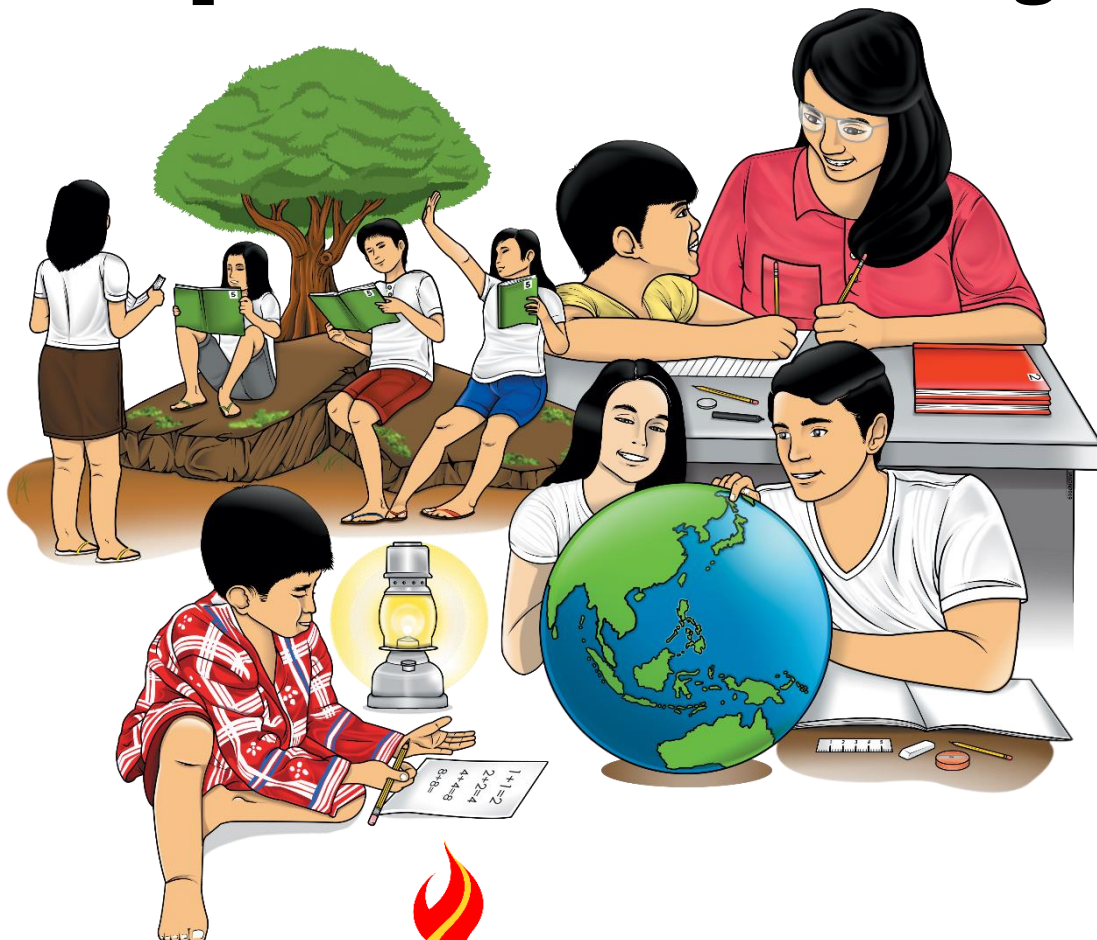


Technology and Livelihood Education Cookery

Quarter 2 – Module 1:

Lessons 3 & 4

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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Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

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Technology and 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.

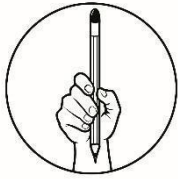
Thank you.



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 *Herba Salata*?
 - a. a French term that means to garnish
 - b. an Italian term which means to salad greens
 - c. an Italian term which means pasta with vegetable salad
 - d. a French term that means combination of meat and nuts salad
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 is an example of emulsified dressing?
 - a. Oil
 - b. Mayonnaise
 - c. vinegar
 - d. lemon juice
4. Which is an example of a starch ingredient that can be used in salad preparation?
 - a. egg
 - b. bacon
 - c. nut
 - d. macaroni product
5. Why do we need to drain all the ingredients when making salad?
 - a. Water will weaken the dressing.
 - b. It will make the ingredients crispy.
 - c. It will enhance the color and flavor of the salad.
 - d. Excess water or juice will make your salad attractive.
6. What could possibly happen when the water or excess juice from the ingredients is not drained well?
 - a. It will shorten the freshness of the salad.
 - b. It will destroy the quality of ingredients.
 - c. It will give unpleasant taste to the rest of the ingredients.
 - d. It will weaken the dressing and will make the salad messy.

7. Which is the correct procedure in preparing buko salad?

1. Refrigerate for at least 4 hours or place in the freezer for 1 hour.
2. In a mixing bowl, combine young coconut, kaong, nata de coco, pineapple chunks, and fruit cocktail. Gently stir to distribute the ingredients.
3. Transfer to a bowl and serve.
4. Add condensed milk and table cream. Mix until all the ingredients are properly distributed.

a. 1234

c. c. 2413

b. 2431

d. 4321

8. What do you call a combination of mayonnaise, sour cream, chopped herbs and anchovy?

a. Louis dressing

c. Thousand Island dressing

b. Green Goddess dressing

d. Caesar 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 lettuce is also known as *frisee* that contains a slight bitter flavor?

a. iceberg

c. florentine

b. boston

d. curly endive/chicory

11. Which shows a good practice for sharp utensils?

a. grab the falling knife

b. pick up knives by blade only

c. always use a sharp knife

d. holds a knife with tip pointing upward

12. What ingredient is added to the body of salad that gives flavor, tartness, spiciness, and moistness?

a. base

c. garnish

b. dressing

d. decoration

13. How long does salad last?

a. 2 days

c. 4-7 days

b. 5 days

d. 7-10 days when properly stored

14. How can you revive a wilted lettuce to bring back its freshness?

a. Wipe it with a clean paper or towel.

b. Soak it in a tap water for 10-15 minutes.

c. Bathe it in cold water for 10-15 minutes.

d. Wash it in warm water for 10-15 minutes.

