



United States Department of Agriculture

Team Nutrition Cooks! Salad With Vinaigrette Dressing



**FAMILY
HANDOUT**

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Dear Family,

Today, your child made salad and vinaigrette dressing as part of a cooking activity. He or she practiced many basic cooking skills. This Family Handout includes the recipe as well as step-by-step instructions for the cooking skills. Give it a try at home for a snack or as a side to a meal—your child would love the chance to show off his or her new skills! If you would like, you can share a picture of your prepared recipe with us on Twitter: @TeamNutrition #SaladWithVinaigrette.

Some skills we covered today include:

- How to Rinse
- How to Use a Salad Spinner
- How to Peel
- How to Slice
- How to Dice and Chop
- How to Measure
- How to Whisk
- How to Mix a Salad
- How to Set a Table (Optional)
- How to Serve Family Style (Optional)

Ask your child about today's activities. Here are some questions to get the conversation going:

- What did you cook today?
- What steps did you follow to make the salad?
- What were the steps of making the vinaigrette?
- Tell me about the taste test, which salad greens did you like the most?
- Is this salad something we can make at home? Do we have the kitchen tools we need?
- What do we need to buy at the grocery store to make this salad and vinaigrette dressing?
- Where do vegetables come from?

Make meals and memories together! Cooking is a skill your child will use for life. You can also watch a video that shows many of the skills in this activity at <https://www.fns.usda.gov/tn/cooks>.



Look and Cook Recipe: Salad With Vinaigrette Dressing

Ingredients

Honey



Mustard



Vinegar



Pepper



Salt



Oil



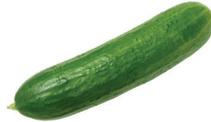
Onion



Tomato



Cucumber



Apple



Salad greens



Low-fat cheese



Fresh herbs
(optional)



Directions

1



Wash your hands.

2



Wash the ingredients.

3



Peel and slice
the cucumber.

4



Dice the apple
and tomato.

5



Make the vinaigrette.

6



Mix salad with
vinaigrette dressing.

7



Enjoy the salad!



Salad With Vinaigrette Dressing

Eat this as a side, or add some chicken and grains to make it a MyPlate meal.

Total Time: 30 minutes • Hands-on Time: 30 minutes • Yield: 6 servings • Serving Size: Vinaigrette: 2 teaspoons, Salad: 2 cups

VINAIGRETTE DRESSING

INGREDIENTS

- 1 tablespoon of finely chopped onion or shallot*
- 2 tablespoons (1/8 cup) oil
- 1 tablespoon of vinegar**
- 1/2 teaspoon of mustard
- 1/4 teaspoon salt
- 1 pinch of black pepper
- 1/2 teaspoon of honey
- 1 tablespoon herbs (e.g., chives) (optional)

SALAD

INGREDIENTS

- 8 cups of mixed greens
- 1 tomato, cored and diced
- 1 cucumber, peeled and sliced
- 1 apple, scrubbed well, cored, and diced
- 1/4 cup shredded or crumbled low-fat cheese

INSTRUCTIONS

1. Wash your hands with soap and water, then gather your kitchen tools and ingredients and put them on a clean counter or other cooking surface.
2. Wash the tomato, cucumber, apple, herbs (if using), and salad greens. If using prewashed salad greens, you do not need to rinse them.
3. Peel and slice the cucumber.
4. Dice the apple and tomato.
5. Make the vinaigrette: mix ingredients listed above in a bowl and whisk until well-blended. Or, put ingredients in a jar, put the lid on the jar, and shake until well-blended.
6. Mix the salad with vinaigrette dressing.
7. Serve and enjoy!

SHOPPING LIST

Produce Section

- 8 cups of mixed greens
- 1 tomato
- 1 cucumber
- 1 apple
- 1 bunch fresh herbs (e.g., chives) (optional)

Dairy Section

- 1/4 cup or 2 ounces shredded or crumbled low-fat cheese (such as cheddar, feta, or blue cheese)

Staples from Your Pantry

- salt
- black pepper
- oil
- vinegar
- honey
- mustard

Vinaigrette Dressing

Amount per serving: Calories: 43; Total Fat: 5 g; Saturated fat: 1 g; Sodium: 99 g; Total Carbohydrate: 1 g; Dietary Fiber: 0 g; Sugars: 0.5 g; Protein: 0 g; Vitamin A: 0 IU (1 RAE); Vitamin C: 0 mg; Calcium: 1 mg; Iron: 0 mg.

Salad

Amount per serving: Calories: 42; Total Fat: 1 g; Saturated Fat: 0 g; Sodium: 48 mg; Sodium: 48 mg; Potassium: 154 mg; Total Carbohydrate: 8 g; Dietary Fiber: 3 g; Sugars: 1 g; Protein: 2 g; Vitamin A: 5679 IU; Vitamin C: 8 mg; Calcium: 49 mg; Iron: 1 mg.

*If onions or shallots are not available, then replace with 1/4 teaspoon of onion powder.

