Salad Preparation
Appetizer
Appetizer

- Served at the beginning of the meal
- For a starter to stimulate the appetite
- Make it with crisp greens, fruit or raw vegetables
- Nutrients: vitamins, minerals
- Keep the servings small
Accompaniment
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1. Served with the main course of the meal, either on dinner or salad plate.

2. This salad should contrast pleasantly with the rest of the meal in color, flavor, and texture.

3. Use crisp greens, fruits, vegetables, potatoes, pasta, and rice.
   - Nutrients: vitamins, minerals, carbohydrates
Main Dish
Main Dish

- Must be substantial and satisfying
- Make it with PROTEIN (meat, fish, eggs, or poultry)
- This is served in meal-sized portions and often served hot
- Nutrients: vitamins, minerals, protein
Dessert
Dessert

• This may be a sweetened or frozen salad made of fruit gelatin or fruit mixture.
• Whipped cream is usually added to the dressing.
• This salad furnishes the meal with a color, flavor, and texture treat.
• Nutrients: vitamins, minerals