

Endeavour Foundation
Thrive Learning



Accessible cooking – the basics

Module 10
Asian chicken salad

Hosted by Natalie Wijker

The Endeavour Foundation Thrive Learning programs are aligned to the activities offered in our Learning and Lifestyle hubs.



The Cooking Modules support activities relating to Life Skills Development.

Life Skills programs focus on day-to-day tasks such as:

- Home and domestic skill – cooking – shopping – personal care
- Budgeting, banking and other money skills
- Safety and public transport maintenance (home, vehicles)

Table of Contents

How to participate in the Thrive Learning programs 4

Icons 4

Module Overview 5

Description 5

Outcomes 5

Risks 5

Equipment 6

Ingredients 6

Equipment list 7

Methods 8

To get ready 8

Let’s get cooking 8

Activities 11

Vocabulary 20

How to participate in the Thrive Learning programs

1. Watch the video.
2. Read this workbook and answer the questions.
3. **Need help?** That's ok! Leave that question and move onto the next one.
4. Your Support Worker will help you with any questions you have when they check in with you.

Icons



Watch the video when you see this icon.



Read the information in your workbook when you see this icon.



This icon reminds you to be safe and follow instructions carefully.



This icon shows you activities that are a bit harder. If you want, give them a go!



This icon shows you the hints section. It will give you hints and tips to answer the questions.

Module Overview

Description

This is Module 10 in the Thrive Learning program about cooking.

In this module you'll be learning how to make your own salad dressing and crunchy Asian salad. We will look at the price of certain foods from an online store and will also discuss where some of the food comes from.

Outcomes

By the end of this module you will:

- Increase your ability and confidence in making meals.
- Continue learning about food from other cultures.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Experiment with, make and eat an Asian chicken salad!



Risks

- **Scissors** –This recipe uses scissors. Be careful not to cut yourself!

Equipment



Before you go shopping, check to see if you have any of the below items already in your house.

Ingredients

For the dressing



White vinegar
(2 tablespoons)



Sugar
(1 tablespoon)



Soy sauce
(1 tablespoon)



Sesame oil
(1 teaspoon)

For the salad



Lettuce
(1 handful)
You can use any kind of lettuce.



Shredded vegetables or coleslaw
(1 handful)



Shallot
(2 stalks)



Crunchy noodles
(1 handful)



Nuts
(1 small handful)
Almonds, pine nuts, cashews and peanuts work well



Pre-cooked chicken
(1 chicken breast)

Optional

- Herbs (mint and coriander work well)

Equipment list

- Large bowl
- Jar with lid
- Kitchen scissors
- Measuring spoons



Method



To get ready

1. Wash your hands.
2. Fill your sink with warm water.
Put in one big squeeze of dish soap into the water.
3. Get all your ingredients and equipment out and ready to go.

Let's get cooking



1. In a jar, add 2 tablespoons of white vinegar.



2. Add 1 tablespoon of sugar.



3. Add 1 tablespoon of soy sauce.



4. Add 1 teaspoon of sesame oil.



5. Put the lid on the jar and shake up the dressing until it's all combined.



6. In a large bowl, add one big handful of shredded lettuce.



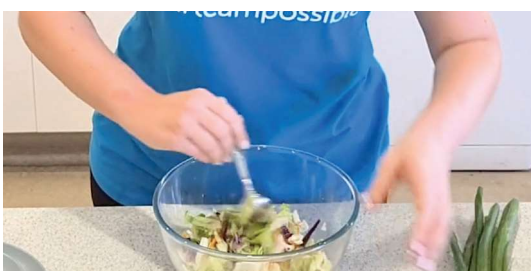
7. Add 1 handful of shredded vegetables or coleslaw mix.



8. With scissors, cut 2 shallot stalks into small pieces.



9. Add half the dressing to the salad.



10. Mix the salad with the dressing.



11. Add 1 handful of crunchy noodles



12. Add 1 small handful of nuts.



13. Add shredded chicken.



14. Mix together salad.




15. Optional: Add herbs and extra dressing.

You are done!

Before you eat, make sure you:

- Put all your ingredients back where they belong.
- Put all your equipment in the sink.

Activities

1.  Today you're making an Asian chicken salad. In the video, Natalie mentions there are 2 parts to the recipe. Can you remember what they are?

