



“Whatever you do, work at it with all your heart” Colossians 3:23

# SAVOURY SALAD

Year 3  
Summer 2



## Key Knowledge

### To know that

The claw and bridge techniques are safe ways to use a sharp knife.

Using seasonal, locally sourced foods can help look after the environment.

How food is presented on a plate can affect its appeal.

Savoury foods are usually salty or spicy but not sweet.

You can combine a range of salad vegetables.

All salad items will need to be washed as part of the preparation.

There are different ways to cut and shape salad items.

Salads can be eaten as a side dish or as a main meal.

## Key Vocabulary:

Salad	A cold dish of various mixtures of raw or cooked vegetables, usually seasoned with vinegar or oil or other dressing.
Chop	Cut into pieces with repeated sharp chops of a knife.
Chopping knife	A knife with crescent-shaped blade for chopping or mincing.
Hygiene	Maintaining health and preventing disease, especially through cleanliness.
Combine	Join or merge to form a single substance.
Chopping board	A board on which vegetables and other types of food are chopped.
Mixing bowl	The bowl used to mix all your ingredients together before baking in the oven.