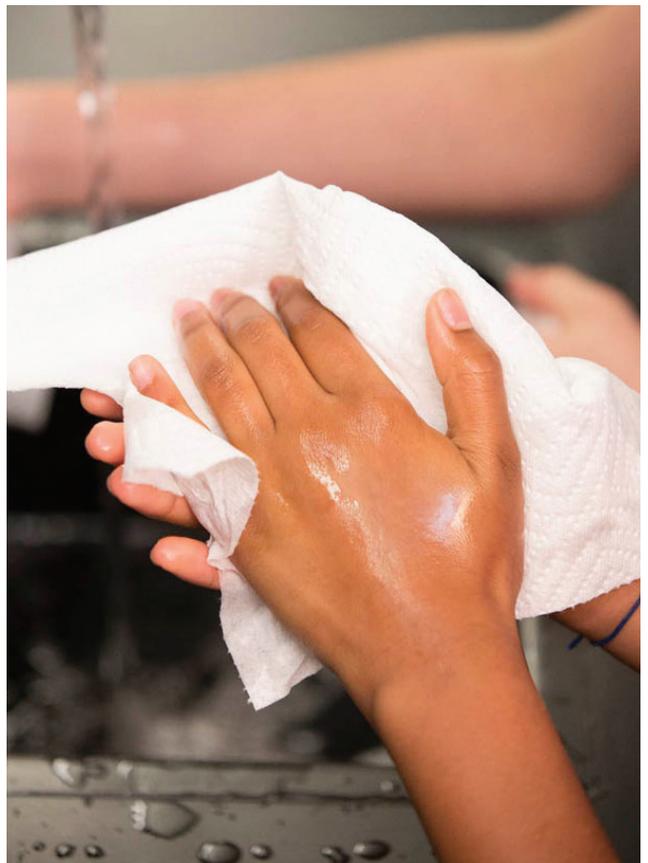
**If using white vinegar, increase honey to 3/4 teaspoon and add 1 teaspoon of water.



How to Wash Your Hands

Washing our hands helps keep foods safe and prevents germs from spreading. Everyone must wash his or her hands before any tasting or cooking begins. Remind your child to keep his or her clean hands away from his or her mouth, nose, face, or other places on the body.

1. Take off all jewelry on your arms and hands.
2. Wet your hands with clean, running water and apply soap.
3. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, your palms, between your fingers, and under your fingernails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or air-dry them.
7. Turn off the faucet with a paper towel, not your bare hands.



Skills We Used Today

During the activity, your child learned about and might have practiced some of the skills that follow. Encourage him or her to show you these skills and to help out in the kitchen. Depending on the age of your child, he or she may need help and supervision when practicing these skills. You can use these skills when making other recipes as well. As a reminder, you and your child should wash your hands and wipe down surfaces before cooking or practicing cooking skills.

How to Rinse Salad Greens and Fresh Herbs

Rinsing salad greens removes dirt and germs.

These are the steps your child followed in this activity:

1. Fill a large bowl three-quarters full with cold water. You can also use a sink that has been cleaned and sanitized for this purpose.
2. If your greens are held together with a twist tie or rubber band, take it off. Put the greens in the bowl or sink filled with cold water and swish them around.
3. Look at the greens. Sometimes they will just need a good swishing around; other times, each leaf will need to be rubbed by hand to get rid of all sand and dirt.
4. Pull the greens out of the water and check to see if there is dirt at the bottom of the bowl or sink. If so, drain the sink or pour the water out of the bowl, and repeat steps 1 through 3 until there is no longer dirt at the bottom.
5. Put rinsed greens in a colander or salad spinner.
6. Dry greens well in a salad spinner or shake them in the colander and then blot them dry with a clean paper towel.

TIP: You can also use prerinsed salad greens. Prerinsed greens will not need to be rinsed before eating.



How to Use a Salad Spinner (Optional)

While your child is still learning, he or she might need help making sure the salad greens are fully dry.

These are the steps your child followed in this activity:

