 1: Burn Teasing Fun Game (Scrambled Letters)

This activity will give you opportunity to review the past lesson.

Directions: Given the scrambled letters below, unscramble them to form a word or group of words related to appetizers. Write the answer on a separate sheet of paper.

1. ZERAPIPET
2. PÉCANA
3. RESHELIS
4. COTCALIK
5. SPICHNADPID






Great! You have mastered already the previous lesson. Let’s have another activity.



What's New

Activity 1: Name Me

Directions: Identify the following tools in Column B. Write your answers in Column A including their uses or functions.

Column A	Column B
1.	
2.	
3.	
4.	
5.	

Guide Questions:

1. How did you feel doing the activity? Was it easy or difficult? Why?
2. Why do we need to use the tools according to their purpose?
3. What are the tools used in preparing salad?

Activity 2: Arrange the Pictures

Maria observed how her mother prepared a fruit salad during their family reunion last year. She has plans to serve the same salad to their upcoming year-end batch party. She tries to recall the procedure by scanning over the printed pictures taken during her mother's fruit salad preparation.

As Maria's friend, try to help her sort out the pictures.

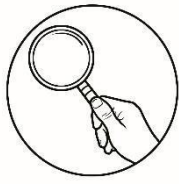
Directions: Arrange the pictures according to its proper sequence. Use 1 as the first step, 2 as the second step and so on.



(Photo credits: <https://youtu.be/mqEdcgtkvBY>)

Guide Questions:

1. How did you feel doing the activity? Was it easy or difficult?
2. What helped/hindered you in getting the correct answer?
3. Based on the activity, why is it important to follow correct procedures in preparing a variety of salad?



What is It

By doing a little preparatory work before you begin cooking, you can save yourself a lot of time and seamlessly move through the steps of your recipe.

Another benefit of using *mise en place* is to stay organized. By getting all your equipment and ingredients in one place, you will not be going back and forth across the kitchen grabbing what you need to cook your meal. In addition, you will know if you are missing anything,

Why Practice Effective *Mise en Place*?

- Saves time by having everything ready to combine
- Eliminates the chance of culinary disasters that occur from lack of preparation
- Saves space on counters

Importance of *Mise en place*

- *Mise en place* is easy. Being organized and prepared in the kitchen saves time and frustration.
- Trying to multi-task between ingredient preparation and cooking could be a recipe for disaster.

How to Practice *Mise en place*



Step 1

Read the entire recipe. What do you need to make this product?

Step 2

Gather all your ingredients, utensils, and equipment needed
Check that all equipment is clean before food preparation

Step 3

Prepare your workspace.

- Prepare sanitation bucket.
- Prepare wash stations.
- Sanitize counters and workstations.

- Locate trash receptacles for waste food waste/scraping (no disposals in house!).
- Clear counters of unnecessary items.

Step 4

One by one, wash, cut, dice, chop, and measure all your ingredients.

Step 5

Place them into appropriately sized dishes, bowls, and containers for easy grabbing

Step 6

Set your ingredients around your cooking station for better accessibility.

Step 7

Begin cooking.

☐ Clean as you go to help with time management!

Techniques used in pre-preparation










Breaking down the raw ingredients into the required form is called 'pre-preparation'. Following are a few pre-preparation techniques:

- Washing
- Peeling and scraping
- Paring
- Cutting
- Grating
- Grinding
- Mashing
- Sieving

Importance of Selecting and Using Correct Equipment in Preparing Salad and Dressings

Fitting cooking equipment helps in the fast-paced processing of food. Everyone has heard the saying, "the right tool for the right job" and "you are only as good as your tools." These sayings are very true when it comes to the choice and use of cooking equipment. The quality of the cooking equipment that you choose to use is as outstanding as the tools themselves when it comes to work and food quality. Given that there is a wide variety of cooking equipment required for an even more extensive range of dishes, it is essential to make sure that the right types and quality meet your kitchens needs.

