

Let's Get Cooking!

Cooking Cart Resource Guide

**A Teacher's Resource for
Cooking in the Classroom**

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Dear Teacher,

Congratulations on bringing the Cooking Cart into your classroom! To support your nutrition education efforts, Child Nutrition Services will provide ingredients for one of the recipes in this book. Please incorporate as many cooking activities with your class as possible while you have the cart. Share this resource with your colleagues. Invite me into your classroom for an additional nutrition presentation.

Have fun cooking!

Healthy Regards,

Amy Haessly, Nutrition Educator

Child Nutrition Services

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Loan Agreement

Child Nutrition Services (CNS) will loan the Cooking Cart to classrooms and district programs during the regular school year. CNS offers to provide ingredients to make one recipe from this booklet for one group one time each school year (ingredients are subject to availability). Upon receipt of the ingredients, it is the VUSD staff member's responsibility to monitor the ingredients so they are kept at safe temperatures and handled safely.

It is the responsibility of the VUSD staff member requesting the cart to ensure the cart is returned to their site kitchen by the agreed upon date and time with all equipment cleaned and in the same condition it was received. Missing or damaged equipment must be replaced.

The cart must be reserved in advance. It is available for loan in one week increments (special arrangements can be made to keep it longer). CNS encourages multiple classrooms to utilize the cart while it is at a location.

Cooking Cart Inventory

Top Drawer

Can Opener	\$6
Cutting Mats (3)	\$5 each
Dish Soap	\$1
Grater	\$5
Knife – Chef (1)	\$5
Knives – Paring (3)	\$5 each
Knives – Produce (3)	\$5 each
Ladle	\$4
Measuring Cups, Dry Set	\$7
Measuring Spoons Set	\$3
Oven Mitts	\$5
Peeler	\$4
Salad Tongs (1)	\$3
Serving Spoons (2)	\$6 each
Slotted Spoon	\$6
Spatula	\$7
Spatula – Rubber	\$3
Spreader	\$4
Thermometer	\$6
Timer	\$13
Vegetable Brush	\$2
Wire Wisk	\$6

Bottom Shelf

Blender	\$30
Colander/Strainer	\$5
Crock Pot	\$30
Electric Fry Pan	\$60
Measuring Cups – Liquid	\$8
Mixing Bowls (4)	\$10 each
Sanitizer Solution	\$1

Curriculum Envelope

Cooking Cart Resource Guide

My Pyramid poster

Wash Your Hands sign

5 a Day Bingo (game boards, playing cards, & space markers)

Goals

The goals of the cooking cart are to expand nutrition education efforts and provide students with hands-on opportunities to develop skills to lead a healthy lifestyle.

Objectives

Youth will...

- Prepare and eat healthy meals during the educational experience.
- Be inspired to plan, prepare, and eat healthy meals at home.
- Enjoy learning and increase their confidence about food preparation.
- Increase food safety skills and knowledge.

Messages to Encourage

- Take personal responsibility for your health.
- Seek out ways to improve *wellness*.
- Explore! Try new things and explore new foods.
- Have fun!
- Keep it safe. Always wash hands. Keep it clean and keep it safe.
- Planning ahead can lead to tasty, healthy, and less expensive food.

Concepts and Skills

Why should we teach cooking skills to children?

Cooking with children gives them the skills needed to prepare food and improve their own nutrition. Cooking skills can provide youth with a sense of independence and self-reliance. Also, early eating experiences influence long-term food preferences so engaging youth to adopt healthful eating habits can promote long-term health. Cooking is a concrete, hands-on activity engaging the kinesthetic learner. The cooking experience is gratifying because you get to eat what you've prepared and get praise from peers and family.

What do children learn through cooking activities?

Cooking is an obvious mechanism for teaching nutrition concepts to youth. The hands-on experience encourages youth to explore new foods and cultures which they may otherwise not be exposed. The act of cooking and preparing a meal together is a process involving teamwork and communication. Meals shared with family and friends provide not only good nutrition but also a setting for communication that strengthens and stabilizes relationships. The traditional family meal is becoming scarce in today's busy society. By encouraging the enjoyment of a meal together, students can learn to appreciate their food, where it comes from, how it is prepared, and with whom they are enjoying it.

How can I maximize the cooking experience?

Discuss each ingredient. Where do they come from? Are they available locally? What nutrients do they provide? How do they help our bodies? What other ways do we eat these foods? Encourage exploring different ways to prepare these foods. How does the preparation affect the nutrition of the food? The questions are endless!

Concepts and Skills

Cooking develops many concepts and skills such as:

Language Arts: Naming – foods, actions, equipment, processes, categories
Comparisons
Time designations
Following directions
Letter/word recognition

Mathematics: Measuring
Counting
Sequencing
Classification
Numbers on tags and labels

Science: Heating
Cooling
Floating
Dissolving
Evaporation
Browning
Leavening
Melting
Gelatinization
Sense Awareness

Socialization: Sharing
Teamwork
Self-care
Cultural food habits
Food-related professions in the community
Family Heritage, History

Motor Skills: Scrubbing, tearing, dipping
Pouring, mixing, shaking, spreading
Rolling, kneading, juicing, peeling
Cutting, grating slicing

