

Activity 1

Salads and Dressings

What Salad Is This?

Purpose: To identify various salads.

Directions: In the space provided to the left of each number, write the correct name of the described salad.

1. A mixture of raw or cooked vegetables and other ready-to-eat foods.

2. Shredded cabbage mixed with an oil-and-vinegar or creamy dressing.

3. Made with sliced or cubed, cooked potatoes and mayonnaise.

4. In the classic recipe, romaine lettuce is tossed with a dressing of olive oil, lemon juice, salt, pepper, Worcestershire sauce, soft-cooked eggs, and Parmesan cheese.

5. This combines the sweetness of mandarin oranges, bananas, cherries, miniature marshmallows, and flaked coconut with pecans, pineapple, and sour cream.

6. Mixes diced apple, sliced celery, chopped walnut, and mayonnaise.

7. Middle Eastern salad of cooked bulgur, chopped tomatoes, onions, parsley, mint, olive oil, and lemon juice.

8. Salads made with gelatin that thickens and conforms to the shape of a container.



Activity 2

Salads & Dressings

What Dressing Is This?

Purpose: To identify various salad dressings and terms that impact salad dressings.

Directions: In the space provided to the left of each number, write the word or words that correctly identify the salad dressing or related dressing term.

1. A mix of oil and vinegar used to flavor a salad.

2. A seasoned mix of vegetable oil and vinegar or lemon juice.

3. Fat and water that are cooked with a dissolved starch.

4. These dressings are based on buttermilk, yogurt, sour cream, or cottage cheese, with added seasonings.

5. Dairy-based dressing with chopped green onion, ground pepper, thyme, and garlic.

6. A mixture of blue cheese and Worcestershire or steak sauce.

7. A mixture of two liquids that don't normally combine, such as vinegar and oil. It can be temporary.

8. Egg yolk is a common substance that keeps oil and vinegar blended to form a(n) ? ? .