These are the tools, equipment and utensils needed in preparing salads and dressings with their functions and illustrations.

<i>Name of tools/equipment</i>	<i>Uses/Functions</i>	<i>Illustration</i>
Mixing bowl	It is a deep bowl that is particularly well suited for mixing ingredients together in. It comes in many materials such as stainless steel, ceramic, glass, and plastic.	
Knives	These are good quality knives with sharp, sturdy stainless-steel blades and with handles that are securely attached and that feel perfectly comfortable in your hand.	
Cutting boards	The choices of cutting boards are the wooden or blocks and acrylic cutting boards. When preparing a recipe that contains both meat (or poultry or seafood) and vegetables requiring cutting, use one board exclusively for vegetables and the other exclusively for the raw meat to avoid cross-contamination.	
Peelers	It is a kitchen tool consisting of a slotted metal blade attached to a handle that is used to remove the outer skin or peel of certain vegetables, potatoes, carrots, and fruits such as apples and pears.	
Citrus zesters	A kitchen zester is approximately four inches long, with a handle and a curved metal end, the top of which is perforated with a row of round holes with sharpened rims. To operate, the zester is pressed with moderate force against the fruit and drawn across its peel. The rims cut the zest from the pith underneath.	
Grater/Shredder (Also known as a shredder)	It is a kitchen utensil used to grate foods into fine pieces. It was invented by François Boullier in 1540s.	
Grill Pan	It is used to broil or grill salad toppings.	
Salad spinner	It is used to hold just washed salad leave in a slotted basket that is made to spin by hand and thus fling all the water off the leaves into the outer container.	
Salad servers	These are “salad sets” with big salad bowls, serving bowls and servers. Select materials having enough surfaces to really grasp the ingredients of salad no matter how slippery and thus making tossing easier.	

Lesson




2


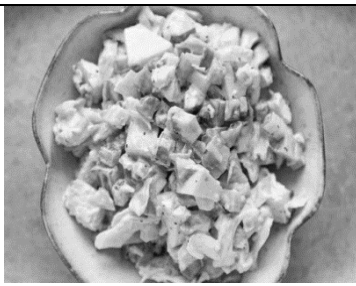
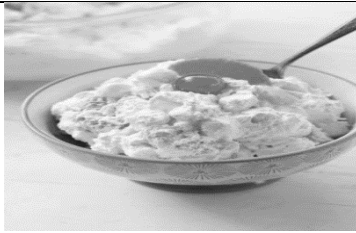
Classifications of Salad

Salad is any various dishes consisting of raw greens, vegetables and toppings. It is served with dressing or small pieces of food, or usually mixed with a dressing or set in gelatin. The easiest way to establish where salads fit in the scheme of things is to classify them according to:

- their function in the meal; and
- ingredients used.

Classifications of Salad according to their function in the meal:

	Description	Illustration
1. Appetizer salad	It stimulates appetite which has fresh, crisp ingredients; tangy flavorful dressing; and attractive, appetizing appearance. It looks appealing because of flavorful foods like cheese, ham, salami shrimp and crabmeat. Crisp raw or lightly cooked vegetables can also be added.	 <i>www.bettycrocker.com</i>
2. Accompaniment salad	Accompaniment salads must balance and harmonize with the rest of the meal, like any other side dish. Don't serve potato salad at the same meal at which you are serving French Fries or another starch. Sweet fruit salads are rarely appropriate as accompaniment except with such items as ham or pork.	 <i>www.recipeofhealth.com</i>
3. Side dish salads	Salads should be light and flavorful, not too much vegetable salads are often good choices. Heavier salads such as macaroni or high protein salads containing seafood, cheese are less appropriate, unless the main course is light.	 <i>www.pinterest.com</i>