Basic Kitchen Terms

Bake	To cook by dry heat, usually in oven	Grate	To rub on a grater and separate into small pieces
Baste	To moisten surface of food during cooking with melted fat or liquid	Knead	To work and press dough with the palms of the hands, turning a small amount after each push
Beat	To combine ingredients by rapidly lifting over and over with a spoon	Marinate	To soak food in seasoned liquid before cooking
Blend	To mix two or more ingredients until well combined	Mince	To chop or cut very fine
Boil	To cook in liquid (usually water) in which bubbles constantly rise to the surface and break	Preheat	To heat oven to desired temperature 5 to 10 minutes before putting food in the oven
Braise	To cook meat in moist heat in a covered pan	Roast	To cook in a dry heat in an open pan in the oven
Broil	To cook foods under a blue-tipped gas flame or electric element in the oven broiler	Sauté	To cook in a pan that has been coated with a small amount of fat
Brown	To cook over low to medium heat in a skillet on stove or under a broiler	Shred	To tear or slice into long, narrow pieces
Chop	To cut up into small pieces with a knife	Sift	To put dry ingredients through a sifter or a sieve
Cream	To mix or work with a spoon into a smooth, soft mass	Simmer	To cook slowly over very low heat with liquid moving slowly
Fold In	To combine ingredients by cutting down through the mixture with a spoon or rubber spatula across the bottom of the bowl and bringing it up the side -- a down, under, up and over motion	Toast	To brown directly under a blue tipped gas flame or electric element in the broiler
Fry	To cook in a skillet in hot fat that covers the food partially or completely	Whisk	To beat into a froth

How to Measure

Liquids



- Place a measuring cup on the table or counter.
- Pour the liquid slowly into the cup.
- Make sure the liquid is level with the mark on the cup. View from eye level rather than from the top. This will make the measure more accurate.

Dry Ingredients



- Put Ingredients into measuring cup or spoon until it is slightly overflowing.
- Carefully level the ingredients by running the straight edge of a knife or spatula across the top of the spoon or cup.

Abbreviations

t or tsp	=	teaspoon
T or Tbsp	=	tablespoon
oz	=	ounce
c	=	cup
pt	=	pint
lb	=	pound
min	=	minute
sec	=	second
hr	=	hour

Measures and Equivalents

3 teaspoons	=	1 Tablespoon
16 Tablespoons	=	1 cup
8 ounces	=	1 cup
2 cups	=	1 pint
4 cups	=	1 quart
4 quarts	=	1 gallon

Keep it Safe!

Review these food safety practices with the entire class. Everyone is responsible for keeping food safe!

1. Do not cook without an adult.
2. Keep hands dry. Slippery, wet hands may cause you to drop something.
3. If something spills on the floor, wipe it up immediately. Someone may slip and fall.
4. Use a potholder in each hand when handling hot pans or dishes.
5. Turn panhandles away from edge of the stove so they cannot be bumped.
6. **Knives stay at the table.** When using the vegetable parer or knife, always cut away from your body. Place food to be cut on a cutting board. Cut down, onto the board; never toward your hand.
7. Avoid contact with HOT steam. Tip lid away from you when you raise the cover to check contents of a hot pan.
8. If food or grease should catch on fire, smother the flames with a lid, a cookie sheet, or foil. **Never pick up or carry a pan of flaming grease.**
9. Tape down appliance and extension cords. Tie a loose knot where the extension cord and appliance meet so that there will be some “give” in case it is tugged.
10. Walk, no running.
11. Be aware of any food allergies of anyone who will be eating.



Rules for a Good Cook

Before You Cook

1. If you have long hair, fasten it back.
2. Wear appropriate clothing. Clothing should be clean and not too loose or baggie.
3. **Wash your hands.**
4. After washing your hands, you may want to use plastic gloves.
5. Read the recipe all the way through.
6. If oven is to be used, pre-heat to temperature in the recipe.
7. Get all the equipment and ingredients you will need. Wash ingredients as needed (i.e. fresh fruit, fresh vegetables, etc.).



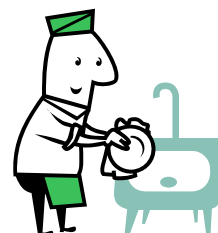
As You Are Cooking

1. Follow the recipe step by step.
2. Try not to spill while you are measuring, mixing and stirring.
3. Measure carefully. Use the right measuring spoon or cup.
4. Keep the kitchen clean and neat as you work. Do things calmly and quietly.
5. Cook as the recipe directs. Follow time and temperature instructions exactly.
6. Never leave a cooking pot unattended.
7. Use a food thermometer.



Clean-Up Time

1. Scrape, rinse, then wash all the dishes and put them away.
2. Clean up table or counter.
3. Store leftovers properly.
4. Sweep the floor and wipe up any spills and splatters.
5. Be sure you have turned off all small appliances when you are finished.
6. Sanitize with 1 tablespoon bleach to 1 gallon of water.



