

# LESSON 11:

## TZATZIKI & MEDITERRANEAN WRAP

### TZATZIKI

Ingredient	Students Per Class		
	10	15	20
Plain Greek yogurt	1 cup	1 1/2 cups	2 cups
Garlic clove	1	1 1/2	2
Cucumber	1/2	3/4	1
Dried dill	1/2 tbsp	3/4 tbsp	1 tbsp
Lemon	1	1 1/2	2
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp
Other: Salt and pepper to taste			
🚫: Make sure it is Peanut, Nut, and Sesame FREE			

#### PREP BEFORE CLASS:

Wash cucumber

#### Directions:

1. For the Tzatziki, have students squeeze the lemon into a bowl and remove any seeds. Measure yogurt into the bowl.
2. Peel the garlic clove and dice, add to bowl
3. Grate the cucumber into the bowl with the yogurt.
4. Have students measure the remaining ingredients and add to the bowl. Stir well to combine.



#### DID YOU KNOW?

Tzatziki is a cold yogurt dish with chopped-up cucumber or other vegetables.



#### DID YOU KNOW?

Olive Oil is high in healthy unsaturated fats.

### MEDITERRANEAN VEGGIE WRAP

Ingredient	Students Per Class		
	10	15	20
Cucumbers	2	3	4
Tomatoes	2	3	4
Chopped parsley	1/4 cup	1/3 cup	1/2 cup
Olive oil	3 tbsp	4 1/2 tbsp	6 tbsp
Lemons	1/2	3/4	1
Tortillas 🚫	10	15	20
Other: salt and pepper to taste			
🚫: Make sure it is Peanut, Nut, and Sesame FREE			

#### PREP BEFORE CLASS:

Wash cucumber, tomato, and parsley.

#### Directions:

1. Have students chop the cucumber, tomato, olives, and parsley into small pieces. Remember to remove the stems from the parsley.
2. Add all chopped ingredients to a mixing bowl.
3. In a separate mixing bowl, squeeze the lemon and remove any seeds. Have students add olive oil, salt, and pepper and whisk together.
4. Pour the dressing over the chopped vegetables and stir to combine well.
5. Take one tortilla and carefully spread tzatziki over the tortilla (from the Simple Tzatziki Recipe). Add the chopped vegetables to the tortilla. Fold the edges of the tortilla in and roll to form a wrap. Enjoy!

# LESSON 11:

## MEDITERRANEAN

### SHOPPING LIST

#### Ingredients to buy:

Please see recipe for amounts, varies by class size

##### Fresh Produce:

- Garlic clove
- Cucumber
- Lemon
- Tomatoes
- Chopped parsley (optional)

##### Pantry Staples:

- Dried dill
- Tortillas (NUT & SESAME FREE)

##### Dairy:

- Plain Greek yogurt

##### Ingredients in the Bin:

- Olive oil
- Salt and pepper

### OBJECTIVES

- ☒ Teach and Discuss Mediterranean cuisine
- ☒ Discuss the star technique and star ingredient
- ☒ Discuss common ingredients used in Mediterranean cooking
- ☒ Talk about mediterranean fun facts

### DEVELOPMENT

⌚ 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Mediterranean Cuisine
  - Do you have any favorite Mediterranean dishes?
  - Can anyone guess what dishes we may be making with the ingredients today?
    - Tomatoes, Cucumber, Tortillas, Greek yogurt
- Discuss a few popular Mediterranean dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
  - Tabbouleh: A fresh salad made from finely chopped parsley, tomatoes, cucumbers, onions, and bulgur, dressed with olive oil and lemon juice.
  - Baklava: A rich pastry made of layers of filo dough, filled with chopped nuts and sweetened with honey or syrup.



### STAR TECHNIQUE: GARNISHING

Garnishing is a fun way to add flavor, texture, and color to your dishes. Top your salad with crunchy nuts for healthy fats, a drizzle of dressing for extra flavor, or fresh herbs like parsley for a burst of freshness.

Garnishes not only make your food look amazing, but they also boost the nutrients in your meal!

### ENGAGEMENT TIPS



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



When chopping cucumber, tomato, olives, and parsley, remind students of the bear claw technique for safety. Check in often and remind students to cut small, even pieces.



Before squeezing the lemon, have students roll it on the table 5 times. Count "1-2-3-4-5 PASS!" Then squeeze into a bowl to catch seeds.

# LESSON 11: MEDITERRANEAN



## STAR INGREDIENT : GREEK YOGURT



- Greek yogurt comes from Greece and has been enjoyed for a very long time! It became popular all over the world because it's creamy and has a yummy tangy flavor.
- Greek yogurt can use it in both sweet and savory dishes.
- It's packed with protein, which helps your muscles grow strong, and probiotics, which are good for your tummy. Greek yogurt also gives you calcium for strong bones and has important vitamins like vitamin B12 and vitamin D to keep you healthy!

## EXPLORING COMMON MEDITERRANEAN INGREDIENTS



- Olive Oil: An important part of Mediterranean cooking. It has healthy fats that are good for your heart and helps keep your body healthy by reducing inflammation.



- Whole Grains: Bulgur, farro, and quinoa are full of fiber, vitamins, and minerals. They help with digestion, give you energy, and keep you feeling full for a long time.



- Tomatoes: Packed with vitamin C, potassium, and antioxidants. They help your heart stay healthy and reduce inflammation, while also adding a sweet and tangy flavor to food.



- Garlic: Garlic is known for its strong flavor and health benefits. It helps your immune system, lowers the risk of illness, and keeps your heart healthy.



- Cheese: Mediterranean cheeses like feta and ricotta are rich in calcium and protein, which help make your bones and muscles strong.



- Lemon: Lemons are full of vitamin C, which helps your immune system and makes your skin healthy. They also add a refreshing, tangy flavor to food.



- Nuts: Almonds, walnuts, and pistachios are packed with healthy fats, fiber, and protein. They help keep your heart healthy, and give you long-lasting energy.



- Chickpeas: Chickpeas are a big part of Mediterranean food. They are full of plant-based protein, fiber, and important vitamins and minerals that help keep your body strong.

## MEDITERRANEAN FUN FACTS



- The Mediterranean is home to 22 countries, including Italy, Greece, Turkey, and Spain, known for their beautiful beaches and ancient history.
- Over 480 million people live in the Mediterranean region, speaking languages like Spanish, Italian, and Arabic.
- The Mediterranean Sea is one of the world's busiest seas, connecting Europe, Asia, and Africa.
- This region is home to the Mediterranean monk seal and the Mediterranean turtle.
- The Mediterranean gave us the delicious and healthy Mediterranean diet, famous for foods like olives, fish, and vegetables.

## END OF CLASS CHECKLIST

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