<p>4. Main course salad</p>	<p>It should be large enough to serve as a full meal and should contain a substantial portion of protein. Meat, poultry and seafood salads as well as egg salad and cheese are popular choices.</p> <p>Main course salads should offer enough variety of flavors and textures in addition to the protein and salad platter or fruits.</p>	 <p><i>www.wickedspatula.com</i></p>
<p>5. Separate course salads</p>	<p>These salads must be very light without filling. Rich, heavy dressings such as sour cream and mayonnaise should be avoided. Light salads are served after the main course to cleanse the palate, refresh the appetite and provide a break before dessert.</p>	 <p><i>www.crecipe.com</i></p>
<p>6. Dessert salads</p>	<p>Dessert salads are usually sweet and may contain items such as fruits, sweetened gelatin, nuts and cream.</p>	 <p><i>www.brit.co</i></p>

Classifications of Salad according to ingredients used:



1. Green salads – must be fresh, clean, crisp and cold and well drained. Moisture and air are necessary to keep greens crisp.

a) Leaves wilt because they lose moisture. Crispness can be restored by washing and refrigerating. The moisture that clings to the leaves after thorough draining is usually enough.

b) Air circulation is essential so do not wash greens too tightly or pack too firmly. Refrigerate in colanders covered with clean damp towels, or in specially designed perforated plastic bins. These protect from drying while allowing air circulation

2. Vegetable, Grain Legumes and



Pasta Salads - vegetable salads are salads whose main ingredients are vegetables other than lettuce or other leafy greens. Starchy items such as grains, pastas and dried legumes can also form the body of a salad. Raw or cooked vegetables are usually added to the starch items to enhance the color, flavor and nutritional balance of the salad. Protein items such as poultry, meat, seafood and cheese maybe added to vegetables and starch salads.



3. Bound salads – are mixture of foods that are held together or bound with a dressing usually a thick dressing like mayonnaise. The term bound is most often used for traditional mixtures of cooked protein, starch and vegetables items with mayonnaise like chicken salad, tuna salad, egg salad and potato salad.



4. Fruit Salads – contain fruits as their main ingredients, like appetizer salads or dessert salads.

5. Composed Salads – made by arranging two or more elements attractively on a plate. They are called composed because the components are arranged on the plate rather than being mixed together. They are elaborate and can be substantial in size, usually served as main courses or fruit courses rather than accompaniments or side dishes.

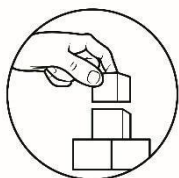


6. Gelatin Salads – most gelatin products are made with sweetened prepared mixes with artificial color and flavor. But some professional cook used to prepare salads using unflavored gelatin relying on fruit juices and other ingredients for flavour (*K12 TLE-Cookery 9, First Edition, 2016*).



Nutritive Value of Salad and Dressing

Salads are rich in Vitamins A, C and K, Carbohydrates and Protein; Several B Vitamins such as Folate, Iron and Potassium. For Dressings their nutritive values are: Vitamin A, Calcium, Vitamin D, Vitamin C, Iron, Protein and Magnesium.



What's More

Activity 3: Star Me if You Can

Directions: On the third column, draw a star if the statement in column A matches with column B. If not, write the correct word that best describes the statement.

A	B	C
1. A sharp stainless-steel blade with handle	Knife	
2. It is used for cutting meat and vegetables or fruits	One chopping board	
3. It is used to remove the outer skin of certain vegetables	Peeler	
4. It is a zester which is approximately 4 inches long with a handle	Citrus zester	
5. It is invented by François Boullier in 1540s	Grater/Shredder	
6. It is used to fry or bake salad toppings	Grill Pan	
7. It is used to hold just washed salad leaves	Salad spinner	
8. It is made of sturdy, heavy wood for mixing	Mixing bowl	
9. These are materials having enough surfaces making tossing easier	Salad servers	

Activity 4: Picture Me

Directions: Give the characteristics of the different types of salad. Use another sheet of paper for your answer.

