

LESSON 4

GREEN BEAN FRIES AND GREEN SMOOTHIE

GREEN BEAN FRIES

Serving Size: 12 servings

Ingredients:

- 1 lb green beans
- 1/3 cup mayonnaise
- 1/3 cup grated parmesan cheese
- Salt and pepper to taste
- 1/2 cup panko breadcrumbs (NUT FREE)
- 1/3 cup ketchup (for dipping)

PREP BEFORE CLASS:

Preheat oven to 425 F. Line baking sheet with foil, grease it with oil. Wash green beans and pat dry.

Directions:

1. Distribute green beans to students and have them cut off the ends.
2. Have student helpers measure mayonnaise, parmesan cheese, salt and pepper into a small bowl. Give each student a chance to help stir until well combined.
3. Pass plastic spreading knives to each student with some of mayo and cheese mixture and have students spread it over their green beans.
4. Scoop slightly less than 1 tbsp of breadcrumbs into each student's plate and have them roll beans covered in mayo in crumbs.
5. Place beans onto the baking sheet and bake 10-12 minutes or until lightly browned.
6. Serve green beans with remaining mayonnaise mixture or ketchup. Enjoy!



DID YOU KNOW?

Kiwifruit was named after the fuzzy brown kiwi bird that is native to New Zealand.

GREEN SMOOTHIE

Makes 12 servings

Ingredients:

- 2 ½ cups cold water
- 2 cups baby spinach
- 1 kiwi
- 1 green apple
- 2 bananas
- 3 tbsp honey

PREP BEFORE CLASS:

Cut apple into quarters and remove core. Peel kiwi and divide bananas equally.

Directions:

1. Pass out a piece of apple, kiwi, or banana to each student. Have students cut whatever fruit they have into smaller chunks.
2. Measure water and spinach into blender along with chopped fruit and honey.
3. Puree until smooth.
4. Pour smoothie from blender, dividing evenly among plastic cups.
5. Enjoy!



DID YOU KNOW?

Green beans can grow on a bush or a vine.

LESSON 4:

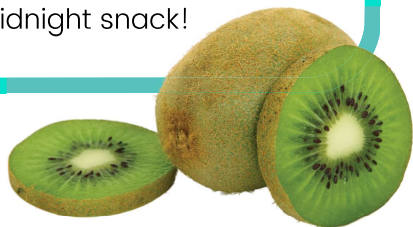
GUSTATORY GREEN

OBJECTIVES

- Describe why green fruits and veggies are important to include in our diets
- Demonstrate how to bread green beans
- Discuss kiwi fruit and why we might consider it a superfood

STAR INGREDIENT: KIWI

- Kiwis are a superfood! They have more nutrients than many common fruits. Kiwis are high in fiber, Vitamin C, E, and K, and potassium.
- Which do you think has more Vitamin C, an orange or a kiwi? A kiwi has twice the amount of Vitamin C of an orange!
- The kiwi has a fuzzy peel. Many people don't eat it but it can be eaten
- Kiwis were first grown in New Zealand. They are named after Kiwi Birds, because both are brown and fuzzy
- Kiwis are known to help you sleep better, so eat a kiwi as your midnight snack!



INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today! Can they notice anything in particular about the color of today's ingredients? Do the fruits and veggies have a color that ties them together?
- What are vitamins & minerals and why are they important? Vitamins & minerals are both substances that are found in foods. Vitamins and minerals help to support our immune systems and help us not get sick, help us grow big and strong, and help our cells and our organs do their jobs!
- How do we know how much of each vitamin we need? Many scientists put their heads together and came up with what is called the Recommended Dietary Allowance, or RDA. The RDA is an amount given to each vitamin & mineral that tells us how much we should have every day to make sure we are getting enough of each to keep us healthy and help us grow.
- Why do you think it is important to eat foods of every color? Because foods are not all the same! Just like people are different, different foods have different vitamins & minerals, all of which are important for our bodies. The more colors we have on our plate, the more we can be certain that we are getting all the vitamins & minerals that we need.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Green Bean Fries, discuss the Star Technique: Breeding.
- Me-You-Us. Teacher demonstrates how to bread green beans.
- As you are completing the Greek Yogurt Fruit Salad, discuss the Star Ingredient. Why is it important to eat green fruits and vegetables? Green veggies or fruits like spinach, broccoli, avocado contain folates, iron, vitamin K, vitamin E. Green fruits and veggies generally help the nervous system, helps us grow, keeps heart healthy, and keeps our blood healthy.

LESSON 4: GUSTATORY GREEN

STAR TECHNIQUE: BREADING

- Breading means to coat something with a batter, dough, or breadcrumbs, by using water, egg, milk, or a condiment to help the coating stick.
- What tools do you use to bread? Hands, spatula, bowls
- What types of food do you bread? Fries, fish, chicken, veggies, various appetizers (mozzarella sticks, mushrooms etc.)
- Do you fry or bake things that are breaded? Typically, you fry the things that have been breaded but it is much healthier to bake them! They can get just as crispy and delicious in the oven, with less fat or oil.

COOKING PRO

What other ingredients could we add to our smoothie? A smoothie can be very different colors depending on the ingredients. What fruits could you use to make a yellow smoothie? What about a purple smoothie? How about a red smoothie?

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Umami

ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding

TASTE TEST

🕒 2-3 min

- When the class is ready to taste food, complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see 5 Senses and 5 Tastes graphic)
- How would you describe the dish? Use 5 Tastes to describe or use adjectives from "Words to Describe Food Taste, Smell, or Texture" page at the beginning of the instructor guide
- Repeat this for the second recipe.

THUMBS UP TEST

🕒 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

CLEAN UP & DIMISSAL

🕒 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all cutting boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it - or better!
- Dismiss from classroom in an orderly line and follow school dismissal procedures.
- Any issues? Contact your Program Coordinator.