



Melon & Feta Cheese Salad

Here is an activity to be done during **Week 2** of the 2019 *Health Challenge* (*Défi Santé 2019*), which is themed **Gourmet explorers**. A delicious salty-sweet salad full of flavors to discover for the students to discover!



Age group:

Multiage

Required material:

- Illustrated recipe sheet of Melon & feta cheese salad (preschool and 1st cycle: mini chef. 2nd and 3rd cycles: intermediate chef)
- Knives, clean scissors and cutting boards
- Measuring spoons
- Citrus press (or forks)
- Small bowls and spoons for mixing (1 for each student)
- Aprons (optional)
- Salad ingredients (details on next page)

Skills

Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psychomotor
- Social

Educative intent:

At the end of this activity, the student will have developed his sense of cooperation by performing the recipe with his peers.

Professional expertise put forward by this activity:

- Planning and organization of activities for children and groups of children
- Planning predominantly socioaffective activities

Melon & Feta Cheese Salad

Approach

1. Make sure that no students are allergic to any of the ingredients in the recipe.

2. Wash your hands and thoroughly clean the table where you will cook.

3. Get ready

Wash the cucumber, the lemon peel and the basil leaves well and peel the onion.

Melons can be contaminated by different bacteria between the time they are picked and when they are eaten. It is therefore recommended to wash their outer surface thoroughly before slicing. If you cook with preschool or 1st cycle students, remove the rind yourself.

To reduce the salt content of the feta cheese, rinse it under cold water before using it.

4. Divide the ingredients of the salad (per student)

- 1 slice of watermelon
- 1 slice of muskmelon (cantaloupe)
- 1 piece of English cucumber
- 1 piece of feta cheese
- 1/4 of a slice of red onion
- 2 fresh basil leaves
- 5 ml (1 teaspoon) of lemon juice
- 1 pinch of ground pepper

5. Make the salad (individual preparation)

5.1. On a cutting board, cut the following ingredients into cubes (0.5 cm for the onion, and 1 cm for the rest), then put them in a small bowl (one bowl per student):

- watermelon
- muskmelon
- cucumber
- feta
- onion

5.2. Cut the basil:

Place the sheets on top of each other and roll them.

Using clean scissors, cut them into thin strips (or have students tear them with their fingers and then have them smell their fingers). Add the basil to the small bowl.

5.3. Using a juicer (or a fork if you do not have one), prepare the lemon juice (for the team). Measure it and put it in the small bowl (individual measure: 5 ml per student).

5.4. Add the ground pepper to the salad by sprinkling it or with the tip of a utensil.

5.5. Mix gently and enjoy!

6. Tell us about your experience

Don't forget to take a picture of the activity and send it to info@defisante.ca!

NOTE TO ADULTS : In order to avoid injuries, supervise students when they are using the knife.



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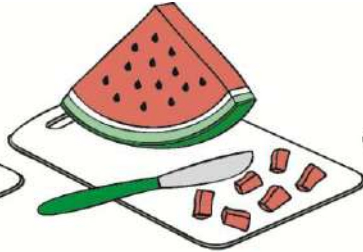
Melon & Feta Cheese Salad

Mini Chef
Yield: 6 to 8 portions

Muskmelon
(Cantaloupe)



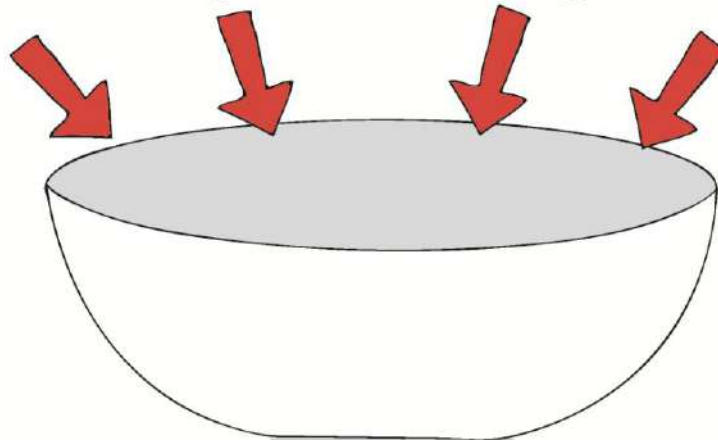
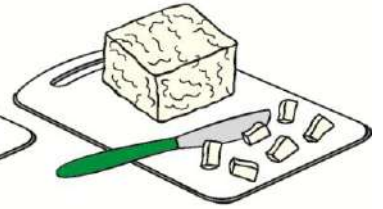
Watermelon



