

Name: \_\_\_\_\_ Gr: \_\_\_\_\_ Date: \_\_\_\_\_  
**Salad Making**

1. The main part of a salad is the \_\_\_\_\_.
2. \_\_\_\_\_ salads are used as 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**  
**Protein Salad**  
**Side Dish**  
**Appetizer**

**Vegetable Salad**  
**Pasta Salad**  
**Main Course**  
**Main Dish**

**Fruit Salad**  
**Gelatin Salad**  
**Dessert**  
**Sandwich Filling**

#### Type of Salad



#### Use Within A Meal