Teacher Tips for Cooking in the Classroom

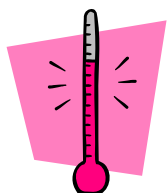
Suggested formats for organizing a successful cooking experience:

1. **Organize an assembly line.** Teacher and student helpers prepare the ingredients prior to the activity. Use a long table and line up the ingredients. Each ingredient has instructions (i.e. "Take one spoonful"). Students have their own plate and go down the line to complete the recipe. It is helpful to have at least one adult at the beginning and end of the line.
2. **Students prepare food in small groups.** Assign 3-4 volunteers (students or adults) to hand out food and utensils. Those passing out food must practice good hygiene and always wear clean plastic gloves. Students work together in small groups of 4-6 and each group receives all of the ingredients. Students work as a team to complete the entire recipe and they taste their own recipe when they are finished.
3. **Large groups can contribute small parts to create the recipe.** Divide students into smaller groups of 4-6 people. Each group is assigned a different task of the recipe. A representative from each group will bring the particular ingredient into one large bowl. All of the ingredients are combined.
4. **Set up activity centers with both cooking and non-cooking activities.** Non-cooking activities may include label reading, practice measuring dry and liquid ingredients, making placemats (table settings), copying the recipe to take home (writing skills), or calculating quantities to double or halve the recipe (math skills).
5. **Set up a "cooking show" in the classroom.** All ingredients and supplies needed are on a table at the front of the classroom. Students are facing the table and sit as an audience. The teacher acts as the cooking show host/chef. Students are chosen to help out as "sous chefs" and servers. Everyone gets to taste at the same time.

Demonstrate to students the techniques for proper hand washing. Thoroughly scrub all surfaces of the hands and nails with soap, rinse with warm water, and dry with clean paper towels.

Provide a sanitary work surface for handling food.

Demonstrate proper use of knives and equipment.



Keep foods at proper temperatures. Time your projects so that foods do not sit at room temperature for more than two hours. Pick up the foods from the kitchen right before you begin the project and return leftovers upon completion. Do not allow students to "save" perishable foods to eat later in the day.

Cooking Cart Recipes

Easy – pages 14 - 18

Easy!

Ants on a Log
Fresh Salsa
Fruit Kabobs
Fruit & Juice Smoothies
Orange-Banana Freeze Flip

Moderate – pages 19 - 29

Moderate!

Blazin' Raisin Snack
Fruity Vanilla Oatmeal
Funny Face Sandwiches
Grand Slam Sundae
Ham & Cheese Tortilla Roll Ups
Hip Hop Pockets
Plant Part Art
Rainbow Coleslaw
Salad Math
Turkey & Veggie "Sushi"
Veggie Bean Wrap

Complex – pages 30 - 35

Complex!

All That Stir Fry
Avo-Veggie Tacos with Knockout Salsa
Banana Berry Pancakes
Vegetable Chili
Vegetable Soup
Veggie Quesadillas

Ants on a Log

Ingredients:

- 5 celery stalks
- ½ cup peanut butter*
- ½ cup raisins

Easy!

Utensils/Equipment Needed:

Knife, cutting board, spreader

Directions:

1. Cut celery stalks into 4 inch lengths.
2. Spread with peanut butter inside the “U” of the celery sticks.
3. Press raisins into the peanut butter.
4. Enjoy!

Serves: 5 servings, 2 logs each

*If there are peanut butter allergies you can substitute with cream cheese.

Nutrition information per serving:

Calories 207, Carbohydrate 19 g, Dietary Fiber 3 g, Total Fat 13 g, Saturated Fat 2.5 g, Trans Fat 0 g, Cholesterol 0 g, Protein 7 g, Sodium 152 mg

Fresh Salsa

Ingredients:

- 1 pound ripe tomatoes (about 2 medium), chopped
- 1 ½ cups chopped onion
- 1/3 cup chopped fresh cilantro
- 3 jalapeno peppers, seeds removed and chopped
- 2 Tablespoon lime juice
- 2 cloves garlic, finely chopped
- ¼ tsp salt

A stylized, handwritten-style graphic of the word "Easy!" in black, tilted upwards to the right.

Serve with tortilla chips.

Utensils/Equipment Needed:

- Bowls
- Spoons
- Cutting Board
- Knives

Directions:

1. Combine all ingredients (except tortilla chips) in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.
3. Enjoy with the tortilla chips.

Serves: 6 – ½ cup servings

Preparation time: 20 Minutes

Nutrition information per serving:

Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

Recipe from: *Champions for Change Everyday Healthy Meals* found at www.cachampionsforchange.net.

Fruit Kabobs

Ingredients:

Assorted fresh fruits such as banana, melon, kiwi, grapes, apples, strawberries, pineapple, peaches, etc.

Utensils/Equipment Needed:

2 Kabob skewers OR plastic straws for each child

Bowl for each student

Knives and cutting board

Directions:

1. Chop fruit into large chunks.
2. Put several pieces of fruit into your bowl.
3. Poke one piece of fruit onto skewer or straw at a time.
4. Keep adding fruit until the skewer or straw is full.

Serves: 2 kabobs per student

Nutrition information per serving: varies based on fruits selected

easy!

Fruit & Juice Smoothies

Ingredients:

- 1 very ripe banana
- ½ cup low-fat vanilla yogurt
- ¾ cup orange juice
- ½ cup strawberries, fresh or frozen

The word "Easy!" is written in a large, bold, black, cursive-style font, slanted upwards to the right.**Utensils/Equipment Needed:**

- Blender
- Measuring cups
- Drinking cups

Directions:

1. Peel Banana and place in blender.
2. Add rest of ingredients into blender.
(Keep lid on blender while it is working)
3. Secure lid and blend till smooth.
4. Enjoy!