English
Cucumber



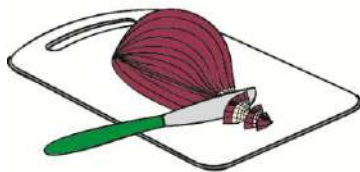
Feta Cheese



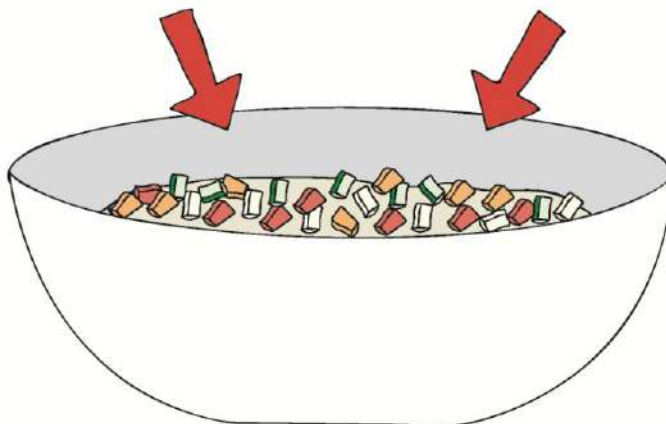
Dice

1

Red Onion

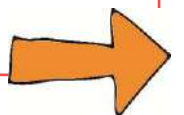


Fresh Basil



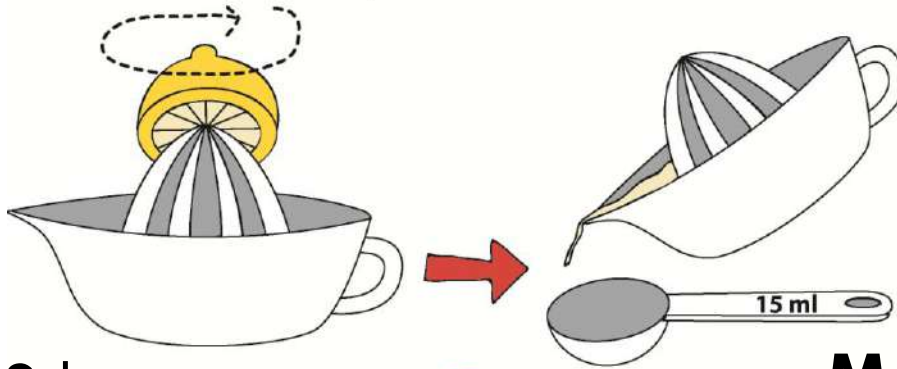
Mince finely

2



Lemon

Lemon Juice

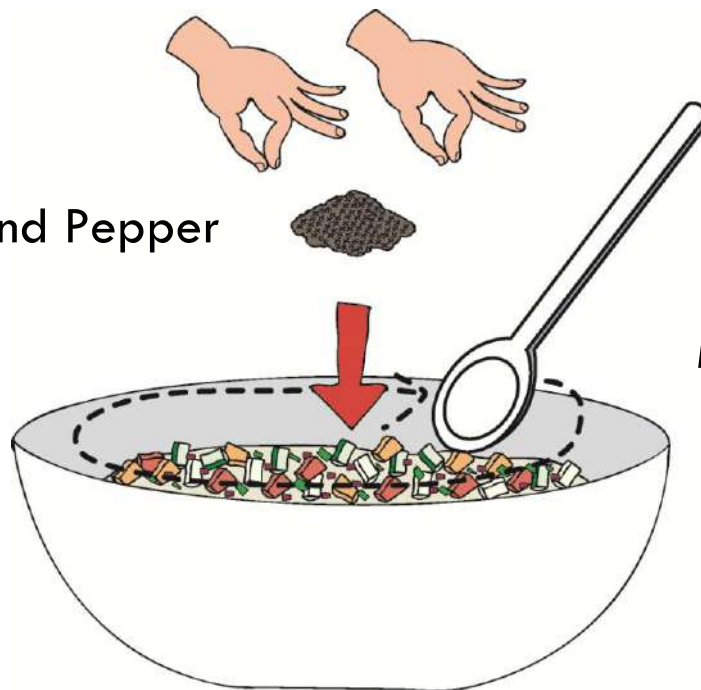


Press Lemon

Measure
Lemon Juice

3

Ground Pepper



Mix

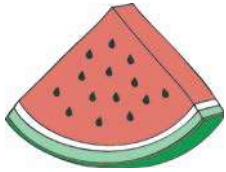
4

Melon & Feta Cheese Salad

Intermediate Chef

Yield: 6 to 8 servings

Ingredients



310 ml (1¼ cups)

310 ml (1¼ cups)

125 ml (½ cup)

125 ml (½ cup)

15 ml (1 tbsp)

10

15 ml (1 tbsp)

2 pinches

Muskmelon (cantaloupe)

Watermelon

English cucumber

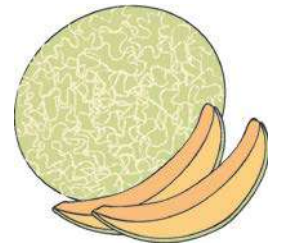
Feta cheese

Red onion

Fresh basil leaves

Fresh lemon juice

Ground pepper



Preparation

1. Cut muskmelon, watermelon, cucumber and feta cheese into small cubes. Put in a large bowl.
2. Mince onion and fresh basil. Add to the bowl.
3. Juice a lemon with a citrus juicer. Measure juice and pour into the bowl.
4. Add ground pepper to salad. Mix well.

Bon appétit!