

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