

Endeavour Foundation
Thrive Learning



Accessible cooking – the basics

Module 5
caprese 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)

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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 5 in the Thrive Learning program about cooking.

This module will teach you how to make a caprese salad.

Outcomes

By the end of this module you will:

- Have a basic understanding of some kitchen utensils and appliances used in the kitchen.
- Increase your ability and confidence in making meals.
- Plan and organise meals that require you to buy certain ingredients.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Experiment with, make and eat a caprese salad.



Risks

- **Toaster** – This is an electrical appliance.
- **Heat** – You need to be careful not to burn yourself.

Equipment



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

Ingredients



Grape or cherry tomatoes
(125 grams,
or half a punnet)



Garlic
(1 clove)



Cherry bocconcini
(5-8 balls)
If you can't find cherry bocconcini: Traditional bocconcini or ungrated mozzarella will also work.



Olive oil
(1 tablespoon)



Basil
(10 big leaves)



Balsamic glaze
(a little over 1 teaspoon)
You can also use balsamic vinegar.



Bread
(1 slice)



Salt and pepper

Equipment list

- 1 large plate
- Strainer
- Paper towel

Appliances

- Toaster



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. Put half a punnet of grape tomatoes and around 10 basil leaves in a strainer.



2. Wash your tomatoes and basil under cold running water.



3. Put some paper towel under the strainer and leave them to dry.



4. Put 1 slice of bread in the toaster.



5. When the toast is done, get one clove of garlic and rub it onto the bread.



6. Dry off the tomato and basil with a paper towel if they need it. Put the tomato and basil on the plate.



7. Add half a tub of bocconcini (just the cheese, not the liquid).



8. Tear up the toast with your hands and add to the salad.



9. Pour a big drizzle of olive oil over the salad.



10. Squeeze a drizzle of balsamic glaze over the top.



11. Add salt and pepper (about 3 grinds of each).



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. True or False: You need to use a strainer in this recipe? _____
2. What three (3) things do you need to do to get ready for cooking?
 - a. _____
 - b. _____
 - c. _____
3. Circle the correct answers. What should you always wash?



fruit



peanuts



a packet
of flour




vegetables



bread

4. What is the following item called? _____




5.  Why do you think cherry (or grape) tomatoes are called cherry tomatoes?

6.  How many grams of cherry (grape) tomatoes did Natalie place in the strainer?

7. Circle the correct response:

When you wash the tomatoes and basil, you use **hot or cold** running water.

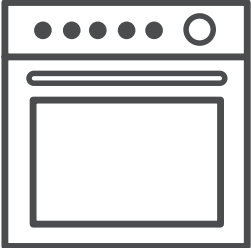
8.  It's not mentioned in the video, but what's one (1) thing you need to be aware of when using a toaster.



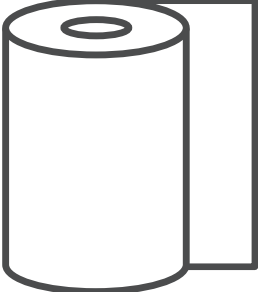
Hint: It's to do with safety.

9.  Instead of cutting the garlic, what does Natalie do with the garlic and toast?

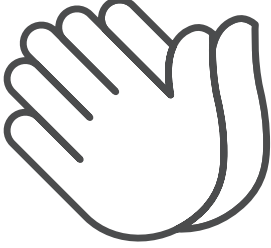
10. Circle the correct image. Natalie pats the tomatoes dry with...



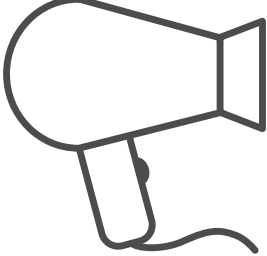
oven



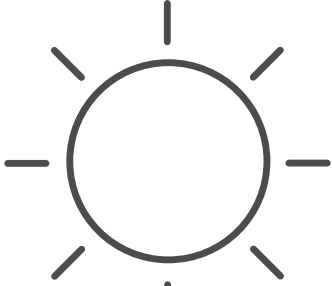
paper towels




hands



hair dryer



sun

11.  Words and more words! The Italian word for tomato is pomodoro. What does that mean?



Hint: The meaning has 2 words.

