

## STUFFED PEPPERS

1/4 pepper per student

Ingredient	Students Per Class		
	10	15	20
Bell peppers	3	4	5
Mushroom	1/3 pound	1/2 pound	1 pound
Red onion	1/2 cup	2/3 cup	1 cup
Black olives, sliced	1/4 cup	1/3 cup	1/2 cup
Garlic clove, minced	1	1 1/2	2
Raisins	1/3 cup	1/2 cup	2/3 cup
Shredded cheese (Mexican blend)	1 1/2 cups	2 cups	3 cups
Olive oil	2 1/2 tbsp	4 tbsp	5 tbsp
Paprika	1 1/2 tbsp	2 1/2 tbsp	3 tbsp
Cumin	1 tbsp	1 1/2 tbsp	2 tbsp
Salt	1 tbsp	1 1/2 tbsp	2 tbsp

Other: Salt to taste.

 **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Preheat the oven to 350 degrees F. Wash peppers, cut off tops, and remove insides.

### Directions:

1. Have students dice mushrooms, red onion, black olives, and garlic. Mix together in a bowl.
2. Add paprika, cumin, salt and 1 tbsp of olive oil to the bowl of veggies, mix to combine.
3. Add raisins, mix to combine.
4. Add indicated cup amount of shredded cheese and mix.
5. Scoop about 1/2 cup of mixture into the cleaned pepper until fully stuffed.
  1. Add more cheese onto the tops of the peppers.
  2. Bake for 15 minutes and let cool.
  3. Slice into quarters and enjoy!

### DID YOU KNOW?

Raisins are made by drying grapes in the sun or in drying ovens, concentrating their natural sweetness!



### DID YOU KNOW?

Bananas contain a natural chemical called "serotonin," which makes people happy.

## FRUIT KEBABS & YOGURT DIP

Ingredient	Students Per Class		
	10	15	20
Strawberry	16 oz	24 oz	32 ounce
Blueberries	6 oz	9 oz	12 oz
Bananas	2 1/2	4	5
Plain Greek yogurt	2 1/2 cups	4 cups	5 cups
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Cinnamon	1 tsp	1 1/2 tsp	2 tsp
Honey	1 tbsp	1 1/2 tbsp	2 tbsp
Lime zest	1/3 tsp	1/2 tsp	2/3 tsp

 **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Rinse all the fruits before class starts. Cut each banana into 4 pieces

### Directions:

1. Demonstrate to students, how to safely cut strawberries and bananas into bite-size pieces.
2. Pass out to each student 1 strawberry, 2 blueberries, and a piece of banana that was previously cut. Have students cut strawberries and bananas into bite-size pieces
3. Demonstrate how to assemble a fruit kabob. Then pass out a couple toothpicks to each student to build their own.
4. In a bowl, have the students measure out the yogurt, vanilla, cinnamon, and honey. Add in the lemon zest and mix.
5. Pour the dip into individual cups and have the students dip in their fruit kabobs. Enjoy!

# LESSON 10: POWERFUL COLORS, POWERFUL YOU

## SHOPPING LIST

### Ingredients to buy:

#### Fresh Produce:

- Bell peppers
- Mushrooms
- Strawberries
- Blueberries
- Bananas
- Lime (for zest)
- Red onions
- Garlic cloves

Please see recipe for amounts, varies by class size

#### Dairy:

- Shredded cheese, Mexican blend
- Plain Greek yogurt

#### Pantry Staples:

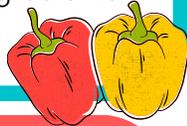
- Black olives
- Raisins
- Paprika
- Cumin

### Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla extract
- Honey
- Salt

## OBJECTIVES

- Identify the rainbow food benefits in diet
- Explore how food with vibrant colors can make meals fun, healthy, and energizing.
- Learn the dicing technique to safely chop ingredients for cooking.



