

FARM2SCHOOL @HOME

DIY Salad



A learning resource provided by:
FarmToSchoolCollective.org



Objective

In this lesson, learners will create their own salad and learn to try new fruits and vegetables. Learners will gain confidence in making their own meal.



Materials



- Cutting Board
- Knife
- Salad Bowl
- Variety of Ingredients (see Preparation step below)
- Dressing

Preparation

See what food items you have available at home! There are many options you can use for a salad. If you need to visit the grocery store or farmers market, here are a few ideas for what can be used for each element for the salad.

- **Leafy Greens:** Spinach, Lettuce (any), Kale, Cabbage, Arugula, etc.
- **Protein:** Tofu, Chicken, Hard-boiled Eggs, Beans, Lentils, Shrimp, etc.
- **Crunchy Items:** Nuts or Seeds, Carrots, Tortilla strips, Croutons, Broccoli, Cucumbers, etc.
- **Chewy Items:** Avocados, Cheese, Tomatoes, Corn, etc.
- **Fresh or Dried Fruit:** Strawberries, Honeydew, Grapes, Kiwi, Apples, Raisins, Mangos, Oranges, etc.
- **Edible Flowers:** Nasturtium, Borage, Calendula, Pansies, etc.
- **Fresh Herbs:** Basil, Cilantro, Parsley, Chives, Mint, Dill, etc.
- **Something you have never tried:** Persimmons, Dragon Fruit, Starfruit, Kohlrabi, etc.

Steps Of The Lesson

1. Engage

Explain: Salads are high in nutrients, vitamins, and minerals and can be filling and delicious! Salads are very customizable and can usually be made with whatever ingredients you have available.

2. Ask

Ask learners: What do you think typically goes into a salad?

Explain: A salad does not always have to just consist of lettuce. Salads can be made of many components that offer different tastes and textures. Making a salad can be fun, and it can also taste delicious!

3. Preparation

- 1) Before getting started, wash your hands with soap and water.
- 2) Set up a preparation station with the cutting board and knife (have adult supervision if children participate in chopping ingredients).
- 3) Wash all produce for the salad thoroughly.

4. Assemble

- 1) Start with a generous amount of leafy greens of your choice.
- 2) Chop any fruits, vegetables, proteins, and cheese to your liking.
- 3) Layer your chopped ingredients on top of the leafy greens.
- 4) Once added, mix the whole salad together gently.
- 5) Now, dress the salad with any dressing of your choice. A recipe for a simple vinaigrette is included if you choose to make your own.

Simple Vinaigrette Dressing Recipe

- ½ cup of olive oil
- 3 tbsp. vinegar of your choice (e.g., balsamic, red wine, apple cider)
- 1 tbsp. mustard
- 1 tbsp. sweetener of choice (e.g., agave, honey, maple syrup)
- Salt and pepper to taste

Whisk all the ingredients together and dress your salad! You can always add additional ingredients to this recipe such as garlic, lemon or lime, ginger, and more. Get creative and remember to have fun with it.

Taste your salad and enjoy!