Serves: Six 4-ounce servings

Nutrition information per serving:

Calories 50, Carbohydrate 11 g, Dietary Fiber 1 g, Total fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Protein 1.5 g, Sodium 14 mg

Orange-Banana Freeze Flip

Ingredients:

- 1 six-ounce can of undiluted frozen orange juice concentrate
- 1-cup water
- 1-cup nonfat milk
- 1-teaspoon vanilla
- 10 ice cubes

**Utensils/Equipment Needed:**

- Blender
- Measuring cups and spoons
- Drinking cups

Directions:

1. Combine all ingredients into blender.
2. Turn blender on high for 30 seconds.
(Remember to keep lid on blender when it is on)
3. Pour into cups.
4. Enjoy!

Serves: 12 (2-oz.) servings

Nutrition information per serving:

Calories 30, Carbohydrate 6 g, Dietary Fiber 0 g, Total fat 0 g, Protein 1 g

Recipe from: *Kids... Get Cookin'!*, The California Children's 5 a Day – Power Play Campaign, 1998.

Blazin' Raisin Snack

Ingredients:

- 2 whole wheat tortillas
- 2 tablespoons low-fat cream cheese
- 2 teaspoons honey
- ½ cup raisins
- 1 cup finely chopped apples (about 1 medium apple)
- 1 teaspoon cinnamon sugar (1 teaspoon sugar with a pinch of cinnamon)

Moderate!

Utensils/Equipment Needed:

- Electric skillet
- Mixing bowl and spoon
- Spreader

Directions:

1. Warm tortillas in electric skillet until lightly brown and crisp. Turn tortillas halfway through cooking time.
2. Combine cream cheese and honey in small bowl.
3. Stir in raisins and apples.
4. Spread cream cheese-raisin mixture on tortillas. Sprinkle with cinnamon sugar.
5. Cut into quarters to serve or return to skillet for 1-2 minutes until warm.

Serves: 4 servings (1/2 tortilla each)

Nutrition information per serving:

Calories 125, Carbohydrate 29 g, Dietary Fiber 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Protein 2.5 g, Sodium 69 mg

Recipe from: *Kids... Get Cookin'!*, The California Children's 5 a Day – Power Play Campaign, 1998.

Fruity Vanilla Oatmeal

Ingredients:

2 cups milk
1 cup water
1 cup rolled oats
½ medium ripe banana, chopped
½ cup fruit (fresh or frozen berries)
2 tsp. vanilla
½ tsp ground cinnamon
1/8 tsp grated nutmeg
2 tbsp light brown sugar

Moderate!

Utensils/Equipment Needed:

Electric skillet
Spoon

Directions:

1. Place all ingredients in medium saucepan/electric skillet.
2. Simmer over medium heat, stirring occasionally, until the desired creaminess is achieved.

Serves: 4 (3/4 cup) servings

Nutrition information per serving:

Calories 190, Fat 4g, Protein 8 g, Carbohydrate 30 g, Fiber 3 g, Cholesterol 10 mg, Sodium 150 mg, Calcium 15% DV, Vitamin A 4% DV, Vitamin C 8% DV, Iron 10% DV

Recipe from: www.produceforhealthykids.org

Funny Face Sandwiches

Building “funny face sandwiches” lets students experiment with using knives, graters, different textures, and a variety of food items.

Moderate!

Ingredients:

For the head: whole grain bread, tortillas, rice cakes, pita bread, crackers, etc.

For the skin: peanut butter, cream cheese, refried beans, cottage cheese, applesauce, etc.

For the hair: grated cheese, grated carrots, shredded or leaf lettuce or cabbage

For the eyes, nose, mouth: banana slices, raisins, nuts, seeds, grapes, olives, apple slices, peach slices, celery slices, etc.

Utensils/Equipment Needed:

Knives – for cutting, chopping, and spreading

Cutting Boards

Graters

Directions:

1. Discuss and demonstrate proper chopping and grating techniques.
2. Discuss each of the ingredient items.
3. Allow students to use all of the ingredients to make their own “Funny Face Sandwiches”.
Encourage creativity!
4. Share your creations and enjoy eating them!

Serves: varies

Nutrition information per serving:

Varies based on ingredients used

Recipe from: *Eating Right is Basic 6-8 year olds*, University of California Cooperative Extension, 1997.

Grand Slam Sundae

Ingredients:

- 2 cups fresh, frozen OR canned sliced peaches (drained)
- 2 cups low fat vanilla yogurt
- 1 ½ cups fresh, frozen OR canned berries (drained)
- ¼ cup low fat granola cereal

Moderate!

Utensils/Equipment Needed:

- Spoons
- Clean tall drinking glasses, parfait cups
- Knife
- Bowls for various toppings

Directions:

1. Fill cup with ¼ cup yogurt.
2. Then add 1/3 chopped peaches.
3. Add another ¼ cup yogurt
4. Add ¼ cup berries.
5. Sprinkle 1 Tablespoon of cereal over top.
6. Place a few pieces of fruit on top.

Serves: 4

Nutrition information per serving:

Calories 228, Carbohydrate 47 g, Dietary Fiber 3.5 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Protein 7 g, Sodium 100 mg

Recipe from: *Kids... Get Cookin'!*, The California Children's 5 a Day – Power Play Campaign, 1998.

Ham & Cheese Tortilla Roll Ups

Ingredients:

- 1 large whole wheat tortilla
- 2 oz thinly sliced ham
- 1 oz cheddar cheese, grated
- 2 tsp reduced fat mayonnaise
- 1 tsp mustard

Moderate!