12. Bocconcini is a type of mozzarella (or cheese). Circle the type of food where you might use mozzarella:



hamburger



pizza



hot chips



ice cream

13. In Italian, what does bocconcini mean?

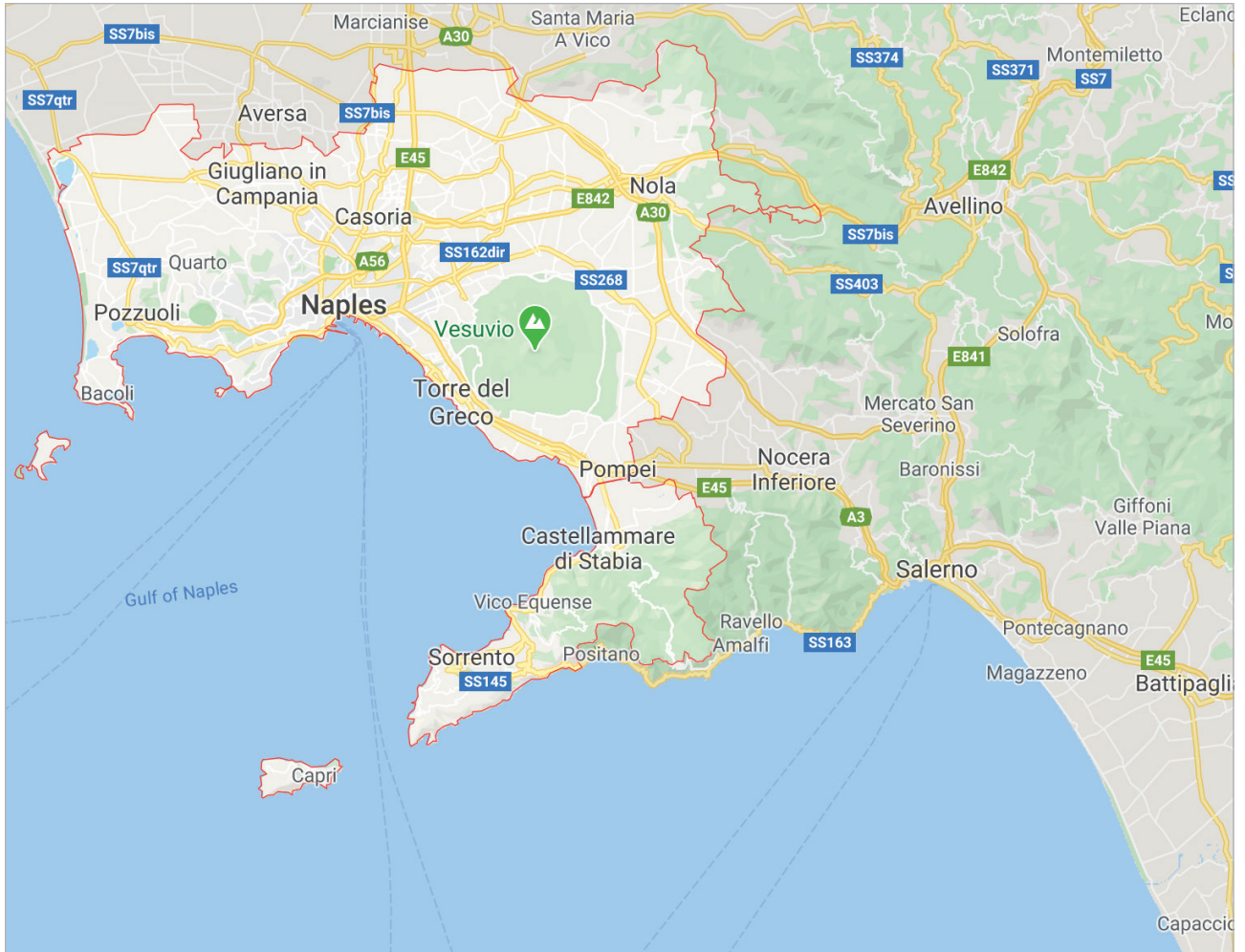


Hint: Something to do with small and mouth.

