



NAME _____

HOUR _____

VIDEO WORKSHEET

1. What are 3 elements that garnishes can add to a dish?

1. _____

2. _____

3. _____

2. What are 2 necessary tools for making garnishes?

1. _____

2. _____

3. What are some other tools that are fun to use?

1. _____

2. _____

3. _____

4. How can you use fruit as a garnish?

5. How can you use vegetables to enhance food presentation?

6. What is your favorite idea for decorating a dessert plate?



©Learning ZoneXpress

P.O. Box 1022, Owatonna, MN 55060

888-455-7003 • www.learningzonexpress.com



TEACHER'S KEY

1. What are 3 elements that garnishes can add to a dish?

1. **taste**

2. **color**

3. **texture**

2. What are 2 necessary tools for making garnishes?

1. **small sharp knife**

2. **cutting board**

3. What are some other tools that are fun to use?

1. **vegetable peeler**

2. **zester**

3. **cookie cutters**

4. How can you use fruit as a garnish?

Add grapes or melon balls to a plate, put small cut fruit on skewers, add curly strips of lemon or orange zest, make strawberry fans, cut up star fruit.

5. How can you use vegetables to enhance food presentation?

Add to presented food: carrot curls, zigzags, or bunches; cucumber/zucchini chain or flower; scallion brushes, curls or faces; radish jacks; bell pepper containers.

6. What is your favorite idea for decorating a dessert plate?

Personal answer.

Meal Appeal

Play with Your Food

For those who love food and creativity, imaginative slicing and carving is the finishing touch to any meal. Certain foods have lots of possibilities. Oranges, peppers, and potatoes can be prepared in virtually any shape or form. Garnishing tools provide the means for creating swirls, zags, and fringes.

Materials:

- Paring Knife
 - Cutting Board
 - Apple Corer
 - Melon Baller
 - Vegetable Peeler
 - Zester
 - Cookie Cutters
 - Squeeze Bottle
-

Suggested Fruits and Vegetables:

- Red Onion
 - Scallion/Onion
 - Kale/Cabbage
 - Orange
 - Lemon
 - Lime
 - Radish
 - Carrot
 - Grapes
 - Potato
 - Carambole (Star Fruit)
 - Cucumber/Zucchini
 - Squash
 - Pepper
 - Strawberries
 - Melon
-

Foods:

- Butter
 - Sandwiches
 - Cheese
 - Salads
-

Plate Designs:

Create paper stencils to make a design. Use a fine wire mesh strainer or sifter to sprinkle powdered sugar over the stencil. Then carefully remove the form.



©Learning ZoneXpress

P.O. Box 1022, Owatonna, MN 55060

888-455-7003 • www.learningzonexpress.com