Types of Salad	Characteristics
Green Salad	
Appetizer	
Side Dish	
Dessert	
Accompaniment	
Main Course	
Fruit Salad	
Composed Salad	
Gelatin	
Bound Salad	

RUBRIC

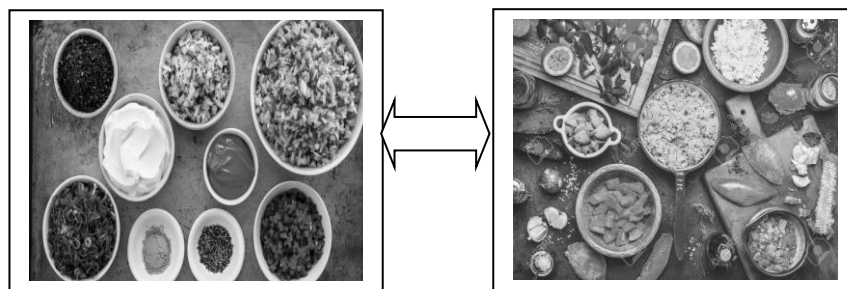
CRITERIA	10 POINTS	6 POINTS	POINTS
RELEVANCE	It has relevance to the different types of salad.	Somehow relevant to the different types of salad, but is not clearly stated.	There is no relevance to the different types of salad.
COMPLETION	The learner completely gave the characteristic of each type of salad.	The learner was able to provide 5 characteristics of the types of salad.	The learner failed to give characteristics of the types of salad.
TOTAL			



What I Have Learned

A. Directions: Compare the pictures shown below using the questions inside the box. Write your answer on a piece of paper.

1. What can you say about the pictures shown below?
2. What would be the outcome in preparing the ingredients in a way that is shown in the picture?



CRITERIA	5 POINT	3 POINTS	1 POINTS
CONTENT	The idea was clearly stated and appropriate to the topic.	The idea is somewhat non-supportive to the topic.	Unable to give an idea about the topic.
ORGANIZATION	It is logically organized and well-structured. Critical thinking skills are evident.	Ideas do not logically follow each other	The flow of idea is lost, lacks organization and continuity.
TOTAL			

B. Directions: Choose from the two pictures below your answer then justify your choice in 1 to 2 sentences.

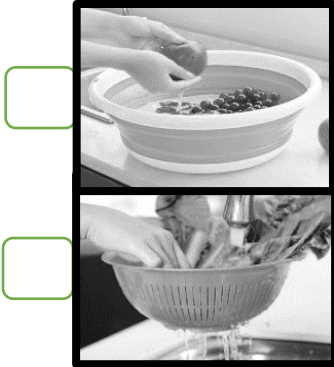
Filipinos are known for valuing family gatherings where food is often at the center of the many celebrations. If you were given the task to prepare the salad in one of your celebrations at home, what would you do in the given situations?

Mark the box with check (/) to indicate your choice.

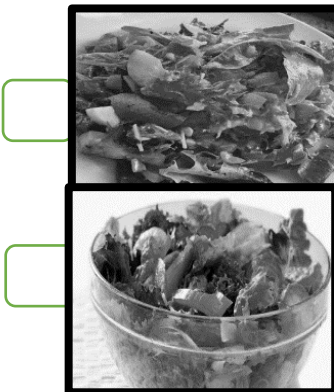
1. **Which fruits/ vegetables are you going to take?**



2. Which could be the best way in draining your salad ingredients?



3. Which presentation is properly cooked?



4. Which is more appealing?



5. Which is a better way of storing salad?





Assessment

Activity 5: Fill Me In

A. Directions: Read and understand each statement carefully. Fill in the blanks with correct answers. Choose your answer from the box.

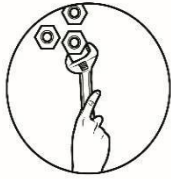
Knife	Citrus zester	Grate/shredder
Grill pan	Cutting board	Peeler

- _____ 1. What tool is used for broiling salad toppings?
- _____ 2. Which salad tool is four inches long with perforated top?
- _____ 3. What salad tool has sharp, sturdy, stainless steel blades?
- _____ 4. What tool is required to be in your kitchen, one for the meat and other for vegetables or fruits?
- _____ 5. What is used to remove the outer part of vegetables?