14. Caprese salad was created to look like the Italian flag. Circle the 3 colours that make up the Italian flag:

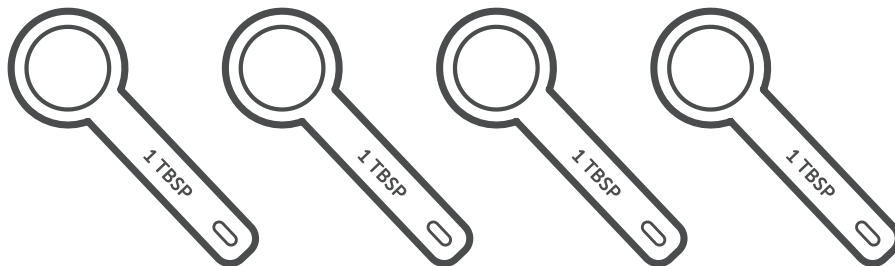


15. Capri is an island (a piece of land surrounded by water) located south of Naples. Using the compass, can you locate and circle the island of Capri on the map below:

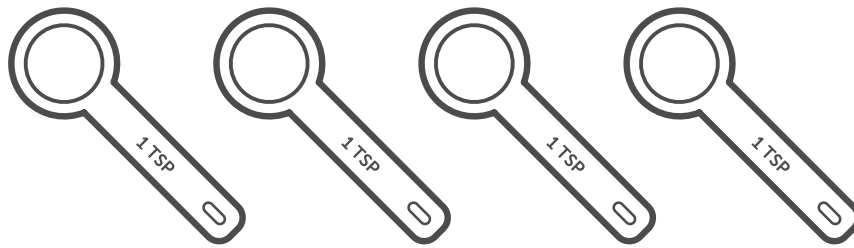



Source: Google Maps

16.  Circle the correct number of tablespoons of olive used in this recipe:



17. Circle the correct number of teaspoons of balsamic glaze (or vinegar) used in this recipe:



18.  When and where could you eat caprese salad?



Hint: The video lists 3 things.