15. What is the main reason for keeping the food chilled?

a. to keep it palatable

c. to prevent food wastage

b. to maintain its freshness

d. to avoid bacterial contamination

Lesson

3

Prepare Variety of Salads and Dressings

When visualizing a salad, one would commonly think of a plate consisting of a mixture of pieces of food, usually fruits and vegetables. However, there are different varieties of salad that may contain any type of ready-to-eat food. Preparing salads may be easy but learning about its components may help one achieve a desirable result.

Filipinos traditionally eat three main meals a day. Locally, many Filipinos are paying much attention to what they serve at their tables. With the numerous Filipino cuisines, a Filipino household could not have a complete celebration without *salad*.

Preparing *salad* can be easy at a first glance. But one must be aware that just like in any other food preparation, certain factors must be considered to achieve desirable results in the foods being prepared.

There are countless ways in preparing salad and learning about the factors to be considered in salad making is very important.



What's In

Directions: Fill in the blank with the correct word found in the box.

Core	drain	grease	melt	pare
peeler	roll out	shred		

- _____ A tool consisting of a slotted metal blade attached to a handle that is used to remove the outer skin of certain vegetables, potatoes, carrots, and fruits such as apples and pears.
- _____ Change a solid food to a liquid by beating it, usually in a blender.
- _____ Pour off liquid or let it run off through the whole of a colander.
- _____ Change a solid food to a liquid by heating it.
- _____ Cut the stem end or remove the seeds.



What's New

Activity 1: Read and Understand

Directions: Read the poem and answer the question below.

Salad of Life
By Irene E. Ganub

*Eating salad greens is one of the healthiest habits,
Like lettuce, spinach and cabbage that have full of benefits;
Salad is on of preferred food items that exists,
That keeps us away from diseases.*

*Raw vegetables are superb source of natural fiber,
Along with avocado, cucumber, onions, celery and pepper;
Asparagus, beets, carrots and pimientos,
Also mushrooms, cauliflowers and tomatoes.*

*Starchy foods like potatoes and grain,
Broken to glucose that serves as fuel for the brain;
They are good sources of carbohydrate,
An important part of balanced diet.*

*One of the sources of essential nutrients is fruit,
Aiding one's body to achieve optimal growth;
Be it canned, fresh, frozen or cooked, all is well,
It has antioxidants that prevents or slows damaging cell.*

*Protein foods like poultry, fish, and meat
Will make your salad nutritious to eat;
Whole egg is one of its best.
That is needed for the body to come at zest*

List the different ingredients of salad mentioned in the poem. Write each ingredient in a separate sheet of paper following the table template below.

<u>Salad Greens</u>	<u>Vegetables</u>	<u>Starches</u>	<u>Fruits</u>	<u>Proteins</u>

Guide Questions:

1. What is being talked about in the poem?
2. What are the different components of salad that are mentioned in the poem?

Activity 2 Complete Me

Directions: Fill in the missing letters in the boxes for each item below that correspond to the description about the different ingredients of salad.

1. These serve as the backbone of salad.

	A			D		G				N	S
--	---	--	--	---	--	---	--	--	--	---	---

2. It could be ham, poultry, fish or shellfish.

	R			E		N	
--	---	--	--	---	--	---	--

3. They can be called boston, bibb, romaine, iceberg.

	E		T			E
--	---	--	---	--	--	---

4. They could be found on breads, pasta, oats, and cereals.

		A			H		
--	--	---	--	--	---	--	--

5. It is also known as *frisee*.

	H		C			Y
--	---	--	---	--	--	---



What is It

The word salad is derived from the Italian word “**insalata**” which originally means to be steeped in salt or brine or “**herba salata**” which literally means salad greens.

Salad is a single food that contains a mixture of different foods accompanied or held together with 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 Potato salad, are served warm. Freshness and variety of ingredients are essential for high quality salads.

Today, the term salad is widely used for foods marinated or served with a dressing. Most salads have an acid base which by adding sugar will have a tart or sweet and or sour flavor, with the exception of fruit salads.

Nearly all foods can be used in the production of salad. Salads made from vegetables or combinations made from animals, seafoods, rice, noodles, legumes and seasoned with piquant marinades or dressings can enhance menus and tempt guest's appetite. Salads must be served fresh, unblemished and crisp

Components of Salad

1. **Base**-usually a layer of salad greens that line the plate or bowl in which the salad will be served.
2. **Body**- consists of the main ingredients.
3. **Dressing**- enhances the appearance while also complementing the overall taste; must be edible.
4. **Garnish**-are liquids or semi-liquids used to flavor salads.

Important Factors to Consider in Salad Preparation

The beautiful thing about *salads* is that you can incorporate ingredients that match your personal taste. You can find varied salad recipes from books, food *vlogs*, cooking shows and even from your own discovery. No matter how you decide to dress up your salad, it stays tempting. But one must bear in mind that *salads* are not simply a mixture of ingredients with delicious dressing but a special dish that requires proper way of preparation.