B. Directions: Fill in the blanks with the words in the box to make the sentence correct and complete.

appetizer	mixed	light	sweetened	balance	unsweetened
-----------	-------	-------	-----------	---------	-------------

1. Accompaniment salad must be _____ and harmonize with the rest of the meal.
2. Composed salads are arranged on plate rather than being _____ together.
3. Most gelatin products are made with _____ prepared mixes with artificial color and flavor.
4. A salad that stimulates appetite which has fresh, crisp ingredients, tangy flavorful dressing, attractive and appetizing is called _____.
5. Side dish salads should be _____ and flavorful.



What I Can Do

Activity A: Let's Do It!

In this part you will practice *mise en place* using the Coleslaw recipe. Follow the steps mentioned during the discussion.

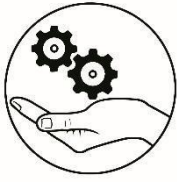
Ingredients:
 1 small
 1 carrot
 1 small onion
 1 pepper (optional)
 1 stick of celery (optional)
 1 apple (optional)
 4 tbs French dressing or
 mayonnaise

Equipment:
 Mixing bowl
 Vegetable peeler
 Vegetable knife
 Chopping board
 Grater
 Colander
 Tablespoon (tbs)
 Food processor

Questions:

- Why is *mise en place* important?
- How did you find the activity?

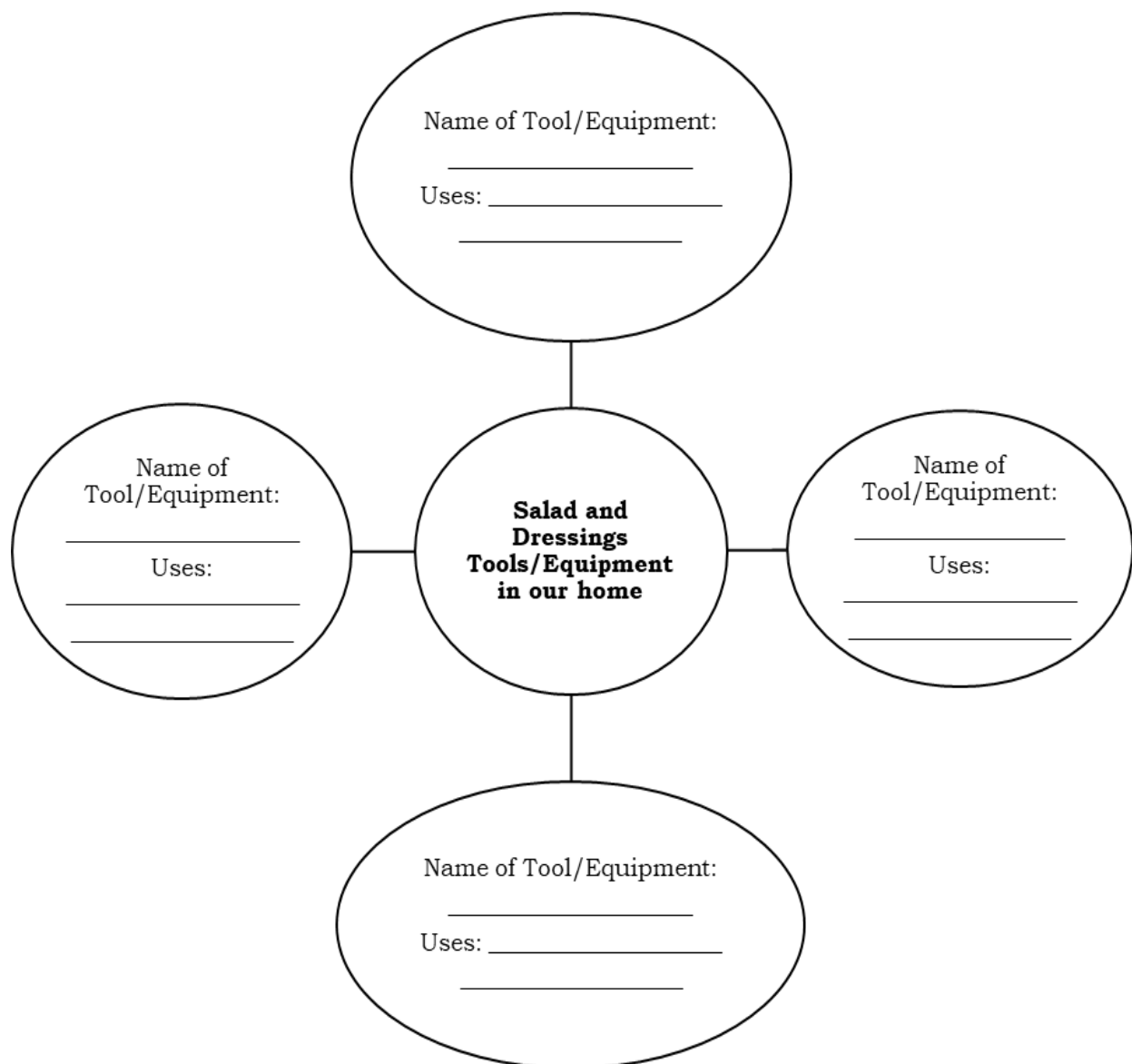
Criteria	5 points	4 points	3 points
Sanitation	Exceptionally neat, clean, ready to begin to work.	Dressed properly, washed hands, no modifications necessary before beginning the activity	Dressed properly, needed to make major modification to attire, hair and hands in order to participate
Technique/Skill level	Exemplary demonstration of skill with some prompting	Properly demonstrates skills with some prompting	Needs practice and coaching to meet average skill level
Time management	Exceptionally organized, completed activity ahead of time	Average organization, completed activity relatively on time	Did not complete in time allotted due to inefficient use of time
Total			