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

19. Below are 5 different foods that come from Italy. Do you know what they are? Circle your responses:

risotto

ossobucco

meat pie

pizza

foods from Italy

big mac

lasagne

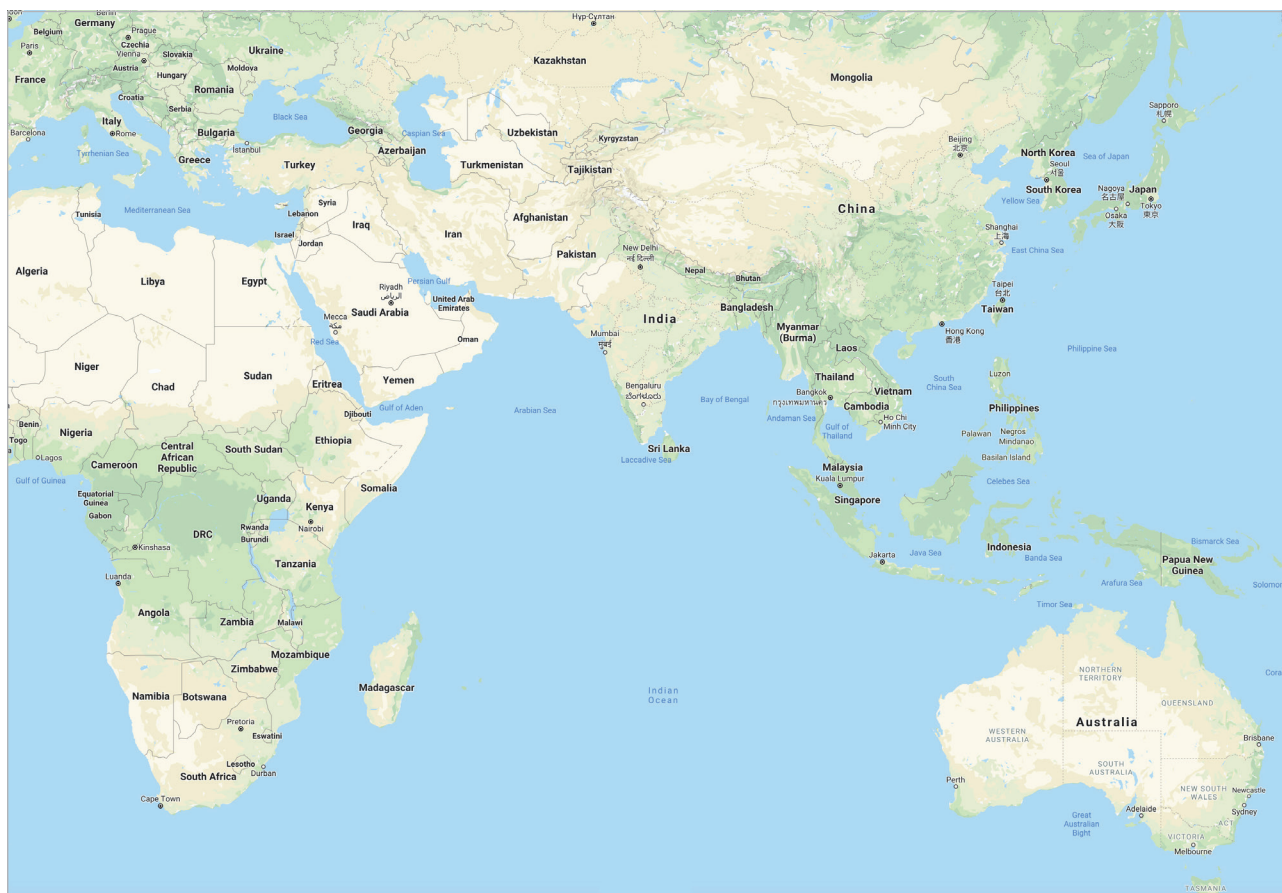
dim sims

polenta

20. More geography! Using the map below, draw a line from Australia to Italy.



Hint: Look in the top, left hand corner.



Source: Google Maps



Hint: For questions 21 and 22 use the compass to help you!

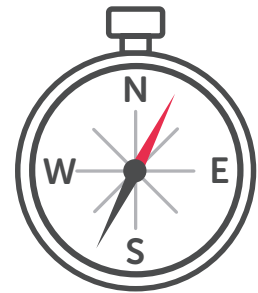
21.



What direction would I be going if I travelled from Italy to Germany?



Source: Google Maps



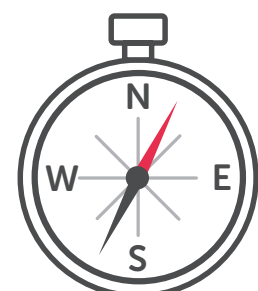
22.



What direction would I be travelling if I travelled from Italy to Greece?



Source: Google Maps



And a few maths questions to finish off!

23. If you were having a party for five (5) of your friends, how many caprese salads would you need to make?

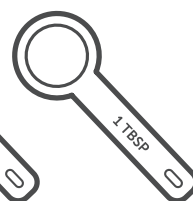
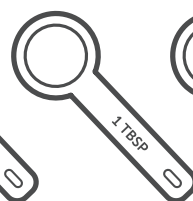
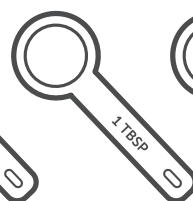
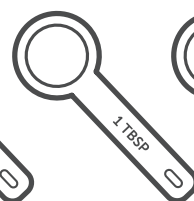
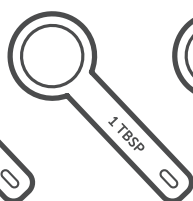
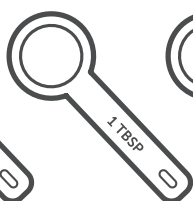
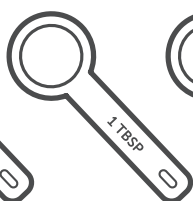
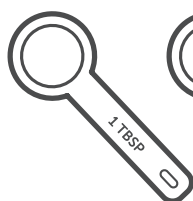
24. If two (2) of your friends couldn't make it, how many salads would you now need to make?

25. If you used 1 tablespoon of olive for one caprese salad, how many tablespoons of olive oil would you need for 5 salads?



Hint: 5 salads x 1 tablespoon = _____ ?

Write down your answer or circle the number of tablespoons below.



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.
Food pairings	When two or more foods (like tomato and basil), go really well when eaten together.

Coming up next module

In Module 6, we will be making rice paper rolls.



The ingredients and equipment you will need to make this recipe are listed below.



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

Shopping list

- **Deli pork**
(3 slices per serve)
- **Cooked, peeled prawns**
(6 per serve)
- **Rice paper**
(3 sheets)
- **Fresh mint**
- **Vermicelli noodles**
(1 portion)
- **Pre-shredded vegetables**
(1 handful) You can use any pack of pre-shredded vegetables you can find at your local supermarket.
- **Sweet chili sauce or hoisin sauce**
(1/4 cup)

Equipment list

- Big bowl
- Medium bowl
- Chopping board
- Plate
- Spoon
- Small bowl