1. **Quality of ingredients.** Salad is as good as the quality of its ingredients, so you must use ingredients that are fresh, ripe and in season.
2. **Eye Appeal.** It should be attractive, appetizing, creatively presented.
3. **Simplicity.** Make it simple, not overcrowded.
4. **Neatness.** Keep salad neatly placed in a plate.
5. **Contrast and Harmony of colors.** Contrast in color for your garnishing can accentuate the appearance of the salad.
6. **Proper Food combinations.** Choose combination of ingredients carefully. Pineapples and coconut go well with chicken but not compatible with tuna.

7. Foods should be recognizable. Taste of the food that you are using as a base should be identifiable when you taste the salad. The dressing should dominate the taste. The size of cut should be big enough (usually bite size) to be recognized.

8. Keep foods properly chilled but not ice-cold.

9. Serve hot foods while hot and cold foods cold.

10. Keep it clean and crispy. This is done by washing greens in large quantity of water and drain well, removing the green from water to allow the dirt to settle to the bottom of the container.

11. Flavorful. Tempting and stimulating if prepared and presented properly.

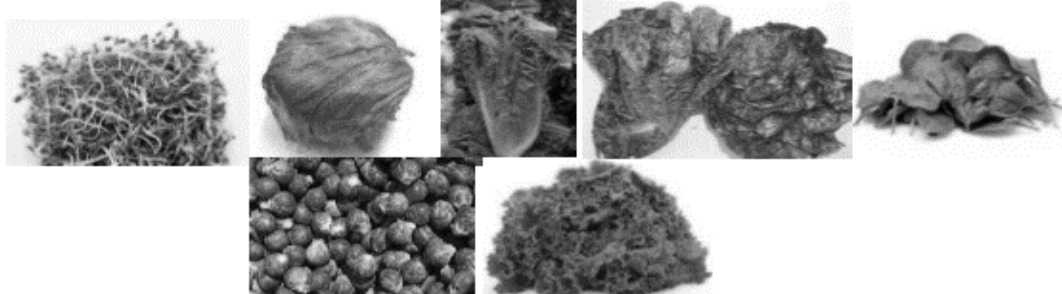
12. Drain all the ingredients well. Water or excess juices will weaken dressings and will make your salad look messy.

13. Do not overcook food. Food and ingredients when overcooked eliminates the color and its vitamins and minerals as well.

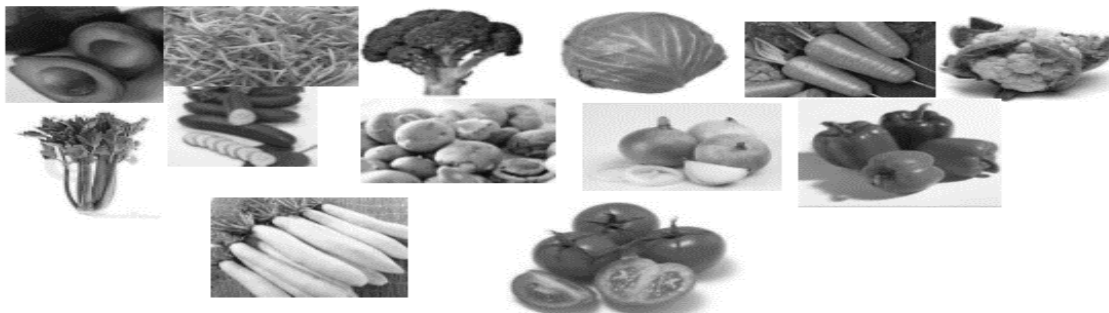
Ingredients for Salad Making

Freshness and variety of ingredients are essential for high quality salads.

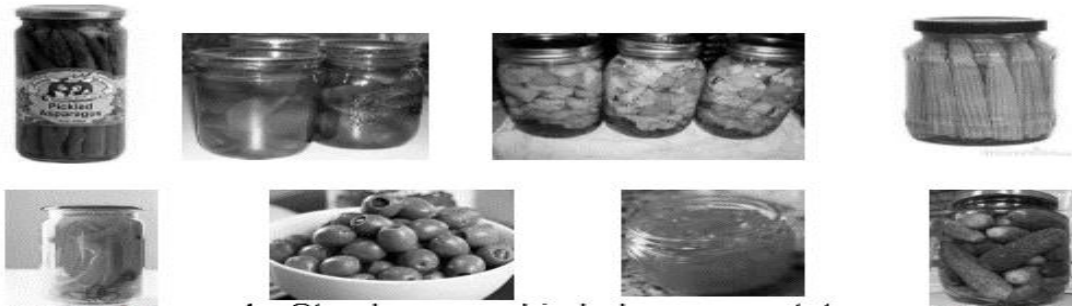
1. Salad Greens – Iceberg lettuce, Romain Lettuce, Boston Lettuce, Bibb or limestone lettuce, Chinese cabbage, Spinach, Sprouts