## STAR INGREDIENT : RED PEPPER

- Peppers are native to Mexico, Central America, the Caribbean and northern South America. Pepper seeds were imported to Spain in 1493 and then spread through Europe and Asia.
- The most common colors of bell peppers are green, yellow, orange and red.
- A red bell pepper supplies twice the vitamin C and eight times the vitamin A content of a green bell pepper.



## INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Show students the colorful ingredients we'll be using and ask, "What do you think we're making today?" Explain that the recipe comes from the Peruvian Super Cuisine dishes!
- Introduce the first recipe: stuffed peppers, a colorful and nutrient-packed dish. Share how peppers and other ingredients in today's recipe are full of "superpowers" that help keep us healthy.
  - Today, we'll learn how to use food as our superhero fuel, turning these colorful ingredients into meals that power up our hearts, brains, and bodies! Each color we eat brings its own special power to our bodies.
- Before starting the recipe, highlight the importance of dicing. Share that dicing ingredients into even pieces helps them cook evenly and makes the dish look beautiful and professional.
- Encourage students to think about how food fuels them daily.
  - "When you run, solve puzzles, or just staying active, the right foods help your body and mind perform like a superhero.
- Remind students that by the end of the class, they'll not only know how to prepare this colorful dish but will also understand how to power their bodies with colorful, nutrient-packed foods.

## ENGAGEMENT TIPS



To give everyone a turn, split measuring into smaller parts. For example, instead of one student measuring all the cheese or yogurt, have several students each measure a portion.



When students are chopping, review the bear claw technique. Check in often and encourage them to chop ingredients finely and safely.

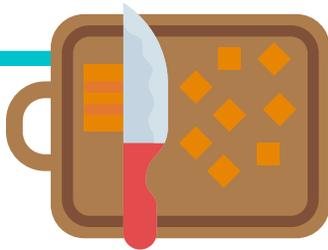


While zesting, let each student take a turn. Count "1-2-3-4-5 PASS!" to keep it fun and moving.

# LESSON 10: POWERFUL COLORS, POWERFUL YOU

## STAR TECHNIQUE: DICING

- Dicing means to cut an ingredient into small cubes or squares that are about the size of the tip of your thumb or dice that you use in a board game.
- Which tools do you use to dice? Knife, cutting board
- What types of food do you dice? Fruits, veggies, meats
- Why do we dice ingredients? Dicing ingredients makes it easier to mix them into recipes, allows them to cook more quickly and gives you several flavors in one bite.



## COOKING PRO

Olives are actually a fruit, not a vegetable! They are naturally very bitter when picked fresh and need to be cured or fermented to develop their signature briny flavor. This curing process can take weeks or even months, with methods ranging from brining and dry curing to lye treatment, each influencing the final taste and texture of the olive.

## DEVELOPMENT

- As you start preparing the bowl of ingredients to stuff the peppers, inform the students that eating a variety of colors not only makes our meals beautiful but also powers our bodies with unique nutrients to keep us strong and healthy.
- Ask the students "What colors do you see? What do you think these colors mean for our health?"
  - Talk about how red foods like peppers and strawberries help our hearts and memory!
  - Yellow/Orange Foods like bananas gives us energy and keeps our skin healthy!
  - Green Food like herbs, spinach, lettuce, or green peppers make us strong and help fight sickness!
  - Purple/Blue Foods like blueberries helps keep our brains sharp!
- Discuss how eating a variety of colors ensures we get a wide range of vitamins and minerals.
  - When you eat colorful foods, you power different parts of your body!
  - Think of the rainbow on your plate as armor that keeps you energized and healthy.
- While assembling kabobs, emphasize the fun in creating a colorful "rainbow stick."
- Discuss how each color represents a "superpower" for the body (red for heart health, yellow for energy)
- Encourage students to think about their favorite colorful meals and adding more colors.
- Discuss how they can replicate the recipe at home with family using different colored veggies and fruits.
- Ask students: "What powerful colors will you add to your plate this week to feel strong and healthy?"



## END OF CLASS CHECKLIST

 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal