

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

# Salad Making



Salads are useful for adding flavor, color, texture and nutritive value. Use the list below to answer the following questions.

**CHEF SALAD**

**TUNA SALAD**

**FRUIT SALAD**

**TOSSSED SALAD**

a) Define the term 'salad'.

\_\_\_\_\_ (1)

b) Name the main parts of a salad.

\_\_\_\_\_ (4)

c) Which of these salads is best suited for a person wanting a light complete meal?

\_\_\_\_\_ (1)

d) For which course of a meal would you eat a fruit salad?

\_\_\_\_\_ (1)

e) Which of the above salads is an example of a protein salad?

\_\_\_\_\_ (1)

f) How can a salad be made more appealing for young children? Give **three** points to remember.

\_\_\_\_\_ (3)