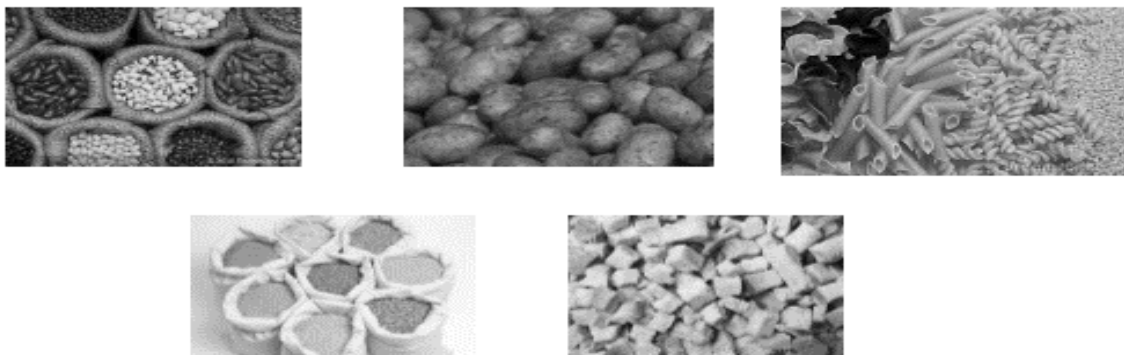
2. Vegetables (Raw) - avocado, bean sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumber, mushrooms, onions, peppers, radish, tomatoes.



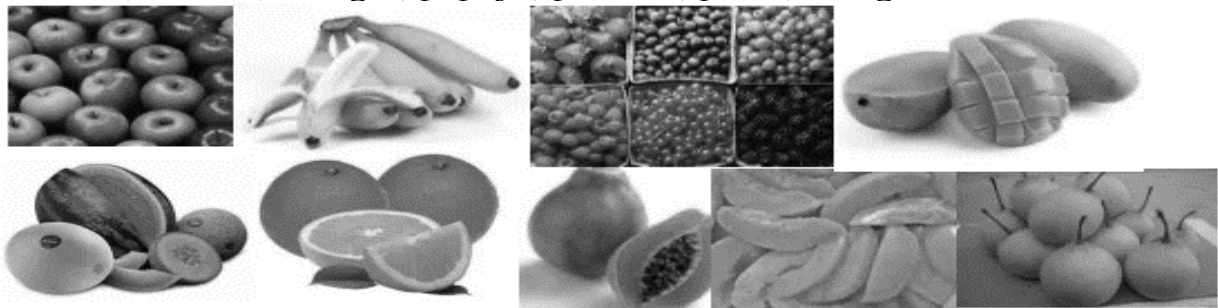
3. Vegetables (Cooked, pickled and canned) – asparagus, beets, carrots, cauliflower, corn, pimientos, olives, peppers, cucumber.



4. Starches – dried beans, potatoes, macaroni products, grains, bread (croutons).



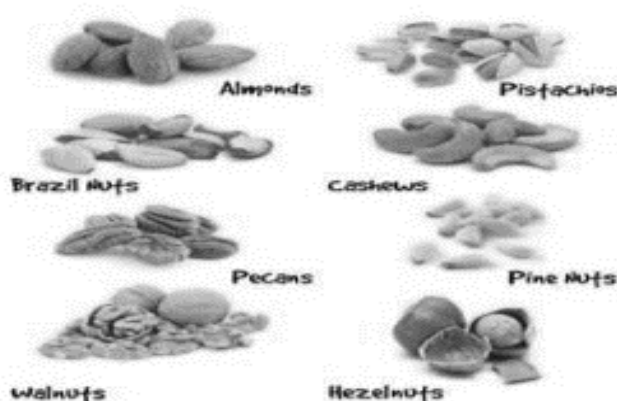
5. Fruits (Fresh, Cooked, Canned or frozen) – apple, banana, berries, coconut, melons, oranges, papaya, peaches, pears, mangoes.



6. Protein foods – meat (beef, ham), poultry, fish and shellfish, salami, luncheon meat, bacon, eggs, hard cooked, cheese, cottage cheese, aged or cured types.



7. Miscellaneous – gelatin, nuts



(K12 TLE-Cookery9, First Edition, 2016 Anecita P. Kong, Anecita S. Domo pp. 110-112).

Salad dressings are liquid or semi-liquid used to flavor the salad. The basic ingredients in salad dressing are oil, like olive, soya, and sunflower oil. To obtain the required viscosity and stabilize the emulsion, stabilizers or thickening agents are added, such as modified starch. Depending on the type of salad, also other ingredients can be added such as spices, eggs, citric acid, vinegar, salt, sugar and for homogenous dressing, an emulsifier.

When vegetables and spices are in salad dressing, generally blast-frozen vegetables and spices are used.

Ingredients of Salad Dressing

Salad dressings are liquid or semi-liquids used to flavor salads. The flavors of most salad dressings are not modified by cooking. The quality depends directly on the quality of the ingredients used.

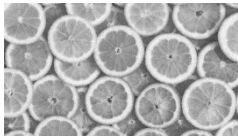
Most salad dressings are made primarily of an oil and an acid with other ingredients added to modify the flavor or texture.



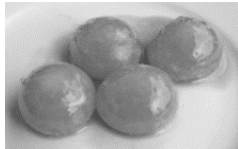
1. Oils – should have mild, sweet flavor. Strongly flavored oil can make excellent salad dressing but not appropriate with every food. Examples: corn oil, soybean oil, canola oil, peanut oil, olive oil, walnut oil.



2. Vinegar – should have a good, clean sharp flavor. Most salad vinegar are about 5% acidity, but some range as 7-8%.



3. Lemon Juice – fresh lemon juice maybe used in place of or in addition to vinegar in some preparation.



4. Egg yolk – as essential ingredient in mayonnaise and other emulsifier dressings. For safety, pasteurized eggs should be used.



5. Seasoning and flavorings – fresh herbs are preferable than dried herbs. Other flavorings include mustard, ketchup, Worcestershire sauce and various kinds of cheese.

Types of Salad Dressings

1. Oil and Vinegar dressings – Basic vinaigrette is a simple mixture of oil, vinegar and seasonings which is an example of temporary emulsions.
2. Emulsified Dressings – Mayonnaise is an emulsified dressing.
3. Other 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.

There are variety of dressings based on neither mayonnaise nor oil and vinegar. They include dressings on sour cream and on fruit juice and yogurt and low-calorie dressings. The important thing is that these dressings should have well- balanced flavor with a pleasant tartness and should harmonize and complement the salad which they are served.

Emulsions in Salad Dressings

The uniform mixture of two unmixable liquids, oil and vinegar is called emulsion.

1. Temporary Emulsions – a simple oil and vinegar dressing is called temporary emulsion because the two liquids always separate after being shaken. The harder the mixture is beaten or shaken, the longer it takes for it to separate.
2. Permanent Emulsions – 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. The egg yolk forms a layer around each of the tiny droplets and holds them in suspension. All emulsions form more easily at room temperature.
3. Other stabilizers are used in some preparations. Cooked dressing uses starch in addition to eggs. Commercially-made dressings may use such emulsifiers as gums, starches and gelatin.

Salad Dressing Rules

1. Leafy salads should always be dressed at the last possible minute.
2. Vegetable salad, that is, any mixture of cooked (usually) vegetables, minus the greens, served at room temperature are best dressed while still warm, and allowed plenty of time to absorb the flavors of the dressing. This is particularly true with potato salads.
3. Coordinate pungent greens such as peppery arugula or bitter chicory with an equally assertive dressing; e.g. Balsamic vinaigrette. Tender, mild lettuces - butter or baby lettuces or baby greens, for instance, are best treated with more delicacy. Lemon juice or mild vinegar such as white wine, champagne or rice wine is most appropriate. Romaine and other crisp, mildly flavored lettuces have an affinity for creamy dressings (<https://www.foodnetwork.com>).

Example Standard Recipes for Salad Dressings

“Mayonnaise Dressing”

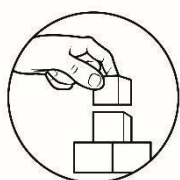
Ingredients:

½ t mustard	½ t salt	½ t sugar
Pinch pepper	pinch paprika	1 egg
2 C salad oil	3 T lemon juice or vinegar	

Steps in preparation:

1. Measure seasoning into a bowl. Blend, and add egg. Mix well.
2. Gradually add the first ½ C 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.

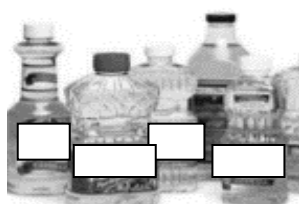
(Home Economics Cookery manual module 1 of 2 first edition 2016)



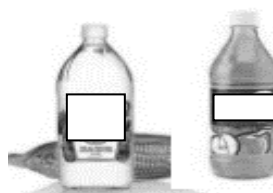
What's More

Activity 2: Recognize Me

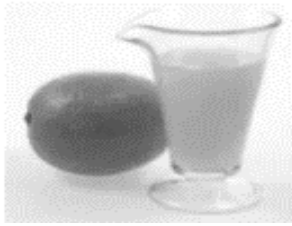
Directions: The following are ingredients of salad dressing. Write their names below each picture.



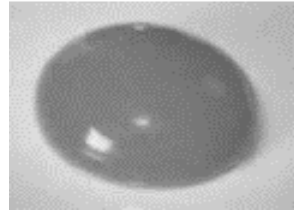
1.



2.



3.



4.



5.

(Photo credits: Home Economics Cookery 9 Module 1, First Edition 2016)



What I Have Learned

Activity 5: Read and Understand

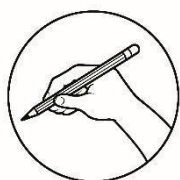
Directions: Read the situation and answer the questions below the situation box.

Alicia National High School will conduct a Salad Preparation Contest as part of the Nutrition Month Celebration. The Grade 9 TLE-Cookery students are the participants of the said contest. Your teacher chose you as the representative from your class because she has a great confidence that you can do it.

Guide Questions:

1. What are the important things you should consider in joining the contest?
2. What type of salad and dressing will you prepare? Why?
3. What tools, materials and ingredients will you prepare?

CRITERIA	5 POINTS	3 POINTS	1 POINT
CONTENT	The idea was clearly stated and appropriate to what was being asked.	The idea is somewhat non-supportive to what was being asked.	Unable to give an idea about what was being asked.
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.
GRAMMAR	Virtually no spelling, punctuation or grammatical errors	Few spelling and punctuation errors, minor grammatical errors	So many spellings, punctuation and grammatical errors that interferes with the meaning
TOTAL			



Assessment

Directions: Fill in the blanks with the word/s to make the sentence correct. Choose your answers from the box below.

unmixable	permanent	lemon juice	flavored vinegar
lighter	emulsifier	“dressing on the side”	mayonnaise
cider	balsamic	cooled	dressing

- Emulsion is a mixture of two _____ ingredients.
- Cream-style is a _____ emulsion of creamy dressing such as; mayonnaise, yogurt, cream or cheese base.
- _____ is an acidic dressing that gives a tang to a salad.
- Cooked ingredients must be thoroughly _____ before being mixed with mayonnaise and the completed salad mixture must be kept chilled at all times.
- A well-seasoned _____ added in the right proportions can lift a salad to a new height.
- Use _____ dressing on more delicate ingredients.
- An _____ is an ingredient that can permanently bind two dissimilar ingredients such as oil and vinegar.
- Guest began ordering _____ as a strategy to reduce calorie contents of salad.
- _____ is the most stable and thickest emulsified dressing.
- _____ is a type of vinegar with brown color and slightly sweet taste.