Utensils/Equipment Needed:

- Grater
- Spreader

Directions:

1. Place soft tortilla on a plate or paper towel.
2. Spread mayonnaise and mustard evenly onto tortilla.
3. Place sliced ham evenly onto the tortilla.
4. Sprinkle grated cheese over the ham.
5. Gently roll up the tortilla.
6. Slice and serve.

Serves: 2

Nutrition information per serving:

Calories 125, Carbohydrate 5 g, Dietary Fiber 0.5 g, Total Fat 8 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 25 mg, Protein 9 g, Sodium 561 mg

Hip Hop Pockets

Ingredients:**Filling:**

- 1-cup seedless grapes, halved
- 1 cup shredded non-fat, low sodium Monterey Jack cheese
- ½ cup shredded carrots
- ¼ cup chopped celery
- ¼ cup salsa
- 2-pita bread cut in half to form pockets

Garnish:

- Extra shredded carrot, cheese, and salsa
- 4 small bunches of grapes

Moderate!

Utensils/Equipment Needed:

Mixing bowl, knife, and cutting board

Directions:

1. Lightly mix all filling ingredients in a bowl.
2. Store grape filling in a covered container and refrigerate.
3. When ready to eat, fill pita halves with grape filling.
4. Top with extra shredded carrots, shredded cheese and salsa, if desired.
5. Serve with a small bunch of grapes.

Serves: 4

Nutrition information per serving:

Calories 148, Carbohydrate 13 g, Dietary Fiber 2 g, Total Fat 6 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 18 mg, Protein 9 g, Sodium 249 mg

Recipe from: *Kids... Get Cookin'!*, The California Children's 5 a Day – Power Play Campaign, 1998.

Plant Part Art

Students create a healthy snack using edible plant parts: roots, stems, leaves, flowers, fruit, and seeds. Students will learn about plant parts, edible plants, and the different parts of the plant we eat.

Ingredients:

Large, flat whole wheat crackers

Spread such as cream cheese, hummus, peanut butter, almond butter, sunflower butter

Fruits & veggies to represent all plant parts:

Roots: carrots, turnips, radishes, beets, rutabagas, ginger

Stems: celery, asparagus, broccoli, rhubarb, bamboo shoots

Leaves: lettuce, spinach, kale, bok choy, cabbage, collard greens

Flowers: broccoli, cauliflower

Fruit: the obvious plus veggies that are the plant's fruit such as bell peppers, cucumber, tomatoes, zucchini, pea pods, etc.

Seeds: sunflower seeds, beans, corn kernels, other seeds and nuts

Moderate!

Utensils/Equipment Needed:

Cutting boards, Knives, Bowls/Containers to hold each ingredient

Directions:

1. Show various fruits and vegetables and ask students which part of the plant they are. Discuss the 6 parts of the plant and their function.*see below
2. Tell students they are going to create edible art using plant parts.
3. Distribute the crackers, spread, and bowls of produce. **NOTE:** This activity works best with students working in small groups, with an entire set of ingredients at each group's table.
4. Explain the cracker will be their canvas and the spread will help their plant parts to stick.
5. Students can create their own plant with representations of each part or they can create faces, buildings, abstract art, etc. Get creative and have fun!
6. Eat your creations.
7. Clean up.

Serves: varies

Nutrition information per serving: varies

*** Plant Parts and their Functions:**

- Roots hold the plant in the ground and get water and nutrients from the soil.
- Stem supports the plant and moves water and nutrients throughout the plant.
- Leaves make food from sunlight.
- Fruit protects the seeds and helps seeds disperse.
- Flowers make seeds and attract pollinators such as bees and birds.
- Seeds make new plants and reproduce themselves.

Activity from UC Davis Children's Garden Program, Plant Part Art

Rainbow Coleslaw

Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- ½ cup chopped yellow or red bell pepper
- ½ cup shredded carrots
- 1/3 cup chopped red onion
- ½ cup fat free mayonnaise
- 1 tbsp red wine vinegar
- ¼ tsp celery seed (optional)
- ½ cup lowfat Cheddar cheese, cut into bite-size cubes

Moderate!

Utensils/Equipment Needed:

Cutting board, knife, whisk, mixing bowls

Directions:

1. In a large bowl, combine all of the vegetables.
2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
3. Pour the dressing over the vegetable mixture and toss until well coated.
4. Toss salad with cheese and serve chilled.

Serves: 12 (1/2 cup) servings

Preparation Time: 15 minutes

Nutrition information per serving:

Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Recipe from: "Soulful Recipes – Building Healthy Traditions" from the Network for a Healthy California at www.cachampionsforchange.net.

Salad Math: A Rainbow Fruit Salad

Directions:

1. Practice math skills while making a fruit salad by filling in the blanks in the chart below.
2. Move the “blanks” to accommodate the mathematic skills you are teaching (i.e. addition, subtraction, division, multiplication, fractions, ratios etc.).
3. Measure each item after it is cut to determine the yield.
4. Mix all cut fruit together to make your fruit salad. Enjoy!

Moderate!

