



DALLAS ARBORETUM
Education

Garden STEM at Home
Dressing by Design



WE GROW MINDS, TOO.

DRESSING BY DESIGN



OBJECTIVE:

KIDS WILL FOLLOW A SIMPLE FOUR-PART RECIPE TO CREATE THEIR OWN HOMEMADE SALAD DRESSING.

SOURCE

Slow Food USA

BACKGROUND

Oil and vinegar have been used to dress salad greens since Babylonian times (over 2000 years ago). What started as a home recipe has resulted in significant commerce. By the year 2000, over 140 million American households used ranch dressing! Salad dressings main flavors are salty and sour, with fat helping to coat the bitter leaves.

Slow Food USA provides free lessons plans intended to connect kids to the pleasures of healthy and delicious food.

INSTRUCTIONS

1. Collect a variety of ingredients from those listed on the follow page. For younger learners, prepare all ingredients. For older learners, have them prepare the dressing ingredients.
2. As a family, in small groups or individually create a salad dressing using the recipe card, combing sour, salty, sweet and fat.
3. Start with sour ingredients. Then, slowly add salt until the sour flavor has noticeably changed. Next, add small amounts of sweet to tone down the intense flavor of the dressing. Finally, add fat until the dressing is thick enough to coat your greens.
4. Test the recipe on greens (to balance out the bitterness).
5. Optional: (1) Do taste tests (2) Have a contest and vote for the winner (3) Explore the history of salad dressing and practice making classic recipes.

ADDITIONAL RESOURCES

Explore Slow Food USA:
<https://slowfoodusa.org/>

History of Salad Dressings:
<https://dressings-sauces.org/history-of-salad-dressings/>

How Products are Made: Salad Dressing:
<http://www.madehow.com/Volume-6/Salad-Dressing.html>

US Household Salad Dressing Data:
<https://www.statista.com/statistics/278550/us-households-most-used-flavors-of-prepared-salad-dressing/>



SOUR

(VINEGAR,
CITRUS, YOGURT)



SALT

(OR OLIVES,
CAPERS, AGED
CHEESE, SOY SAUCE,
ANCHOVIES)

DRESSING BY DESIGN



SWEET

(SUGAR,
HONEY, FRUIT, FENNEL
- JUST A LITTLE!)



DALLAS ARBORETUM
AND BOTANICAL GARDEN



FAT

(OLIVE OIL, MAYO,
AVOCADO,
BUTTERMILK,
SOUR CREAM)

adapted from slowfoodusa.org