Lesson

4

Follow Workplace Safety Procedures

Over 90% of all accidents are preventable, and three basic rules of the kitchen safety, if enforced, will significantly reduce the likelihood of kitchen mishaps:

- ✓ Do not run.
- ✓ Keep your mind on your work.
- ✓ Observe all the rules for operating kitchen equipment.



What's In

Directions: Put box on the correct ingredients for salad making according to its category.

- | | | | |
|----------------------|----------|-----------------|---------|
| 1. Salad greens- | potatoes | Chinese cabbage | peanut |
| 2. Protein foods- | poultry | gelatin | spinach |
| 3. Fruits- | cheese | banana | salami |
| 4. Starches- | celery | grains | peppers |
| 5. Vegetables (raw)- | beets | radish | nuts |



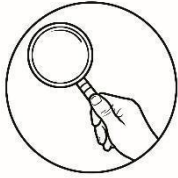
What's New

Activity 1 Statement Analysis

Directions: Put check (/) mark if the statement is correct and an (X) mark if the statement is wrong.

- _____ 1. Wet floors are dangerous.
- _____ 2. Use a machine even you are not trained to use it.

- _____ 3. Place knives in designated knife drawers.
- _____ 4. Keep emergency equipment clean and unobstructed.
- _____ 5. Turn the handle of any pot over an open flame.



What is It

Kitchen Accidents and Their Causes

- 1. Cuts** are all too common in commercial kitchens because knives and other cutting implements are constantly in use.
- 2. Burns** that occur in the commercial kitchen are two types: minor and serious.
- 3. Falls** can cause some of the most serious injuries in the commercial kitchen. They may disable or incapacitate a person for life. Falls are caused by extreme carelessness, wet floors and aisles, spilled food or grease, and by torn mats or warped floor boards.
- 4. Strains** may not be as serious as other types of injuries, but they are painful and can result in the loss of many working hours. They are caused by carrying loads that are too heavy and by improper lifting practices.

Safety in the workplace

The most important concept to remember is that you are responsible for your own safety and the safety of others. Most safety practices are common sense. Unfortunately, they can be forgotten or overlooked unless you make safe practices or an instinct.

Safety in the workplace can refer to both physical and psychological safety. In both instances, it means having workplace that is reasonably free from danger to all and actively preventing the workplace from becoming unsafe.

Safety Practices in the Kitchen

A kitchen has many safety hazards. It contains hot stoves, electrical equipment, and sharp tools. These hazards, combined with the busy, often frantic pace in the kitchen, make it very important that you work carefully while giving constant attention to the safety practices described below.

For Equipment:

- ✓ Never use any machine you have not been trained to use.
- ✓ Pull plug or throw switch to off position before cleaning or adjusting any machine. Keep fingers, hands, spoons, etc., away from moving parts. Wait until machine stops before moving food.
- ✓ Check all switches to see that they are off before plugging into the outlet.
- ✓ Particular care must be taken when cleaning the slicing machine.
 - First pull the plug.
 - Turn the gauge to zero in order to cover the edge of the blade
 - Do not touch the edge of the blade
 - Clean the blade from the center out.
 - Clean the inside edge of the blade with a stick that has a cloth wrapped around one end.
- ✓ Do not start a mixer until the bowl is locked in place and the attachments are securely fastened.
- ✓ When using a mixer, turn off motor before you scrape down the sides of the bowl.
- ✓ Use a wooden or plastic plunger rather than your hands or spoons to push meat down into a meat grinder.
- ✓ Keep your hands to the front of the revolving bowl when operating the food cutter.
- ✓ Never start a machine until you are sure all parts are in their proper places.
- ✓ You must be aware of the lock-out procedures that are to be followed before repairing or cleaning any machine
- ✓ When using electrical power equipment, always follow the manufacturer's instructions and recommendations.

For Sharp Utensils

- ✓ Use the right knife for the job.
- ✓ Do not grab for falling knives. When a knife starts to fall, jump backward to get out of the way.
- ✓ Always carry a knife with the tip pointing downward and with the cutting edge turned away from your body.
- ✓ Never talk while holding a knife in your hand.
- ✓ When cutting with any knife, always cut away from your body.
- ✓ Never place a knife in hot water as it will cause cracks in the wooden handle.
- ✓ Never reach into soapy water in search of a knife.
- ✓ Use a cutting board at all times.
- ✓ Place knives in designated knife drawers.
- ✓ When cleaning or wiping a knife, keep the sharp edge turned away from your body.
- ✓ Always use a sharp knife; it is much safer than a dull one.
- ✓ Always cut with a back and forth sweeping motion, not with downward force.
- ✓ Use knives for the purpose for which they are designed, not as levers or wedges or as bottle or can openers.
- ✓ Pick up knives by the handle only.

- ✓ Take a firm grip on a knife handle and always make sure the handle is free of grease or any other slippery substance.
- ✓ When slicing round objects such as onions or carrots, cut a flat base so the object will sit firmly and not shift when being cut.
- ✓ Never force a meat band saw; it may jump from the bone.
- ✓ When using a cleaver, be sure the item to be chopped is sitting solidly.
- ✓ When grating foods, never work the foods too close to the cutting surface.