Utensils/Equipment Needed: Cutting board, knife, bowls

Color**	We will need...	Cut this way...	To make...	This yields...
Red	24 strawberries	_____	96 pieces	_____ cups
Orange	4 peeled oranges	Cut into eighths	_____ pieces	_____ cups
White/tan	4 bananas	Cut into tenths	_____ pieces	_____ cups
Yellow	_____ nectarines	Cut into eighths	32 pieces	_____ cups
Green	_____ sugar snap peas	Cut in half	50 pieces	_____ cups
Blue/Purple	50 blueberries	Leave whole	_____ pieces	_____ cups

** Selection of fruit based on seasonal availability.

Total Cups of Fruit Salad: _____

Take the lesson further...

- Examine the nutrition provided by each item using the Fruit and Vegetable Cards.
- Compare with other fruit snacks such as fruit cups, applesauce, fruit chewy snacks, starburst, etc.

Turkey & Veggie “Sushi”

Ingredients:

- 1 (8-inch) whole wheat tortilla
- 2 Tbsp low fat salad dressing
- 2 oz lean deli turkey meat
- ½ cup cooked rice
- ¼ cup grated/shredded carrots
- 2 slices peeled cucumber, cut into thin strips
- ¼ cup lettuce, cut into thin strips
- 1 medium tomato, sliced and cut into thin strips
- 4 thin slices of avocado
- 1 slice reduced-fat cheddar cheese, cut into strips

Moderate!

Utensils/Equipment Needed:

- Electric skillet
- Cutting board
- Knife
- Spreader

Directions:

1. Warm tortilla in electric skillet. Spread out on a work surface. Coat tortilla evenly with a thin spread of dressing.
2. Arrange turkey slices over tortilla. Pile rice onto one-half of the turkey; press down to flatten a bit.
3. Arrange shredded carrots, cucumber strips, lettuce, tomato, avocado, and cheese strips in a line on top.
4. Wrap and roll tortilla around rice and veggies. Place seam side down; cut “sushi” into 2-inch long pieces.

Serves: 2

Preparation Time: 20 minutes

Nutrition information per serving:

Calories 179, Carbohydrate 21.5 g, Dietary Fiber 2.5 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 21 mg, Protein 11 g, Sodium 568 mg

Recipe from: www.produceforhealthykids.org

Veggie Bean Wrap

Ingredients:

- 4 (7-inch) whole wheat tortillas
- 8 tbsp (1/2 cup) nonfat cream cheese
- 2 cups shredded romaine lettuce or fresh chopped spinach
- 1 cup chopped tomato
- 1/2 cup chopped bell pepper (red, orange, yellow, green, or mix)
- 1/2 cup chopped cucumber
- 1/4 cup diced canned green chiles
- 1/4 cup sliced ripe olives, drained

Moderate!

Utensils/Equipment Needed:

Knives, cutting boards

Directions:

1. Spread each tortilla with 2 tbsp of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling.
4. Slice and serve.

Serves: 4 servings (1 tortilla roll per serving)

Nutrition information per serving:

Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg

Recipe from "Champions for Change Everyday Healthy Meals" found at www.cachampionsforchange.net.

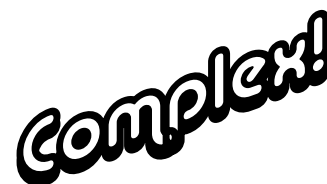
All That Stir Fry

Ingredients:**SAUCE**

- 3 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar OR cider vinegar
- 2 teaspoons sesame oil, optional
- 2 teaspoons cornstarch

STIR-FRY

- $\frac{3}{4}$ pound boneless, skinless chicken breasts
- 2 teaspoons vegetable oil
- 2 garlic cloves, finely chopped
- $\frac{1}{2}$ cup broccoli florets OR cut spears
- $\frac{1}{2}$ cup peas OR one 6-ounce package snow peas
- $\frac{1}{2}$ cup chopped onions
- 1 cup shredded cabbage
- $\frac{1}{2}$ cup coarsely chopped jicama
- 10 sliced white mushrooms
- 1 tomato, thinly cut in wedges
- Cooked rice, noodles, pasta OR spaghetti squash, optional

**Utensils/Equipment Needed:**

Mixing bowl, spoon, whisk, knives, cutting board, and electric skillet

Directions:

1. To make sauce, mix all sauce ingredients in small bowl; set aside.
2. Cut chicken into 1-inch cubes. (Chicken is easier to cut if slightly frozen)
3. Heat oil in wok or large non-stick skillet over MEDIUM-HIGH heat.
4. Turn heat to HIGH. Cook chicken and garlic 5 minutes, stirring until chicken is browned.
5. Add broccoli to wok. Reduce heat to MEDIUM-HIGH. Stir; cover and cook 3 minutes until broccoli is heated through.
6. Break apart frozen snow peas. Add snow peas, onions, shredded cabbage, chopped jicama, sliced mushrooms and tomato wedges. Stir mixture, then cover and cook 2 minutes until vegetables are tender-crisp.
7. Stir sauce. Add to stir-fry. Stir to coat with sauce. Cook 1 minute until sauce thickens.
8. Serve over cooked warm rice, spaghetti or spaghetti squash, optional.

Serves: 6 (1 cup) servings

Nutrition information per serving:

Calories 221, Carbohydrate 12 g, Dietary Fiber 2 g, Total Fat 11 g, Saturated Fat 2.5 g, Trans Fat 0 g, Cholesterol 50 mg, Protein 18 g, Sodium 583 mg

Recipe adapted from: *Kids... Get Cookin'!*, The California Children's 5 a Day – Power Play Campaign, 1998.

