



Spring Salads

Post-Viewing Discussion Guide

After viewing *Cooks for Kids: Spring Salads* participants will be able to:

1. Describe techniques used by culinary professionals to produce high-quality side salads that are flavorful, nutritious, and appealing.
2. Describe healthful cooking techniques in preparing side salads that are flavorful, nutritious, and appealing.
3. Demonstrate tactics to be used by school nutrition personnel in incorporating side salads and salad bars as part of healthy school meals.
4. Demonstrate tactics to be used by teachers and parents in linking healthy eating practices learned in the cafeteria and classroom to the home.

Discussion Questions:

1. What culinary techniques were used by culinary professionals in the school, restaurant, and home to produce high-quality side salads?

2. What techniques did the chef use to enhance the flavors and nutritive value of the side salads prepared?

3. How could you use these techniques to make salads more nutritious and appealing to students at your school?

4. What are the advantages of a variety or salad bar in school meals? For students? For the school nutrition program?

5. What are some ways to use more fruits, vegetables, beans, and whole grains in your side salads and salad bars?

6. Why should schools include more beans, vegetables, whole grain products, and fruits in the school menus?

7. What are some ways that you could involve parents and teachers in emphasizing the importance of healthy eating with children?