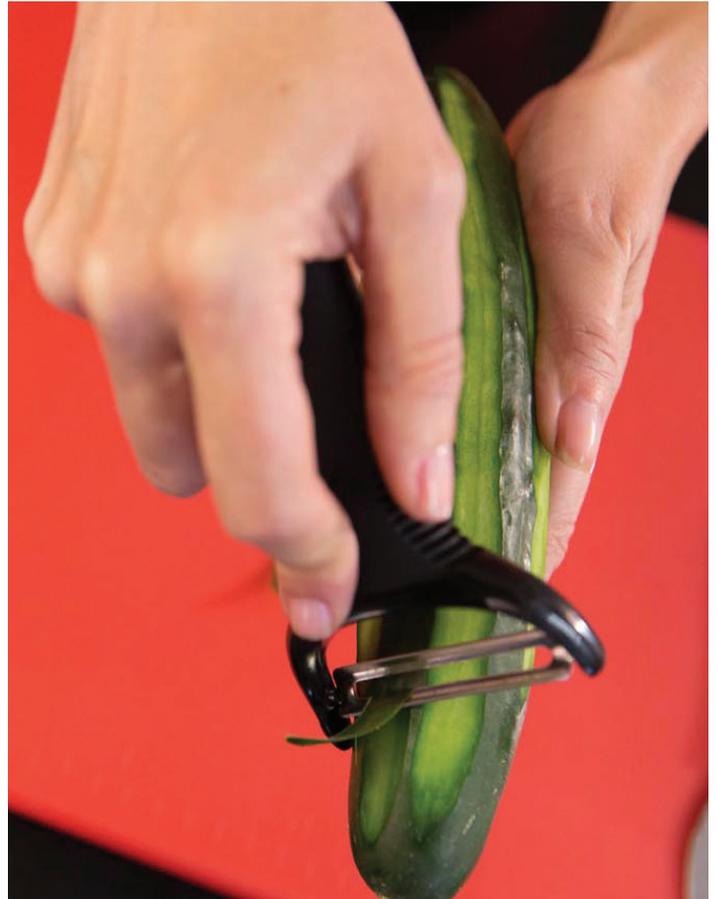
1. Remove the strainer (the plastic part in the center) from the salad spinner.
2. Place clean, rinsed greens in the strainer, and put the strainer in the spinner.
3. Put the lid on the spinner.
4. Hold the spinner steady with one hand and press down on the top part or pull the ripcord with your other hand. Keep spinning about 15 seconds.
5. Pat the greens to see if they are dry. Spin greens again if needed.

How to Rinse Cucumbers, Apples, and Tomatoes

It is important to rinse cucumbers, apples, and tomatoes even if you are not eating the peel. Rinsing removes dirt and prevents it from traveling from the peel to the inside of the fruit or vegetable when slicing it with a knife.

These are the steps your child followed in this activity:

1. Rinse the cucumber, tomato, and apple under cold, running tap water. (Optional) Scrub the peel gently with a clean vegetable brush while rinsing the produce. There is no need to use soap or a produce wash.
2. Make sure to rinse and scrub the whole fruit or vegetable on all sides.
3. Dry with a paper towel.



How to Peel

While your child is still learning, he or she might move slowly and struggle to get long pieces of peel off. That's okay! You or another adult can help if your child has too much trouble. Remind your child that a peeler is sharp and to avoid touching the blade.

These are the steps your child followed in this activity:

1. Rinse all produce before peeling.
2. Peel the cucumber over a clean cutting board, bowl, or sink. Do not peel over the garbage can in case the cucumber is dropped!
3. Keep your hand on the handle at the bottom part of the peeler, and avoid the blade.

4. Peel in strips, working around the cucumber until the entire peel is gone.
5. Throw away or compost the peel.

✓ **SAFETY TIP:** A peeler is sharp. Avoid touching the blade!

💡 **BRIGHT IDEA:** If you want to keep the nutrients by leaving the peel on but still want to give your child practice with this skill, have him or her practice peeling just one part of the cucumber. Leave strips of peel in between to create alternating strips of green and white.



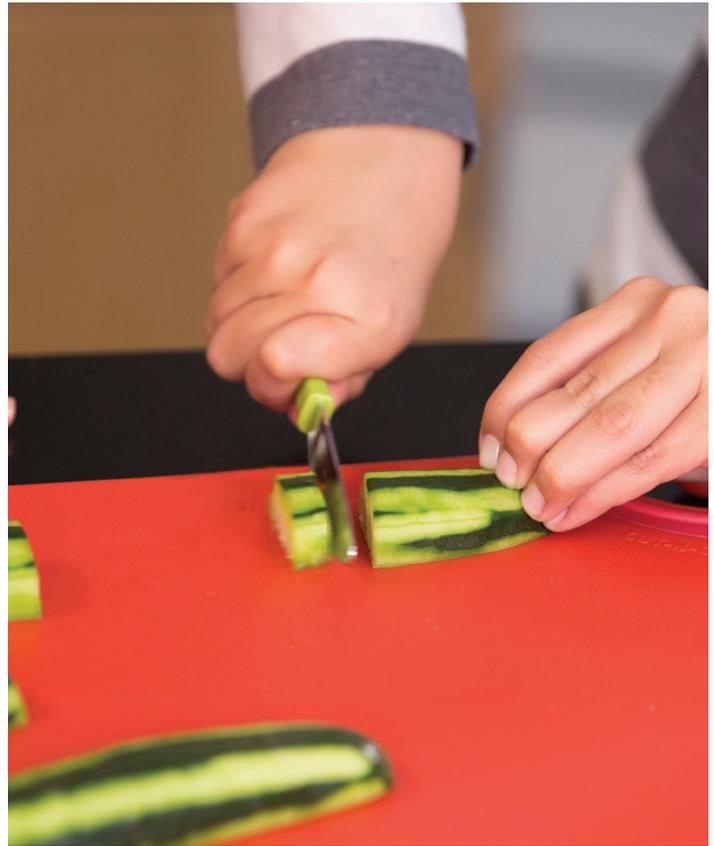
How to Slice

Your child can use a butter knife to slice and dice (below). Butter knives are safe for children to use because they are not too sharp but will still cut through many fruits and vegetables. You may need to use a chef's knife to cut the cucumber in half lengthwise, and the apple and tomato into quarters or smaller pieces for your child to practice slicing, dicing, and chopping.

