

LESSON 6

COLESLOW AND CRANBERRY PINWHEELS

PURPLE CABBAGE COLESLOW

Serving Size: 12 servings

Ingredients:

Salad:

- 1/2 head red cabbage
- ¼ cup dried cranberries
- 3 stalks celery
- 2 green onions

Dressing:

- 3 tbsp vinegar
- 2 tbsp olive oil
- 1 tbsp. mustard
- 1 tbsp. honey
- Salt and black pepper to taste

PREP BEFORE CLASS:

Wash green onions and cabbage. Chop the cabbage into sections for distribution.

Directions:

1. Have students thinly slice and shred the cabbage.
2. Chop the green onions and celery.
3. Have students combine all the salad ingredients and toss to combine.
4. Measure the dressing ingredients into small bowl. Stir until well combined.
5. Pour the dressing over the salad and toss again to mix thoroughly.
6. Enjoy!

DID YOU KNOW?

Cranberries are rich in antioxidants, which help protect your cells from damage over time!



CRANBERRY PINWHEELS

Makes 12 servings, ½ wrap per student

Ingredients:

- 8 oz. softened cream cheese
- 1 cup crumbled feta cheese
- ½ cup green onion
- ½ cup dried sweetened cranberries
- 6 spinach tortillas (NUT FREE)

PREP BEFORE CLASS:

Cut tortillas in half.

Directions:

1. Pass ½ tortilla to each student
2. Pass about 1 and ½ tablespoons of cream cheese to each student and have them spread it all over the tortilla.
3. Pass green onions to each student and have them chop into small pieces.
4. Top tortilla with chopped green onions.
5. Pass a bowl of cranberries and a bowl of feta cheese and instruct students to spoon 1 ½ tablespoons of feta and 1 tablespoon of cranberries and sprinkle all over their tortilla.
6. Roll tightly. Cut into bite sized pinwheels, if desired. Enjoy!

DID YOU KNOW?

Red cabbage can be used to make a natural dye for clothing!



LESSON 6: PERKY PURPLE

OBJECTIVES

- ☑ Describe the health benefits of cranberries
- ☑ Explain what region of the world these recipes come from
- ☑ Summarize the process of whisking

STAR INGREDIENT: CRANBERRIES

- What are cranberries? Cranberries are berries that have a tart flavor and a deep red color.
- When are cranberries usually eaten? Cranberries are typically in season in the U.S. from October until December, which is why they're a popular ingredient in many holiday dishes!
- Why are cranberries good for us? Cranberries are rich in fiber and various vitamins, including vitamin C, which is important for keeping our skin, muscles, and bones healthy. They are also rich in 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?
- What color connects these two recipes? Dark red, maroon, or purple isn't a common color when it comes to fresh ingredients, but both red cabbage and cranberries are immediately recognizable by their color.
- Today we are using two ingredients that can be used to make a natural dye! If you boil cranberries or red cabbage, you will end up with a red or purple liquid. This natural dye can be used for clothing, or in the kitchen as an alternative to chemical food coloring. Some red cake frosting, for example, uses cabbage juice for that bright color! Using fruits and veggies as a source of color is a great way to avoid processed food dyes.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Purple Cabbage Coleslaw recipe, discuss the Star Technique. In this recipe, we are using celery, cranberries, and red cabbage for flavor, texture, and color! What other ingredients might taste good in this coleslaw? What other ingredients would taste good in the second recipe, Cranberry Pinwheels? As a chef, it is your job to decide what flavors and textures will go into the dish you are cooking. Sometimes you can experiment and see what goes together and tastes good!
- As you are completing the Cranberry Pinwheels recipe discuss the Star Ingredient. Additionally, discuss the Cooking Pro fact.
- Cranberries are deep red because they contain high amounts of antioxidants. Antioxidants are compounds that protect our cells from damage! Eating an antioxidant rich diet helps keep you feeling healthy.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Umami

LESSON 6: PERKY PURPLE

STAR TECHNIQUE: CUSTOMIZATION

- Customization: when you have choices to choose various foods or toppings to place onto your recipe! The basic structure of the recipe is the same, but additional flavors can be added or subtracted depending on the chef's taste.
- Both of today's recipes involve customization, because we could add or subtract ingredients without changing the whole recipe.
- What are some other examples? A smoothie or parfait is another great example of customization-- you are able to choose multiple different ingredients and toppings to make a flavored masterpiece!
- Anyone can customize! No tools are required--just your knowledge of what ingredients taste good together.

COOKING PRO

The cranberries we are using in today's recipes are dried, or dehydrated. This means that the water has been removed, leaving behind the flavor and the sugar. Dried cranberries taste sweeter than fresh cranberries!

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.

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