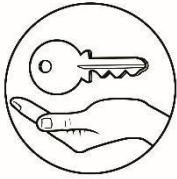


Additional Activities

Activity A: Test Yourself

Directions: Complete the graphic organizer below by writing the different salad and dressing tools and equipment available in your home including their uses. You may draw additional bubbles to the web.

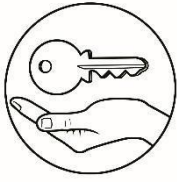




Answer Key

Lesson 1 and 2

<p>What I Know</p> <p>C D C A C C D A C B D D D A C B D A A</p>	<p>What's In</p> <p>APPETIZER CANAPE COCKTAIL RELISHES CHIPS AND DIP</p>	<p>What's New</p> <p>Activity 1: 1. SALAD SPINNER 2. PEELER 3. KNIFE 4. CHOPPING BOARD 5. MIXING BOWL</p> <p>Activity 2: B-D-C-A</p>
<p>What's More</p> <p>Star Use separate board for meat and vegetables Star Star Star Grilled Star Glass Star</p>	<p>What I have learned</p> <p>A. - Refer to the Rubric-</p> <p>B. Answer vary</p>	<p>Assessment</p> <p>A. 1. Grill pan 2. Citrus Zester 3. Knife 4. Cutting board 5. Peeler</p> <p>B. 1. Balanced 2. Mixed 3. Sweetened 4. Appetizer 5. Light</p>



Answer Key

What I Can Do

Activity A

Learners' answers may vary-please refer to rubric

Activity B

Learners' answers may vary-please refer to rubric

Activity C

Answers may vary

Additional Activities

Activity A

1. mixing bowls – for mixing ingredients
2. peelers-used to remove outer skin of vegetables and potatoes
3. grill pan-used to broil salad toppings
4. grater- used to grate food into pieces

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