



Knowledge Organiser: Healthy Salad

Years 3-4

Key Knowledge:

Healthy salad is a popular salad dish in healthy cuisine which can be dated back to the 19th century, due to the rising popularity of tomatoes. The healthy salad has become a favourite food around the world.

A traditional healthy salad consists of sliced cucumbers, tomatoes, green bell pepper, red onion, olives, lettuce, cheese and cold meats.



Key Skills:

Safe knife skills

Claw technique:

Shape the fingers of one hand into a claw shape, tucking the thumb inside the fingers.



Bridge Technique:

Fingers should be on one side and the thumb should be on the other. Hold the food between the fingers and thumb to create a bridge.



Key Vocabulary:

Vocabulary	Definition
Chop	To cut something repeatedly with a knife
Flavour	The distinctive taste of food or drink
Taste	The sensation of flavour in the mouth
slice	To cut something into slices
tangy	Having a sharp or strong taste or smell
bitter	Having a sharp, bad taste that is neither sour or salty
season	Add salt, pepper, herbs or other spices

Time line of learning:

Research different foods that make a healthy salad.

Design a healthy salad using favourite flavours

Create a healthy salad by chopping and slicing foods.

Test whether the flavours work well together

Evaluate does the final product meet the design criteria?