a. _____

b. _____

2. Natalie describes salad without dressing as being....? Circle the words Natalie uses in the video:

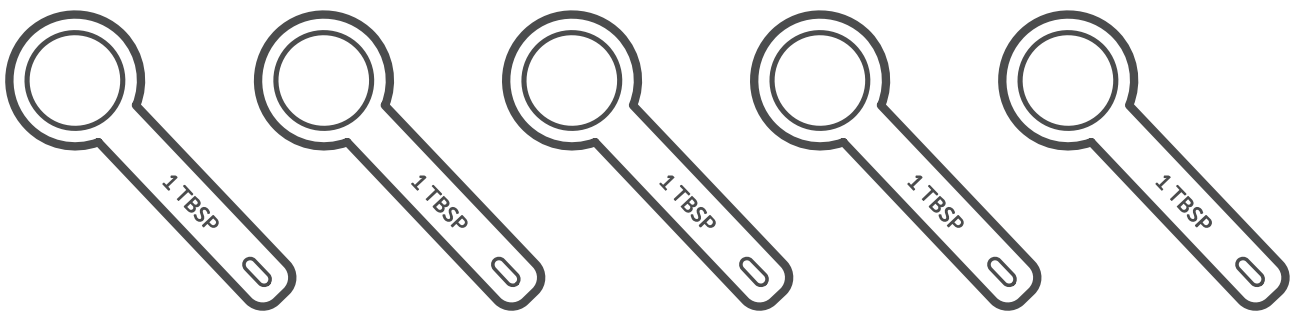
bland

fruity

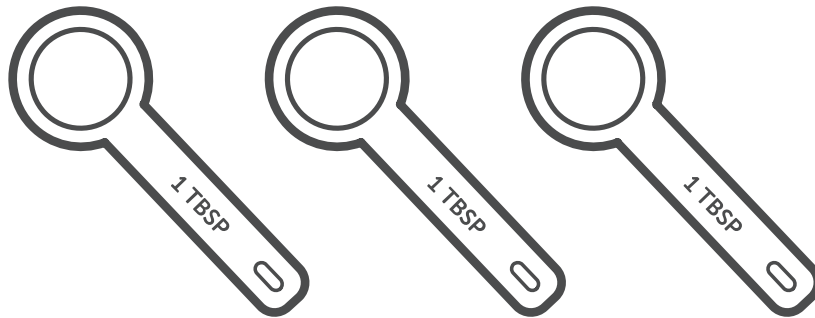
spicy

boring

3. To make the dressing, you start with vinegar. How many tablespoons do you use in the recipe? Circle your response:



4. You add how many tablespoons of sugar? Circle your response below:



5. Fill in the blank: Soy sauce tastes _____ hot / salty / sweet / like chicken



Let's talk soy sauce! Read the text below and answer the following questions:

Soy sauce is made from soy beans. It can be added directly to food, and is used as a dip or salt flavour in cooking. It is often eaten with sushi, noodles, and sashimi.

Source: https://en.wikipedia.org/wiki/Soy_sauce

6. What is soy sauce made from? Circle your answer in the text above.
7. List 3 foods you might have soy sauce with:

- a. _____
- b. _____
- c. _____

8. Soy sauce originated (came from) the Han dynasty, which is now China. Can you find China on the map below? Draw a circle around where you think China is located:



9. What 2 ingredients do you put in the salad to make it crunchy? Circle the 2 ingredients:



noodles




nuts



soy sauce



ice cubes

10.  In the video, Natalie uses chicken for the filling. What other meats or vegetarian options do you think you could use in this salad instead of chicken?
-



Karen is going on a picnic with her friends and has decided to make Asian chicken salad. She jumps online and goes to the Woolworths website to work out how much some of the ingredients will cost her. Take a look at the pictures below and answer the following questions:

11. How much is the bunch of shallots (spring onions) below? _____



Spring Onion
Eschallot bunch

\$2.50

\$2.50 / 1EA

12. A 200 gram bag of coleslaw costs \$2.00. How much would it cost to buy 2 bags?
-



Woolworths Classic
Coleslaw 200g

\$2.00

\$10.00 per 1KG

13. How much will it cost Karen in total for the following 3 products?



Hint: Add up the total price of each product.



Woolworths RSPCA
Approved Chicken Breast
Fillet min 350g

\$8.00

200g \$8.00 per 1kg



Woolworths Vinegar
Balsamic White 250ml

\$3.00

\$1.20 per 100ml



Chang's Crunchy
Noodles 100g

\$1.40

\$1.40per 100g

14. Spot the difference – can you find 4 differences between these 2 bottles of soy sauce?



Kikkoman Soy Sauce
Reduced Salt 600ml

\$7.50

\$1.25 per 100ml



Lee Kum Kee Gluten Free
Soy Sauce 250ml

\$3.40

\$1.36 per 100ml

- a. _____
- b. _____
- c. _____
- d. _____

15. Tick the correct box: Karen has just made the salad part of her Asian chicken salad. Does she put the dressing on before she leaves home, or when she gets to the picnic?

☐

before she leaves home

☐

after she gets to the picnic

16. **Congratulations!** You've now made 10 different recipes over 10 weeks! What's been your favourite recipe / meal?

17. Why was this your favourite recipe/meal? Write down 5 words to describe your answer:

a.


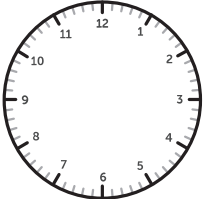
b.

c.

d.

e.

18. Now that you’ve cooked all the recipes, let’s complete a food diary. Choose 5 recipes from all the receipts you’ve cooked over the past 10 weeks and write or draw when you would have them throughout the week:

Day	What	When (time)
		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

19. What was the hardest thing to do when making / cooking the recipes?

20. What would you like to cook next time? Can you write down 3 meals you would like to make?

a.

b.

c.

Vocabulary

Icon	A picture or symbol used to describe something.
Hints	A small piece of information that helps you do or guess something more easily.
Equipment	Supplies or tools needed for a special purpose.
Module	An instructional unit that focuses on a particular topic.
Utensils	A utensil is a tool you can hold in your hand and use around your house. In the kitchen, common utensils include knives, forks and spoons.
Ingredients	Are things that are used to make something. In cooking ingredients are all the different foods you use to make your finished recipe.
Risk	Is the possibility or chance of loss, danger or injury.
Foreign cuisine	Food that originates (comes) from another country. A caprese salad is from Italy.
Food presentation	How you present (make) food look on the plate.
Bitter	Bitter foods are those that are not sweet and have a sharp taste or smell.