Avo-Veggie Tacos with Knockout Salsa

Ingredients:

- Nonstick cooking spray
- 1 onion, sliced into strips
- 2 each green bell peppers, remove seeds and cut into strips
- 1 ½ cups Knockout Salsa
- 12 corn tortillas
- 1 cup chopped cilantro
- 1 avocado, peeled, pitted, thinly sliced

complex!

Knockout Salsa:

- 2 cups chopped tomatoes
- 1/3 cup chopped onion
- 1 finely chopped garlic clove
- 1 teaspoon finely chopped jalapeno peppers (if you like it hot!)
- 1 tablespoon finely chopped cilantro
- 1 tablespoon fresh lime juice

Utensils/Equipment Needed:

Cutting board, knife, electric skillet, mixing bowl

Directions:

1. Spray skillet with nonstick cooking spray.
2. Cook onions, green and red peppers lightly in skillet. Place in bowl.
3. Meanwhile, make salsa. Combine all salsa ingredients in a bowl and mix.
4. Heat 6 tortillas in heated skillet until soft.
5. Fill tortillas with ½ of the cooked peppers and onions, cilantro, an avocado slice and 1 tablespoon of salsa. Fold each tortilla. Top with salsa and avocado slice to serve.
6. Meanwhile, repeat steps 4 and 5 with the second batch of 6 tortillas.

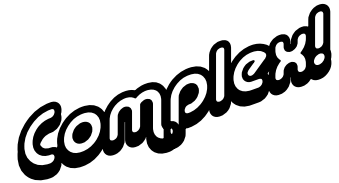
Serves: 6 (2 taco) servings

Nutrition information per serving:

Calories 248, Carbohydrate 45 g, Dietary Fiber 7.5 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Protein 5 g, Sodium 23 mg

Recipe adapted from: *Kids... Get Cookin'!*, The California Children's 5 a Day – Power Play Campaign, 1998.

Banana Berry Pancakes

**Ingredients:**

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- Nonstick cooking spray

Topping:

- 1 cup unsweetened frozen strawberries, thawed and sliced
- 2 tbsp orange juice

Utensils/Equipment Needed:

- Mixing bowl
- Electric skillet

Directions:

1. Place bananas in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray skillet with nonstick spray and heat over MEDIUM heat.
4. Spoon about ¼ cup batter for each flapjack into skillet.
5. Cook until top is bubbly and underside is golden brown. Flip flapjacks and cook until underside is golden brown.
6. Topping: spray pan with nonstick cooking spray and heat over medium heat.
7. Cook berries and orange juice for 3 minutes or until the berries are soft.
8. Spoon topping over pancakes and serve.

Serves: 4 servings, 2 pancakes per serving

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 109, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg

Recipe from "Champions for Change Everyday Healthy Meals" found at www.cachampionsforchange.net.

Vegetable Chili

**Ingredients:**

- 1 Tbsp vegetable oil
- ¼ cup fresh green peppers, diced
- ½ cup onion, diced
- 1 Tbsp chili powder
- 2 tsp cumin
- ½ tsp granulated garlic
- ½ tsp salt
- 1 ½ tsp red hot sauce (optional)
- 1 tbsp brown sugar, firmly packed
- 2 cups canned diced tomatoes, drained
- 2 cup beans
- ¼ cup plus 2 tbsp quinoa (pronounced *keen-wha*)
- 1 cup water
- ½ cup lowfat plain yogurt
- ½ cup plus 2 tbsp low-fat cheddar cheese, shredded

Utensils/Equipment Needed:

- Electric skillet
- Cutting Boards
- Knives

Directions:

1. In a large sauce pan or electric skillet, heat oil over medium heat until hot.
2. Add peppers and sauté over medium heat for 3 minutes until tender.
3. Add onions and sauté for 2 minutes until translucent.
4. In a small bowl, combine chili powder, cumin, garlic, salt, red hot sauce (optional), brown sugar, and diced tomatoes.
5. Add tomato mixture to cooked vegetables and simmer, uncovered, for 10 minutes.
6. Mix in beans, quinoa, and water. Simmer, uncovered, for 15 minutes.
7. Blend in yogurt and stir to blend.
8. Sprinkle 2 tbsp of cheddar cheese over each serving.

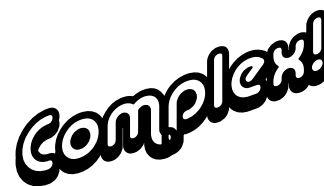
Serves: 5 (1 cup) servings

Nutrition information per serving:

Calories 215, Protein 10 g, Carbohydrate 37 g, Dietary Fiber 7 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 1 mg, Sodium 636 mg

Recipe from: "Team Nutrition's Food, Family, & Fun – A Seasonal Guide to Healthy Eating", USDA, 1996.

