Name: _____ Gr: _____ Date: _____

Salad Making

1. The main part of a salad is the _____.
2. _____ salads are used and fillings in sandwiches.
3. A cabbage leaf below the coleslaw is an example of which part of a salad. _____
4. Do not over mix salads as they will become _____
5. _____ add color, nutrients and interest to our salads.
6. Main course salads include food from _____ food groups.
7. True or False - Add the dressing right before serving the salad. _____
8. _____ salad greens to prevent bruising.
9. Adding the following ingredients in salads will add which nutrient
   1. Pecans -_____
   2. Carrots -_____
   3. Croutons - _____
   4. Spinach - _____
10. Identify the type of salad above each picture and then state how it is used as in a meal below.

Word Bank

Main Course Salad	**Vegetable Salad**	**Fruit Salad**
Protein Salad	**Pasta Salad**	**Gelatin Salad**
Side Dish	**Main Course**	**Dessert**
Appetizer	**Main Dish**	**Sandwich Filling**

Type of Salad

_____ _____ _____ _____ _____ _____

Use Within A Meal

_____ _____ _____ _____ _____ _____

LIVEWORKSHEETS