These are the steps your child followed in this activity:

1. Hold the knife in the hand you use to write with, and grip it firmly around the handle.
2. Use your other hand to keep the cucumber steady by keeping your fingers curled under, away from the knife. Pay attention to where the knife is; as it moves forward, your fingers holding the cucumber should move backward. The distance between the knife and your hand holding the cucumber should always stay the same.

✓ **SAFETY TIP:** Remind your child to take his or her time and keep his or her eyes on the knife at all times. Always use a cutting board to avoid damaging the counter, and to use a non-slip cutting board for safety.



How to Dice and Chop

“Dicing” means cutting foods into small, dice-shaped cubes.

These are the steps your child followed in this activity:

1. Hold the knife in the hand you use to write with, and grip it firmly around the handle.
2. Dice one apple or tomato slice at a time by placing the flat side on the counter. This way the apple or tomato will not roll when you cut it.
3. Use your other hand to steady the apple or tomato slice, keeping your fingers curled under, away from the knife, so only your knuckles show. Pay attention to where the knife is; as it moves forward, your hand holding the food should move backward, exposing more of the food. The distance between the knife and the hand holding the apple or tomato should always stay the same.
4. Cut the apple or tomato into pieces the size of dice, first slicing in one direction, then turning the slices a quarter-turn and slicing them again.



How to Measure

It is important to measure correctly when following a recipe. While your child is still learning, he or she may need some help cleaning up spills or making sure the measurements are correct. Help your child double-check his or her measurements before putting the ingredients in a recipe.

The measuring tools your child learned about today are measuring cups and measuring spoons.

- Measuring cups are used for larger amounts and measuring spoons are used for smaller amounts.
- Measuring cups are divided into fractions of cups—usually 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, $\frac{1}{4}$ cup.
- There are two different kinds of measuring cups: one for measuring liquids and one for dry ingredients.
 - Liquid measuring cups are usually made of clear glass or plastic and sometimes have a pour spout. They are filled even with the measurement line on the side of the cup.
 - Dry measuring cups (usually shorter and not transparent) are meant to be filled to the top and then leveled off using the straight edge of a knife or fork. “Leveled off” means that the dry ingredients are even with the top of the measuring cup so that the measurement is accurate.
- Measuring spoons are divided into fractions of tablespoons and teaspoons — usually $\frac{1}{4}$ teaspoon, $\frac{1}{2}$ teaspoon, 1 teaspoon, and 1 tablespoon. Sometimes $\frac{1}{8}$ teaspoon and $\frac{1}{2}$ tablespoon are included.
- Tablespoons are abbreviated “TBS” on the spoon and are bigger than teaspoons. Teaspoons are abbreviated “TSP” on the spoon.
- Measuring spoons can be used for dry or liquid measurements. Level off dry ingredients on a measuring spoon the same way you would on a measuring cup.



These are the steps your child followed in this activity:

How to Measure Salad Greens

1. Place the 1-cup dry measuring cup on a flat surface
2. Fill the measuring cup with the greens and pack down tightly.
3. Repeat eight times.

How to Measure Cheese

1. Place the $\frac{1}{4}$ -cup dry measuring cup on a flat surface
2. Fill the measuring cup.
3. Level off using a straight edge.

How to Measure Oil

1. Pour the oil into the 1-tablespoon measuring spoon.
2. Repeat once.

How to Measure Vinegar

1. Pour the vinegar into the 1-tablespoon measuring spoon.

How to Measure Diced Onions or Herbs

1. Fill the 1-tablespoon measuring spoon with diced onions and pack down tightly.
2. If using herbs, wash and dry the 1-tablespoon before measuring herbs, or use a clean tablespoon. Fill tablespoon with chopped herbs and pack down tightly.

How to Measure Honey or Mustard

1. Fill the $\frac{1}{2}$ -teaspoon measuring spoon with honey or mustard.
2. Level off using a straight edge.

How to Measure Salt

1. Pour the salt into the $\frac{1}{4}$ -teaspoon measuring spoon.
2. Level off using a straight edge.



How to Whisk

Whisking means beating or stirring quickly to mix ingredients.

