

OSU EXTENSION SERVICE

Klamath Basin Research & Extension

Grow It, Cook It, Like It

Farm to School and Nutrition Education Program



Oregon State
University

Getting to Know You

Q:What is your favorite vegetable to add in a salad?

Email your response to:

Hallie Locher locherh@oregonstate.edu

My favorite vegetable to add in a salad is grape tomatoes because they are really tasty and juicy!

Here is a picture of a tomato plant I planted at home that will grow grape tomatoes for my salads!

My name is Hallie and I'm a Dietetic Intern at Oregon State University. This summer I will become a Dietitian and teach nutrition to communities like yours!



Introduce topic: Salad dressing

Today we're going to learn about how to make our own salad dressing

Q: What ingredients make up your favorite salad dressings?



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Q: What kinds of food items do you need to make a salad? Have you made your own salad or salad dressing before? How did it turn out?

Here are a few words we're going to use



Oil



Diced



Spices



Shallot



Vinegar



Whisk

Q: What are we going to do and why?

It's time to make a salad dressing recipe together!

Salad dressings are a sauce for your salads and can have many different flavors! Making it yourself is fun and healthy.

First some rules before we begin:

1. Wash your hands with soap and water
2. Have a clean counter or cooking surface
3. When cutting foods with a knife always have an adult with you
4. Be patient and follow along with the directions



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Q: What tools will we need?

Ingredients:

1. 1 tablespoon finely chopped onion or shallot or 1/4 teaspoon onion powder
2. 2 tablespoons oil
3. 1 tablespoon vinegar
4. 1/2 teaspoon mustard
5. 1/4 teaspoon salt
6. 1 pinch black pepper
7. 1/2 teaspoon of honey
8. 1 tablespoon herbs (optional)

Utensils:

- 1 Tablespoon
- 1/2 teaspoon
- 1/4 teaspoon
- Mason jar with lid to shake ingredients together or bowl and whisk



****Tsp= Teaspoon**

****Tbsp= Tablespoon**

Click here for recipe -> <https://fns-prod.azureedge.net/sites/default/files/resource-files/tnc-salad.pdf>

Watch the recipe video -> <https://www.youtube.com/watch?v=gkLuxjs77WU>



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Gather the ingredients → Make sure to tuck fingers when cutting and the flat part of the vegetable is on the cutting board. Cut a small section from the shallot or onion. Remove brown skin. **Carefully dice into small pieces (1/4 inch big)**. A shallot is a type of onion and is related to garlic.



Onion, shallot or onion powder can be used. Onion powder is a spice and the dried form of onion. Spices add flavor to food.

I added $\frac{1}{4}$ **tsp** onion powder

Add **2 tbsp** of cooking oil. Oil is used for frying, baking, salad dressings and to dip bread.

Then add **1 tbsp** vinegar. Vinegar is very important in baking and essential in salad dressings



Add ½ teaspoon mustard ➡ Add ¼ teaspoon salt ➡ Add 1 pinch of pepper ➡ Add ½ teaspoon honey



Finally, add ¼ of favorite herb or whisk all the ingredients together. Whisk means to stir something with a light rapid movement.



After the dressing is whisked together, pour a small amount over your salad.

Q: What did you learn?



Salad is great because it has a lot of vegetables and even fruit to keep us healthy, fight off germs, and to grow strong!

- Foods that are great to make a salad include:
 - **Vegetables**- bell peppers, carrots, tomatoes, radishes, cauliflower
 - **Fruit**- apples, strawberries, raspberries, peaches
 - **Protein**- chicken, pork, beef, fish, tuna, beans
- Why is making your own salad dressing fun and healthy?
 - You can experiment and make your own unique flavor
 - Home dressings are lower in salt and sugar
- Take 5 minutes to write in a notebook: 1 thing you learned in this lesson and what food you will add into your next salad



Competency Check/Evaluation

Word Bank: Shallot, dice, whisk, oil, spices , vinegar
Refer back to slides 5 and 6 for help

1. _____ is used to fry my foods
2. When you cut a food into small pieces you _____ it
3. I use _____ to add flavor to my food
4. Similar to an onion, a _____ is used in many recipes
5. A very important part of salad dressing is _____
6. A _____ is used to stir something with a light rapid movement

Once all blanks are filled, you can play the game on the next slide😊

Answers from slide 8:
1. Oil 2. Dice 3. Spices
4. Shallot 5. Vinegar 6. Whisk

Vegetables Crossword

DIRECTIONS: Fill in the crossword puzzle grid with the name of each vegetable following the numbers and direction indicated. Use the word bank if you get stuck.

1
2
3
4
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17
18

ARTICHOKE
BEET
BELL PEPPER
BROCCOLI
BRUSSEL
SPROUT
CABBAGE
CARROT
CORN
CUCUMBER
EGGPLANT
GARLIC
MUSHROOM
ONION
PEAS
POTATO
PUMPKIN
RADISH

To Print, click here:
<https://www.puzzles-to-print.com/crossword-puzzles-for-kids/vegetables-crossword.shtml>

Thank you!

What's Next?

Hallie Locher
Grow it, Cook it, Like it: Salad Dressing
Website address or other resources



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References, Learning Objectives & Science Standards

Use this slide to list what learning objectives and science standards were met and what references were used to create the material. Add acknowledgements and identify pictures if possible.

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Overall Program Learning Objectives:

1. Label the life cycle of plants/animals and describe the role humans have
2. Safely prepare a recipe with ingredients from food grown in Oregon
3. Describe what a plant needs to grow and how humans can assist
4. Identify where and how food is grown in Klamath/Oregon
5. Identify an Oregon grown food and taste it.

NGSS Standards Used in Garden Education 3rd Grade:

3-LS1-1 From molecules to Organisms: Structures and Processes

Develop models to describe that organisms have unique and diverse life cycles but all have in common birth, growth, reproduction, and death.

3-LS3-1 Heredity: Inheritance and Variation of Traits

Analyze and interpret data to provide evidence that plants and animals have traits inherited from parents and that variation of these traits exists in a group of similar organisms.

3-LS4-3 Biological Evolution: Unity and Diversity

Construct an argument with evidence that in a particular habitat some organisms can survive well, some survive less well, and some cannot survive at all.

3-LS4-4 Biological Evolution: Unity and Diversity

Make a claim about the merit of a solution to a problem caused when the environment changes and the types of plants and animals that live there may change.

3-ESS2-1 Earth's Systems

Represent data in tables and graphical displays to describe typical weather conditions expected during a particular season.

Engineering Design 3-5

3-5-ETS1-1 Engineering Design

Define a simple design problem reflecting a need or a want that includes specified criteria for success and constraints on materials, time, or cost.

3-5-ETS1-2 Engineering Design

Generate and compare multiple possible solutions to a problem based on how well each is likely to meet the criteria and constraints of the problem.

3-5-ETS1-3 Engineering Design

Plan and carry out fair tests in which variables are controlled and failure points are considered to identify aspects of a model or prototype that can be improved.