

RAINBOW VEGGIE KABOBS AND LEMON DRESSING

Serving Size: 12 servings

Ingredients:

- 1 zucchini
- ½ broccoli head
- 2 bell peppers (yellow, red or orange)
- 10 cherry tomatoes or 2 large tomatoes
- 12 cocktail skewers

Marinade:

- ¼ cup olive oil
- 1 garlic clove
- Juice of ½ lemon
- ¼ tsp each salt and pepper

PREP BEFORE CLASS:

Wash the vegetables. Cut the vegetables into 12 pieces, one per student.

Directions:

1. Have students cut zucchini and bell peppers into big chunks, and break broccoli florets into smaller pieces.
2. Pass a kebob skewer to each student and have them carefully arrange veggies pieces one by one in the order that they desire.
3. Mince a clove of garlic. Add to a small bowl.
4. Demonstrate how to juice a lemon half with your hands and have a student add juice to small bowl with garlic.
5. Have students measure olive oil, salt and pepper into the bowl with lemon juice and garlic.
6. Whisk all the ingredients together.
7. Have student drizzle marinade over veggie kebobs. Enjoy!



DID YOU KNOW?

A tomato is actually considered a fruit, not a vegetable!

DID YOU KNOW?

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



FRUITY CHEESECAKE WRAPS

Makes 12 servings

Ingredients:

- 12 flour tortillas (NUT FREE)
- 1 8 oz package cream cheese
- 1/3 cup sugar
- ½ tbsp vanilla
- 2 bananas
- 2 apples or pears
- 3 kiwi

PREP BEFORE CLASS:

Wash fruit and pre-cut into 12 equal pieces. Let cream cheese sit out to soften.

Directions:

1. Have students help measure cream cheese, sugar, and vanilla into blender. Pulse until creamy and well combined.
2. Pass out tortillas, plates and spreading knives to each student.
3. Spoon cheesecake filling on to each student's plate and instruct them to evenly spread filling over their tortillas.
4. Pass pieces of fruit to each student. Demonstrate how to slice fruit into small pieces.
5. Instruct students to top their tortilla with fruit.
6. Roll the tortilla up. Cut into pinwheels if desired.

LESSON 13: REFRESHING RAINBOW

OBJECTIVES

- Identify vitamins found in a tomato
- Discuss the process of skewering ingredients
- Understand the value of healthy snacks

STAR INGREDIENT : TOMATO

- Are tomatoes a fruit or vegetable? Tomatoes are considered a fruit because they contain many seeds on the inside. However, we often use them alongside vegetables.
- Did you know? In the Aztec culture, the word tomato means “plump thing.”
- The first type of tomato ever grown was yellow. What other colors of tomatoes have you seen? Other colors include red, yellow, orange and green.
- Tomatoes are high in vitamins A and C.



INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today! Ask students what their favorite fruits and veggies are. Do they often eat fruits and veggies as a snack?
- Do you eat snacks at home? What type of snacks do you eat? Ask students how they know the difference between a snack and meal.
 - Size: Snacks are usually smaller portions than meals and often don't contain as many ingredients.
 - Time of day: Snacks are usually eaten mid-morning and mid-afternoon in between meals. For example, an after-school snack is eaten before dinner to give you a little extra energy to finish the day's activities!
- Why do we eat snacks? Snacks help keep our bodies full, satisfied, and energized between meals. Eating small, healthy snacks throughout the day will keep us from eating larger meals and unhealthy things during mealtimes.
- What do you think “healthy snack alternative” means? A healthy alternative is when you swap an ingredient in a recipe with something healthier. Example: Swapping a hamburger bun with a lettuce wrap, or swapping potato chips for a handful of nuts. Fruits and veggies make for excellent snacks because they provide our bodies with extra vitamins, antioxidants, minerals, and other nutrients.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Veggie Kebabs, discuss the Star Ingredient. Tomatoes are biologically a fruit because they have seeds on the inside, but we often view them as a vegetable from a culinary point of view because we use tomatoes in savory dishes alongside veggies such as carrots, lettuce, etc.
- Discuss the Star Technique. Why are we skewering these ingredients instead of simply putting them on a plate? If we wanted to cook these vegetables, what cooking implement could we use? What other foods can you skewer?
- Me-You-Us: 1. Teacher demonstrates how to skewer. 2. A volunteer demonstrates 3. Class skewers their veggies.

LESSON 13:

REFRESHING RAINBOW

STAR TECHNIQUE: SKEWERING

- What is skewering? Skewering means to put chunks of food on a long, skinny piece of wood or metal to hold the food together while cooking.
- What materials do you need for skewering? A metal or wooden "skewer". Usually the wooden skewers are made from bamboo wood.
- What types of food do you skewer? Popular examples are fruit, vegetables, and meats.
- Why do we skewer food in a recipe? When we want foods to cook quickly, we like them to be smaller in size. But if we cook small pieces of food over a grill, then we might drop food through the grates! Skewering helps keep all our food together.

COOKING PRO

Smashed avocado is essentially guacamole—if we didn't want to make brownies, we could make a delicious snack! However, guacamole without flavor and seasoning can be a little bland. Brainstorm a list of ingredients that could be added to the avocado to make it more flavorful.

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.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Umami