These are the steps your child followed in this activity:

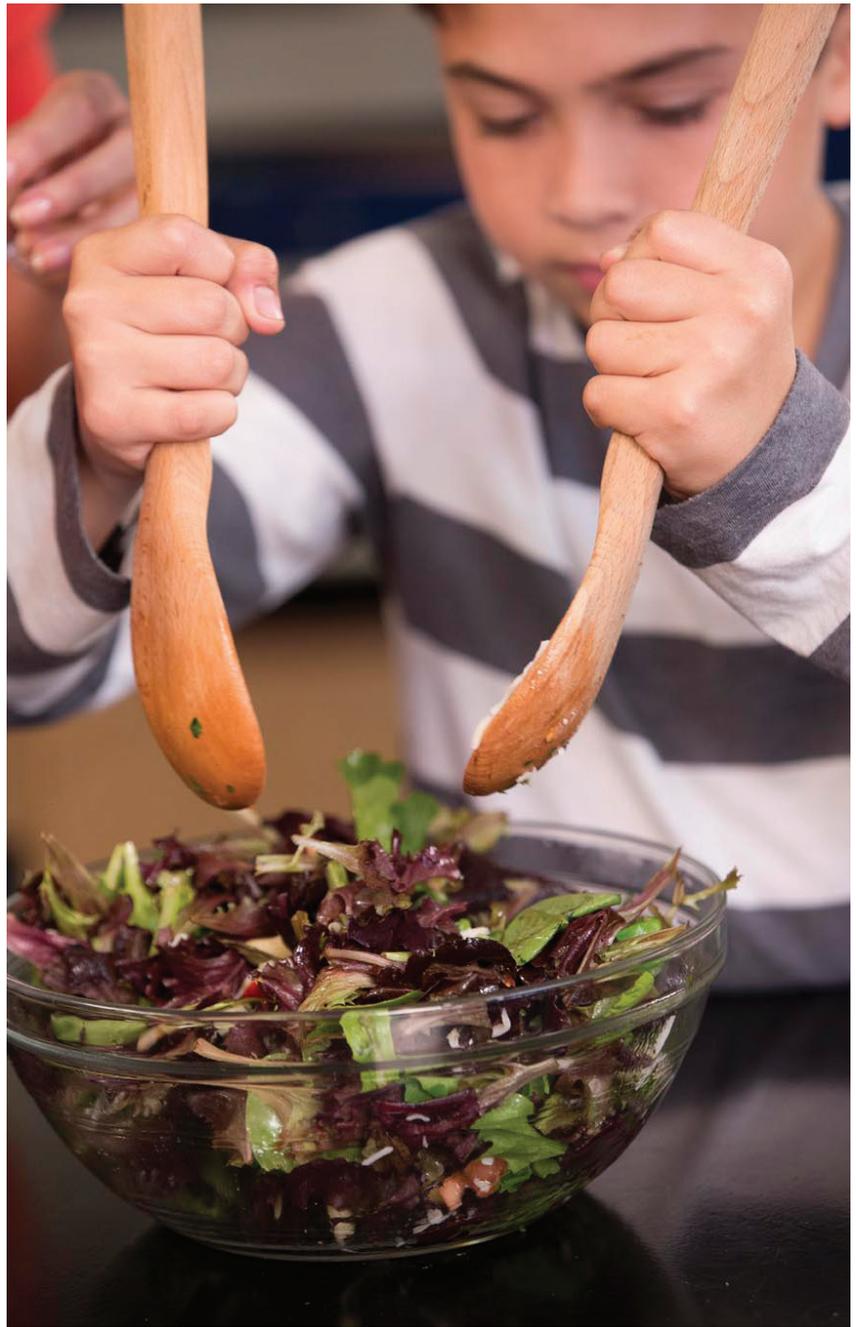
1. Put the ingredients for the vinaigrette into the bowl.
2. Use your wrist to move the fork or whisk quickly in a circular motion.
3. Stop whisking when the ingredients are blended together.
4. Make sure not to whisk too fast, so that the ingredients do not spill over the side.



How to Use a Jar to Mix the Dressing (Optional)

1. Put all of the vinaigrette ingredients in the jar.
2. Screw on the lid and shake until the vinaigrette looks blended.

If the vinaigrette sits for a while, make sure to mix it again before serving.



How to Mix a Salad

Mixing the salad helps make sure the ingredients from the bottom and sides of the salad bowl, including the dressing, are spread evenly.

These are the steps your child followed in this activity:

1. Put all of the salad ingredients into a large bowl.
2. Drizzle the vinaigrette onto the salad.
3. Use tongs or salad servers to gently mix the salad and make sure the ingredients are mixed and evenly coated with vinaigrette.

If the salad sits for a while, make sure to mix it again before serving.



How to Set a Table

While your child is still learning, he or she might get the place settings a little confused and need some help. Set up a sample place setting for your child to follow. After showing the correct place setting, give your child the necessary supplies and have him or her set the table.

These are the steps your child followed in this activity:

1. Put the napkin and fork on the left side of the plate. The fork should lie on top of the napkin.
2. Place the knife next to the plate on the right side. The blade should face the plate.
3. The spoon belongs on the right side of the knife.
4. The cup goes above the knife and spoon.

How to Serve Family Style

Food is usually not cooked in individual servings. Instead, most dishes are made in a large batch and then divided into portions when served. When a large serving dish is passed around the table from which diners can help themselves, this is called “family style.”

When serving family style:

- Make sure to use clean serving utensils that no one has eaten from or cooked with.
- Remind your child that he or she should eat from his or her own plate, and never directly from the serving dish, to avoid spreading germs. No one should touch the food with his or her fingers when serving or holding the serving dish.
- Everyone will have his or her own plate and eating utensil.
- Uneaten food should never get returned to the serving dish.



