

LESSON 2

CHICKPEA SALAD AND PUMPKIN BUTTER

CHICKPEA SALAD

Serving Size: 12 servings

Ingredients:

- 1 can chickpeas
- 2 large celery stalks
- 1 granny smith apples
- 1/3 cup plain non-fat greek yogurt
- ½ lemon, 2 tsp juice needed
- 2 tbsp mustard
- Salt and pepper to taste

PREP BEFORE CLASS:

Wash celery stalks and apples and cut each into 12 individual pieces.

Directions:

1. Demonstrate to students how to open the can of chickpeas with a can opener. Allow a student volunteer to help drain and rinse.
2. Pour chickpeas into a bowl. Have a student volunteer roughly smash chickpeas with a mixing spoon or spatula. Sprinkle with a pinch of salt.
3. Distribute a piece of celery and apple to each student. Instruct students to dice celery and apple into small pieces. Add to chickpeas. Toss.
4. In a separate bowl, have students measure yogurt, mustard, and lemon juice. Whisk dressing together. Add salt and pepper to taste.
5. Pour dressing over salad mixture. Lightly toss to coat ingredients evenly.
6. Serve and enjoy!

DIDYOU KNOW?

Celery is
95%
water!



DIDYOU KNOW?

Pumpkins contain fiber, vitamin A and B, potassium, protein, and iron.



SPICED PUMPKIN BUTTER

Makes 12 servings

Ingredients:

- 2 cups medjool dates*
- 1 can pumpkin puree, 1 cup needed
- 4 tsp cinnamon
- 12 graham crackers (NUT FREE)

*can substitute figs, raisins, or dried apricots

PREP BEFORE CLASS:

To soften dates, soak in water until needed for recipe. Prepare blender.

Directions:

1. Drain dates after soaking. Pit dates.
2. Add dates to blender. Make sure they are pitted!
3. Demonstrate to students how to open the pumpkin puree with a can opener. Have a student measure puree and add to blender.
4. Blend dates and pumpkin until smooth. This may take several rounds of blending. Use a spatula to push down mixture from side of blender as needed.
5. Measure cinnamon and add to mixture until well incorporated.
6. Distribute a scoop of pumpkin butter and graham cracker to each student.
7. Have students spread mixture over their graham cracker. Enjoy!

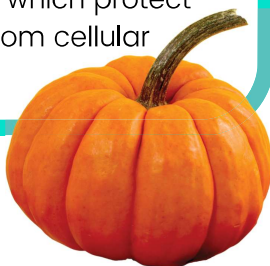
LESSON 2: OVERJOYED ORANGE

OBJECTIVES

- Explain what a pumpkin is and when it is harvested
- Explain why fiber is healthy.
- Describe how and why foods are canned

STAR INGREDIENT: PUMPKIN

- What are pumpkins? Pumpkins are technically fruits, and are part of the winter squash family, Cucurbitaceae, which includes cucumbers and melons.
- How many colors of pumpkins are there? There are over 25 different varieties of pumpkin. They come in a range of colors, including red, yellow, orange, and green.
- Why are pumpkins good for us? Pumpkins contain a high amount of fiber, which is a compound that helps keep our digestive system healthy and functioning properly.
- Pumpkins also are rich in vitamin A, which is important for eye health, and antioxidants, which protect our bodies from cellular damage.



INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- Today's Star Ingredient is Pumpkin. Ask students if they have ever had pumpkin before! If they have had pumpkin pie, have they tried other recipes with pumpkin? Although we often eat pumpkin as a dessert, it can also be turned into savory dishes, such as soups. We can also eat pumpkin seeds as a crunchy snack!
- Pumpkin, celery, and chickpeas are all excellent sources of fiber, which means today's recipes are fiber rich! Fiber helps make us full and keeps things moving in the digestive tract so that we don't have a hard time going to the bathroom! Fiber also helps our heart stay healthy, especially as our bodies get older. Without fiber, our body has a hard time getting all the nutrients from the food we eat.
- Fiber can be found in lots of different foods, including vegetables, fruits, and legumes. Which food group does celery belong to? How about pumpkin and chickpeas? Celery is a vegetable, pumpkin is a fruit, and chickpeas are a legume.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Celery Apple Chickpea Salad recipe, demonstrate the Star Technique when opening the can of chickpeas.
- In this recipe, we are using celery and apples for a little extra flavor and crunch! Are there any other fruits or vegetables that would taste good in this salad? Some examples are cranberries and green grapes.
- As you are completing the Spiced Pumpkin Butter recipe discuss the Star Ingredient.
- What is the most popular way pumpkin is eaten? Pumpkin pie! When do we typically eat pumpkin? The pumpkin is a symbol of harvest time, marking the end of the growing season for many fall crops. Pumpkins are a popular crop of the fall season.
- Re-demonstrate the Star Technique when opening the can of pumpkin puree. Discuss the Cooking Pro fact described on the next page.

LESSON 2: OVERJOYED ORANGE

COOKING PRO

How and why are foods canned? Canning allows food to be stored for a longer period of time. During this process, food is boiled in the can to kill all bacteria. The can is then sealed extremely tight to prevent any new bacteria from getting in. Because the food in the can is completely sterile, it does not spoil.

What kind of foods are found in cans? Fruits such as peaches, oranges, pineapples, etc. Vegetables such as corn, tomatoes, carrots, etc. Legumes such as chickpeas, black beans, green peas, etc. Soups such as chicken noodle and vegetable. Meat such as chicken, and seafood such as tuna.

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

STAR TECHNIQUE: CAN OPENING

- How do we open cans? Using a can opener! Both handheld and electric ones can be found in a kitchen.
- How do you use a handheld can opener? Separate the handles of the can opener and place the cutting blade on the top edge of the can. Squeeze the handles together and turn the attached crank until the lid is open. Being extremely careful, pull the lid off of the can. Always ask an adult for help when using a can opener. Practice safety to prevent cutting your fingers!

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.