Avoid Burns

- ✓ Use dry towels when handling hot skillets, pots, or roasting pans as wet cloth conducts heat more readily than dry cloth.
- ✓ Avoid splashing grease on top of the range. Grease will ignite quickly, causing a fire. Do not throw water on a grease or fat fire: smother it. Use a foam extinguisher or a wet towel.
- ✓ Remove the lids of pots slowly. Lift the side of the lid that is away from you so the steam does not rush out too quickly, causing burns to your hands or face.
- ✓ Pay attention on “hot stuff” when moving a hot container from one place to the other.
- ✓ Keep towels used for handling hot foods off the range.
- ✓ Avoid overfilling hot food containers.
- ✓ Never let the long handles of saucepans or skillets extend into aisles
- ✓ Never turn the handle of any pot over an open flame.
- ✓ Place a lighted match to gas jets before turning on the gas.
- ✓ Know the location of fire extinguishers; know how and when to operate them.

Keep floor safe

- ✓ Wet floors are dangerous. Keep them dry.
- ✓ Pick up or wipe up any spilled item immediately, particularly water or other similar liquids.
- ✓ When liquid or fat is spilled, have one person watch the area and warn others of the danger while another goes for a mop.
- ✓ Walk. Do not run or slide across the floor.
- ✓ Never leave utensils on the floor. Someone is sure to trip over them, and it can be you.
- ✓ Keep all traffic areas clear of boxes, garbage cans, portable equipment, mops and brooms, etc.
- ✓ When mopping kitchen floors, do only a small area at a time.
- ✓ Using rubber mats behind the range is a good practice.

Lifting practices

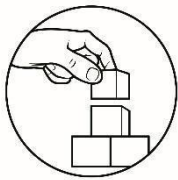
- ✓ Keep your back straight, but not necessarily vertical. Have a sure grip on the object.
- ✓ Keep the object close to your body.
- ✓ Bend your knees before lifting.
- ✓ Lift with your legs, not with your back.
- ✓ Call for help to lift or move heavy pots or containers.

Housekeeping

- ✓ Do not block exits.
- ✓ Change burned-out light fixtures in work areas, walkways, and exits.
- ✓ Keep floors and work areas clean, dry, and grease-free.
- ✓ Keep steps and ladders in serviceable condition.
- ✓ Keep emergency equipment clean and unobstructed.
- ✓ Ensure that all signs and caution labels are in good condition and visible.

Personal Protective Equipment (PPE)

In addition to being aware of the mechanical hazards in the kitchen, it is important that you use the correct protective clothing and equipment. Wearing personal protective equipment (PPE) can prevent accidents from happening.



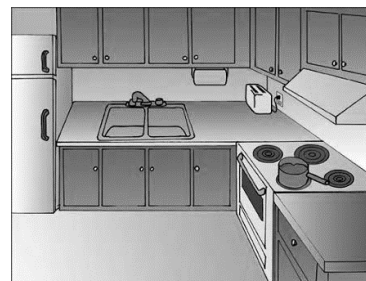
What's More

Activity 1: Picture Comparison

Directions: Take a close look at the two pictures. Answer the questions briefly.



Ana's Kitchen



Maria's Kitchen

(Photo credits: www.vtechworks.lib.vt.edu)

Guide Questions:

1. Which kitchen do you prefer? Why?
2. What can you say about the two kitchens? Which is likely to cause accidents?
3. Based on the pictures, who practices safety in the kitchen?
4. Why should we need to follow workplace safety practices and procedures?

CRITERIA	5 POINTS	3 POINTS	1 POINT
CONTENT	The idea was clearly stated and appropriate to what was being asked.	The idea is somewhat non-supportive to what was being asked.	Unable to give an idea about what was being asked.
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.
GRAMMAR	Virtually no spelling, punctuation or grammatical errors	Few spelling and punctuation errors, minor grammatical errors	So many spellings, punctuation and grammatical errors that interferes with the meaning
TOTAL			



What I Have Learned

Activity 2: Paste It

In this part you will find out the importance of following workplace safety procedures.

Materials needed: Glue, scissors, magazine, newspapers.

Instruction: Collect at least 5 pictures of accidents that are present in a workplace. Paste it in a bond paper.

- Explain each picture.
- Write your conclusion why accidents happen based on each picture.

CRITERIA	5 POINTS	3 POINTS	1 POINT
RELEVANCE	The idea was clearly stated and appropriate to the workplace safety procedures.	The idea is somewhat non-supportive to the workplace safety procedures.	Unable to give an idea about the workplace safety procedures.
GRAMMAR	Virtually no spelling, punctuation or grammatical errors	Few spelling and punctuation errors, minor grammatical errors	So many spellings, punctuation and grammatical errors that interferes with the meaning
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			



Assessment

Directions: Fill in the missing letters of the word/s below that correspond to the description about the different Personal Protective Equipment.

1. In the kitchen goes a long way to prevent germs, and reduce odors left by strong smelling foods.

G_OV_S

2. A protective piece of clothing made from fabric that covers the front of the body.

A_R_NS

3. Used to cover the hair and prevent it from falling into the food.

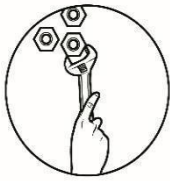
H_I_NE_

4. It is used to avoid slippage while working in the kitchen.

SAF_T_ SHO_S

5. It is used to cover the mouth and to protect the food

_ACE M_S_



What I Can Do

Activity A: Prepare me

Directions: Prepare the recipe and answer the questions that follow.

Buko Salad Recipe

Ingredients:

4 cups young coconut buko, shredded
6 ounces sugar palm fruit kaong, drained
12 ounces coconut gel nata de coco, drained
2 cans 15 ounces each fruit cocktail, drained

8 ounces pineapple chunks drained
1 1/4 ounce can sweeten condensed milk
7 ounces table cream

Procedure:

1. In a mixing bowl, combine young coconut, kaong, nata de coco, pineapple chunks, and fruit cocktail. Gently stir to distribute the ingredients.
2. Add condensed milk and table cream. Mix until all the ingredients are properly distributed.
3. Refrigerate for at least 4 hours or place in the freezer for 1 hour.
4. Transfer to a serving bowl.
5. Serve for dessert.
6. Share and enjoy!

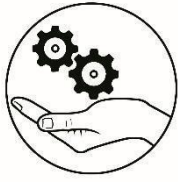
Note:

Safety first in performing your task. If you are done, answer the questions below.

Activity Questions:

1. How did you feel preparing your salad?
2. What are the safety measures have you applied?
3. Based on the activity, why is it important to follow correct procedures in preparing your salad?

Criteria	5 points	3 points	1 point
Preparation	The student had all the necessary ingredients, tools prior to starting a salad. Students used all the tools correctly.	The student was somewhat organized by having most of the ingredients and tools to be used prior to starting a salad.	The student did not display organization of the materials to be used prior to starting a salad. Wrong tools were used.
Skill Practice	The student used the demonstrated technique for food preparation and paid attention to details for plate presentation.	The student used some of the demonstrated techniques and only paid a little attention to details for plate presentation.	The student did not practice demonstrated techniques for food presentation and did not pay attention to details for plate presentation.
Taste	The salad tasted perfect. Nothing omitted or added to deter from flavor.	The salad tasted good but something was missing or overpowering in taste.	The salad did not taste good and it wilted. Vegetables are no longer crisp and fresh.
Total			



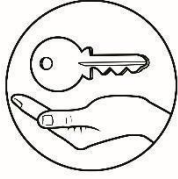
Additional Activities

Activity A: Shopping of Ingredients!

You are tasked to shop the needed ingredients in preparing Filipino style Caesar and creamy cucumber salad. The following ingredients are to be bought, *romaine lettuce, parmesan cheese, Worcestershire sauce, egg yolk, black pepper, olive oil, garlic, croutons, lemon juice, cucumber, red onion, mayonnaise, granulated sugar, seasoning, bell pepper, wine vinegar, sour cream.*

Directions: Classify the ingredients mentioned according to their components by filling in the table below.

Salad Green	Vegetables				Protein	Starches	Fruits		
	<i>raw</i>	<i>cooked</i>	<i>canned</i>	<i>dried</i>			<i>fresh</i>	<i>canned</i>	<i>frozen</i>



Answer Key

Lesson 3

<p>What's More</p> <p>Activity 2</p> <p>1. oils</p> <p>2. vinegar</p> <p>3. lemon juice</p> <p>4. egg yolk</p> <p>5. seasoning</p> <p>Activity 3</p> <p>- Refer to the Rubric</p> <p>What I Have Learned</p> <p>- Refer to the Rubric</p>	<p>What's New</p> <p>Activity 1</p> <p>1. Components of salad</p> <p>2. salad greens, vegetables</p> <p>Starches, fruits, proteins</p> <p>Activity 2</p> <p>Salad Greens</p> <p>Proteins</p> <p>Lettuce</p> <p>Starches</p> <p>Chicory</p>	<p>What I Know</p> <p>1. B 6. B 11. C</p> <p>2. D 7. C 12. B</p> <p>3. B 8. D 13. D</p> <p>4. D 9. D 14. B</p> <p>5. A 10. D 15. D</p> <p>What's In</p> <p>Peeler</p> <p>Melt</p> <p>Drain</p> <p>Grease</p>
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Lesson 4

<p>What's More</p> <p>Activity 1</p> <p>Refer to rubrics</p> <p>Activity 1</p> <p>- Refer to the Rubric</p>	<p>What's New</p> <p>Activity 1</p> <p>1. /</p> <p>2. x</p> <p>3. /</p> <p>4. /</p> <p>5. x</p>	<p>What's In</p> <p>Chinese cabbage</p> <p>Poultry</p> <p>Banana</p> <p>Grains</p> <p>Radish</p>
<p>Assessment</p> <p>GLOVES HAIRNET FACEMASK</p> <p>APRONS SAFETY SHOES</p> <p>What I have learned</p> <p>- Refer to the Rubric</p>		

<p>Assessment</p> <p>1. Unmixable</p> <p>2. Permanent</p> <p>3. Lemon juice</p> <p>4. Cooled</p> <p>5. Dressing</p> <p>6. Lighter</p> <p>7. Emulsifier</p> <p>8. "Dress on the side"</p> <p>9. Mayonnaise</p> <p>10. Cider</p> <p>A. Assessment</p>		
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Additional Activities		Activity A	
Salad Green	raw	romaine	lettuce, garlic, cucumber, red onion, bell pepper
	cooked	worc	ershire sauce, olive oil
	canned	Blac	k pepp
	dne	mayonn	aise, sour cream
Vegetables	Protein	Pormesa	Egg
	Starches	CROUTONS, Wine, vinegar	
Fruits	fresh	Lemon juice	
	canned		
	Frozen		

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