My Salad Story

Fill in the blanks and bring this home to share with your family.

WORD BANK: fruit, jar with a lid, leaves, roots, Vegetables, spoons, cups, dry, liquid, salad with vinaigrette dressing, fruits, stems, whisk, kitchen tools, salad greens, roots, ingredients, flowers, leaves, whisk, seeds

Today, we made (_____). The main ingredient is (_____), which belongs in the (_____) section of MyPlate.

We learned to measure and used two different kinds of tools. One was measuring (_____) and the other was measuring (_____). We also learned that there are two kinds of measuring cups—one to measure (_____) ingredients and one to measure (_____) ingredients.

We learned some things about different parts of plants. The six different parts of a plant are (_____), (_____), (_____), (_____), (_____), and (_____). I learned that when I eat lettuce, I am eating (_____); when I eat a tomato, I am eating (_____); and when I eat potatoes, I am eating (_____).

We also learned how to read a recipe. It's important to read it all of the way through so you know what (_____) and (_____) you will need, what all of the steps are, and how much time it will take.

When we made the salad, we learned to use new tools. Some of these tools were a (_____), which is used for mixing the vinaigrette. We can also use a fork if we don't have a (_____) at home. We can also use a (_____) and shake up the dressing inside.

I also practiced dicing, mixing, setting the table, and serving. After the salad was done, we ate it. It was delicious!

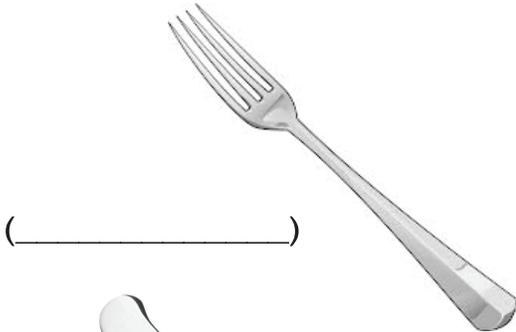


Kitchen Tools

These are the tools we need to make a salad with vinaigrette dressing. Can you name them all?



(_____)



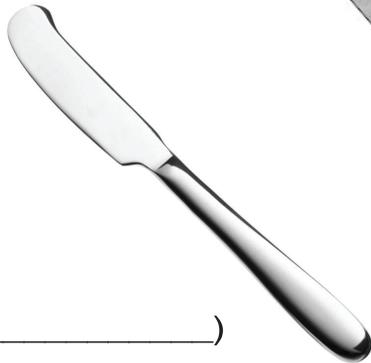
(_____)



(_____)



(_____)



(_____)



(_____)



(_____)



(_____)



(_____)



(_____)

WORD BANK: jar with lid, whisk, salad bowl, fork, cutting board, peeler, dry measuring cups, butter knife, liquid measuring cup, measuring spoons