Vegetable Soup

**Ingredients:**

- 1-teaspoon vegetable oil
- ½ cup chopped onion
- 1 clove garlic
- 2 cans (14 ½ ounce each) reduced salt chicken broth
- 1 can (28 ounces) crushed tomatoes
- 1/3-cup alphabet pasta
- ½ cup parsley leaves
- 1 cup chopped broccoli
- 1 cup chopped carrots
- 1 cup sliced celery
- Salt and pepper to taste

OPTIONAL:

- Sprinkle Parmesan Cheese

Utensils/Equipment Needed:

- Measuring cups and spoons
- Crock pot
- Mixing spoon and ladle
- Can Opener
- Knife and cutting board

Directions:

1. Heat oil in saucepan over medium heat.
2. Add onion and garlic and cook until the onion is soft (about 2 minutes).
3. Add chicken broth, tomatoes, pasta and parsley to the saucepan.
4. Bring the liquid to a boil, reduce heat, and simmer for 10 minutes.
5. Add broccoli, carrots and celery to soup; cook 10 minutes.
6. Add salt and pepper to taste.
7. With adult help, ladle soup into serving bowls and sprinkle with cheese, if desired.
8. Enjoy!

Serves: 6 servings

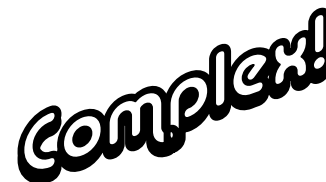
Chop vegetables – 15 Minutes

Cooking Time: 25 Minutes

Nutrition information per serving:

Calories 90, Carbohydrate 13 g, Dietary Fiber 3 g, Total Fat 2 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 2 mg, Protein 6 g, Sodium 289 mg

Veggie Quesadillas

**Ingredients:**

Nonstick cooking spray
½ cup chopped green bell pepper
½ cup frozen corn, thawed
½ cup sliced green onion
½ cup chopped tomato
2 Tbsp chopped fresh cilantro
4 (6-inch) flour tortillas
½ cup shredded reduced fat Cheddar or Monterey Jack cheese

Utensils/Equipment Needed:

Electric skillet
Spatula
Cutting board
Knife

Directions:

1. Spray skillet with nonstick cooking spray. Saute bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several more minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned.
4. Serve while hot.

Serves: 4 servings; 1 tortilla per serving

Nutrition information per serving:

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg.

Recipe from "Champions for Change Everyday Healthy Meals" found at www.cachampionsforchange.net.

Additional Activities

Did your students LOVE the cooking activities?

Keep up the momentum by incorporating more food activities into your classroom.

- **Homework/Extra Credit Ideas:**
 - Plan and prepare a meal and enjoy it with your family. Report back about the experience.
 - Interview family and friends about their food choices and cultural food traditions.
 - Go with the family shopper and classify the foods purchased into food groups. Analyze what groups are well represented and which are missing.
 - Visit a farmer's market (Saturday mornings from 8 am – 12 pm in the Vista Courthouse parking lot). Observe what's available. Talk to some farmers. Taste some samples!
 - Visit a health food store or an ethnic market and observe the foods available. Compare and contrast the new store to the store where you typically shop.
- **Explore food labels.** Compare similar foods and observe their nutritional differences.
- **Keep a 24-hour food diary.** Compare it to your dietary recommendations from My Pyramid. Is your pyramid balanced?
- **Compare food costs.** How much does it cost to eat out versus making a meal at home?
- **Compare serving sizes.** How much is a serving size on the label? How much do you typically eat at one time? Good items to analyze are chips, cereals, drinks, ice cream, etc.
- **Survey other students for their food preferences** – what is their favorite fruit, vegetable, beverage, breakfast, or lunch? Analyze results and share with Child Nutrition Services.
- **Create a media campaign to promote more fruits, vegetables, physical activity, or hand washing.** Decorate campus and cafeteria with posters.
- **Incorporate food/nutrition-theme journal topics such as:**
 - Why do people say “breakfast is the most important meal of the day”?
 - Where do your favorite foods come from?
 - How can you “eat a rainbow”?
- **Start an indoor or outdoor garden.** Contact Amy Haessly for resources to get started.
- **Harvest of the Month - www.harvestofthemonth.com**
 - Visit the cafeteria to see which fruit or vegetable is highlighted for the month and link the cafeteria to your classroom. Go to the website to get the educator newsletter full of standards-based lesson ideas and parent newsletters for the featured item.
- **Agriculture in the Classroom - www.cfaitc.org**
 - Find standards-based lesson plans, writing resources, and more to help students and teachers gain an understanding of how agriculture provides the daily essentials necessary to make our society and our world function.
- **My Pyramid - www.mypyramid.gov**
 - MyPyramid Blast-Off Game – students must fuel up their rocket ship with smart food choices and 60 minutes of physical activity to fly to Planet Power!
- **Health Education Library** – borrow materials for FREE at www.californiahealthykids.org.

Share Your Experience

Please tell me about your classroom cooking experience. I want to hear about the good, the bad, and the tasty! What worked? What didn't work? What else would be helpful to include in the cart? Include all of the juicy details!

Send your comments and photos to:

Amy Haessly at Child Nutrition Services (district mail)

or

amyhaessly@vusd.k12.ca.us



I Wonder...

I wonder if an antelope
Would ever taste a cantaloupe.

Or if a small raccoon
Would ever munch upon a prune.

I wonder if a feathered goose
Would try a bit of carrot juice.

Or if a little cockatoo
Would nibble on a small cashew.
Would they choose something new?

I would. Wouldn't you?

I would try cantaloupe,
Cashews, or prunes.

I would try carrot juice,
Or even macaroons.

I wonder...

Would a kangaroo ever
Choose a food that's new?

I would! Wouldn't you?



By Marilee Robin Burton