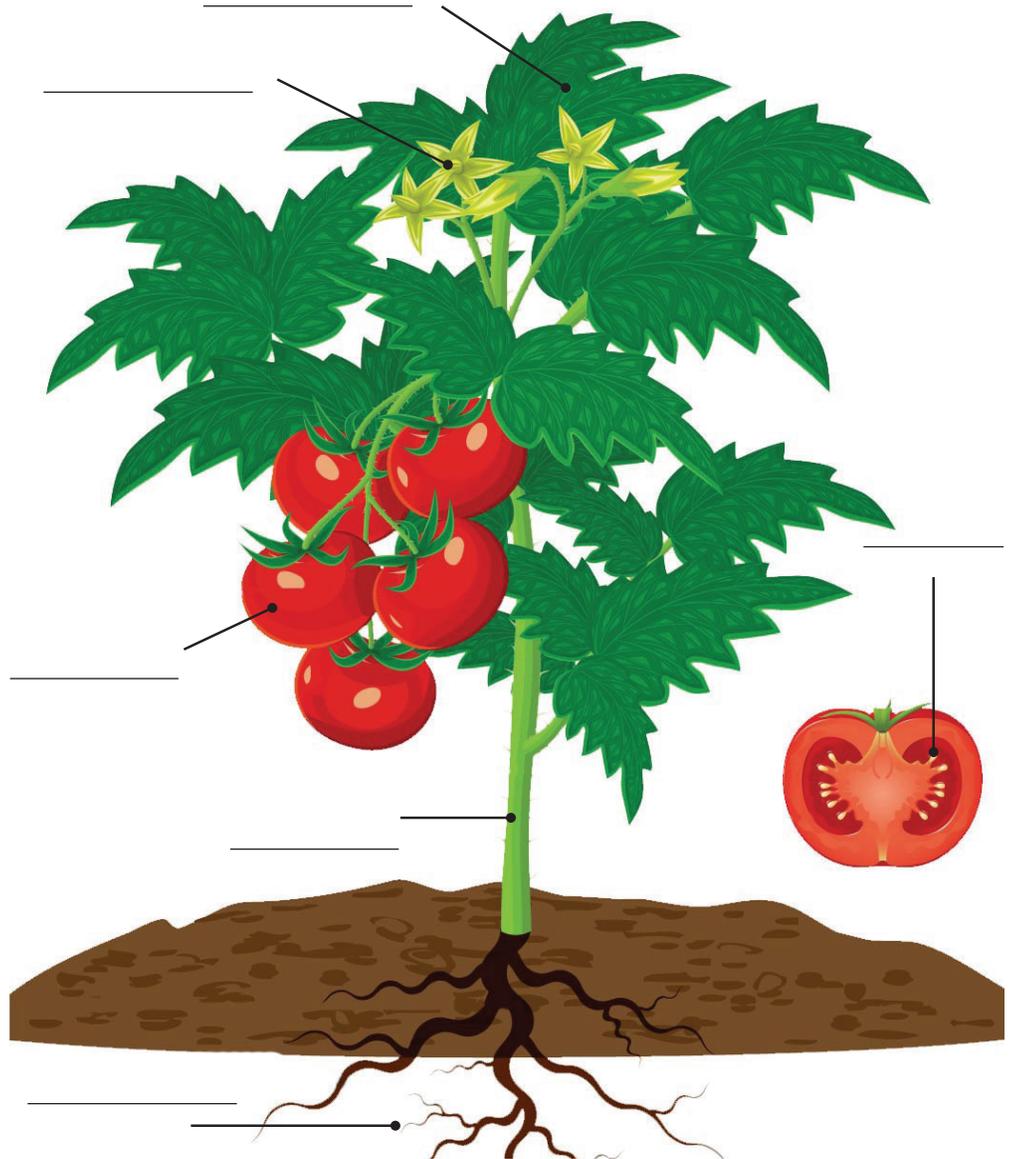
Plant Parts

Have you ever eaten a flower? How about a seed? What about a root? These are three different examples of plant parts that you have probably eaten, even if you did not know it.

All fruits and vegetables come from plants. Can you label the six parts on this plant: **seed, stem, root, fruit, leaf, and flower?**

Which part of the plant do we eat? Circle all the correct answers.

- a. stem
- b. leaf
- c. fruit
- d. seed
- e. flower
- f. root



Eating the Different Parts of the Plant

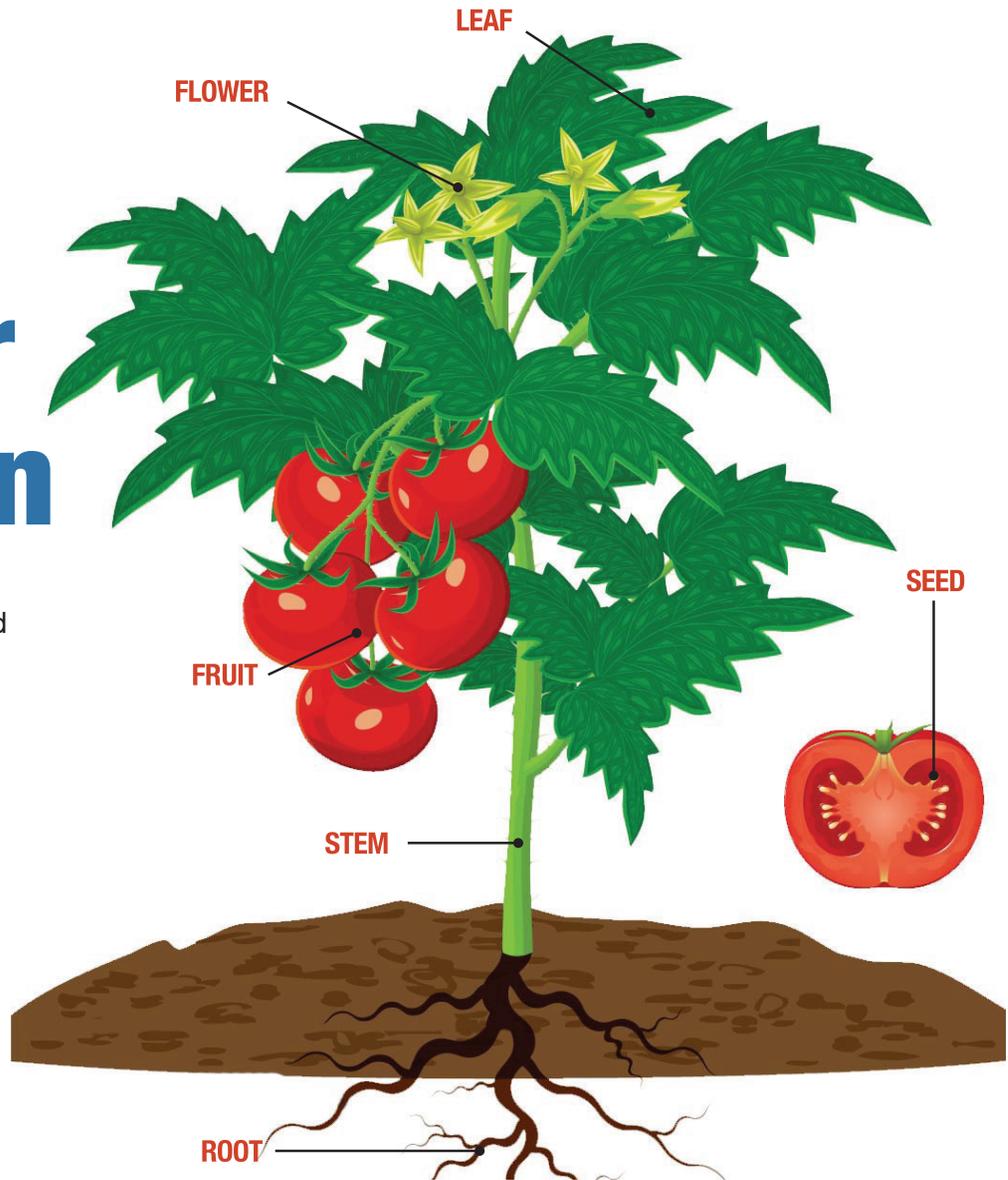
What part of the plant are we eating when we eat:

- | | | |
|------------------------|-----------------|---------------|
| Onions _____ | Spinach _____ | Potato _____ |
| Brussels sprouts _____ | Asparagus _____ | Kale _____ |
| Celery _____ | Carrot _____ | Beans _____ |
| Lettuce _____ | Tomato _____ | Peas _____ |
| Bell pepper _____ | Cucumber _____ | Corn _____ |
| Eggplant _____ | Broccoli _____ | Avocado _____ |



Plant Parts in Your Kitchen

At home with your family, look in your kitchen and find some fruits and vegetables. Write them down in the first column and then identify what plant part each is in the second column.



Name of Fruit or Vegetable

Plant Part



MyPlate Scavenger Hunt

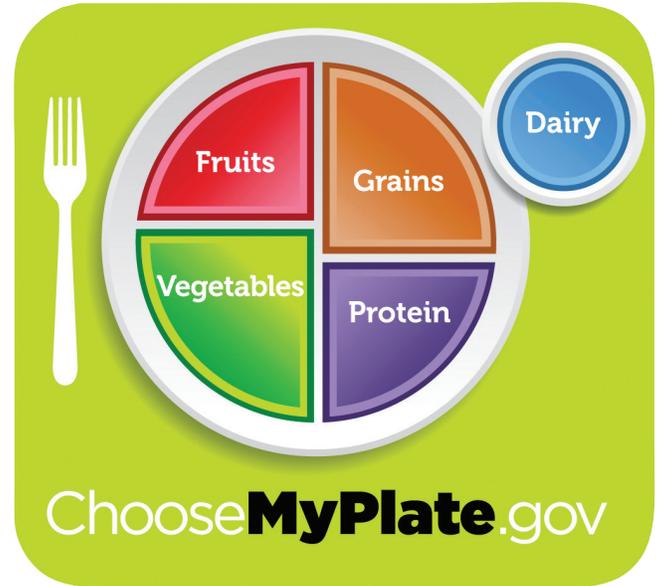
Your child learned about MyPlate today. To remind us of how to eat healthfully, the United States Department of Agriculture created MyPlate. Keep MyPlate in mind when you are feeding your family so you end up with a balanced meal.

It is important to fill half your plate with fruits and vegetables, and salad is a great way to do that. Salad greens fit into the **Vegetables** section of MyPlate. Vary your vegetable choices to get a variety of vitamins and minerals.

Here is an activity you can do to talk about MyPlate at home:

With your child, look through a supermarket circular (the weekly advertisements for grocery stores) and identify salad greens (vegetables) for your salad. Then search for foods that fit into the **Protein, Grains, Dairy,** and **Fruits** sections of MyPlate. Think about what you could add to your salad greens to create a tasty and balanced meal or snack and fill in the chart below. You can also do this activity at the grocery store or by looking in your refrigerator or pantry.

A few examples have been filled in below to get you started.



Vegetables We Found For Our Salad

What We Can Add to Create a Balanced Meal or Snack

| | | |
|----------------|---------|----------------------------------|
| | Grain | <u>quinoa</u> |
| <u>kale</u> | Protein | <u>sliced chicken</u> |
| | Fruit | <u>sliced strawberries</u> |
| | Dairy | <u>low-fat feta cheese</u> |
| | Grain | <u>bulgur</u> |
| <u>spinach</u> | Protein | <u>chopped walnuts</u> |
| | Fruit | <u>diced apple</u> |
| | Dairy | <u>low-fat mozzarella cheese</u> |
| | Grain | _____ |
| | Protein | _____ |
| | Fruit | _____ |
| | Dairy | _____ |

Vegetables We Found For Our Salad

What We Can Add to Create a Balanced Meal or Snack

| | | |
|--|---------|-------|
| | Grain | _____ |
| | Protein | _____ |
| | Fruit | _____ |
| | Dairy | _____ |
| | Grain | _____ |
| | Protein | _____ |
| | Fruit | _____ |
| | Dairy | _____ |
| | Grain | _____ |
| | Protein | _____ |
| | Fruit | _____ |
| | Dairy | _____ |



