



RAINBOW VEGGIE PINWHEELS

Ingredient	Students Per Class		
	10	15	20
Bell peppers (red, yellow, orange)	1 ½	2 ½	3 ½
Baby carrots	¾ cup	1 cup + 1 2 tbsp	1 ½ cups
Baby spinach	¾ cup	1 cup + 1 2 tbsp	1 ½ cups
Purple cabbage	1/4 small head	½ small head	¾ small head
Cream cheese 	6 oz	9 oz	12 oz
Tortillas	10	15	20

Other: Salt to taste.

: Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Wash veggies and cut into an equal number of pieces for distribution.

Directions:

1. Pulse carrots in the food processor until roughly shredded.
2. Pass a piece of bell pepper to each student.
3. Demonstrate how to slice pepper into long strips and have the students repeat the task.
4. Pass a handful of cabbage and spinach to each student. Have students finely chop using bear claw technique.
5. Pass a spreading knife with cream cheese and have students spread cream cheese on to their tortilla, almost out to the edges.
6. Have students arrange veggies in rows across the tortilla. Instruct students to fold in corners and roll up each tortilla. Walk around and help all students tightly roll the wrap. If the ends don't stay shut, you can add a bit more cream cheese for "glue" to hold together.
7. Cut crosswise into pinwheels and enjoy!




DID YOU KNOW?

Bell peppers start off green and change color as they ripen, red being the sweetest!

CREAMY FRUIT SALAD

Ingredient	Students Per Class		
	10	15	20
10 oz. can pineapple chunks	1	1.5	2
10 oz. can mandarin oranges	1	1.5	2
Medium apples	2	3	4
Grapes	1 cup	1.5 cup	2 cup
Plain yogurt	½ cup	¾ cup	1 cup

: Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Open and drain cans of pineapples and oranges. Cut apple into 10 slices and distribute to students.

Directions:

1. Instruct students to chop apples and place into bowl.
2. Have student helpers measure and mix pineapple, oranges, grapes and add to bowl.
3. Have student helps measure yogurt and add to bowl.
4. Pass around bowl to give students a chance to mix.
5. Distribute ½ cup to each student.
6. Enjoy!

LESSON 15:

EAT THE RAINBOW

SHOPPING LIST

Ingredients to buy:

Please see recipe for amounts, varies by class size

Fresh Produce:

- Bell peppers (red, yellow, orange)
- Baby carrots
- Baby spinach
- Purple cabbage
- Medium apples
- Grapes

Dairy:

- Plain yogurt
- Cream cheese

Pantry Staples:

- Tortillas (NUT & SESAME FREE)
- Canned pineapple chunks
- Canned mandarin oranges

Ingredients in the bin:

- Salt

OBJECTIVES

☒ Discover the colorful crunch of bell peppers and how they help keep our bodies strong and healthy.

☒ Practice the important kitchen skill of spreading while making pinwheels

☒ Explore how we can mix fruits and veggies in fun ways to make meals that are both tasty and good for us!

INTRODUCTION

⌚ 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Let's Explore Today's Ingredients! Show ingredients for both recipes. Hold up some of the ingredients, one at a time and ask: What do you think this is? Have you ever eaten this before? What do you think we'll make today?
- Star Ingredient: Bell Pepper
- Ask the class: What colors can bell peppers be? Are bell peppers spicy? (Nope! These are sweet!) What do bell peppers help with? (They're full of vitamin C that helps us stay healthy and strong!)
- Star Technique: Spreading
- Ask the class: What does it mean to spread something? What kinds of foods do we spread? (Peanut butter, cream cheese, etc.) Why do we spread things in cooking?
- Demonstrate spreading cream cheese or yogurt with a spatula on a tortilla or fruit. Let students try the technique during the recipe!

STAR TECHNIQUE: SPREADING



- Spreading means to move soft food across something flat.
- Which tools do you use to spread?
 - A spoon, butter knife, or kid-safe spatula.
- Why do we spread ingredients?
 - Spreading helps cover the whole surface so every bite has yummy flavor, and it helps hold other foods (like veggies) in place!



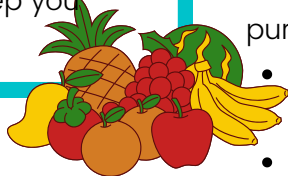
LESSON 15:

EAT THE RAINBOW

STAR INGREDIENT: BELL PEPPER



- What are bell peppers?
 - Bell peppers are crunchy vegetables that come in fun colors like red, green, yellow, and orange! They're sweet- not spicy- and you can eat them raw or cooked.
- Where do they grow?
 - Bell peppers grow on small green plants in warm places like gardens and farms.
- Why are they good for you?
 - Bell peppers help keep your body strong and healthy. They have:
 - Vitamin C to help you fight off colds
 - Fiber to help your tummy feel good
 - Water to keep you hydrated



DEVELOPMENT

⌚ 5-7 min

Let's explore why colorful fruits and veggies are good for us! We're talking all about colors in our food today!

Key Questions:

- Can you name a fruit or veggie that's red? Orange? Green? Purple?
- Why do you think it's important to eat lots of different colors?
- What's your favorite color to eat on your plate?

Rainbow Power: Why Color Matters!

- Different colors help our bodies in different ways, some help our eyes, some help our brains, and some help us grow strong!
- Eating lots of colors is a fun and tasty way to stay healthy.
- Eating lots of colors means you're getting lots of different vitamins and nutrients.
- Fruits and veggies can make meals and snacks look bright and exciting!
- Trying new colors can help you discover new foods you might love!

A good trick when picking meals or snacks is to look for different colors. Such as red strawberries, orange carrots, green broccoli, or purple grapes.

- You don't need every color at every meal—but try your best to eat a variety of colors during the day.
- The more colors you eat, the more superpowers your body gets!

ENGAGEMENT TIPS



When students are pulsing the carrots in the food processor, have one announce "Shredded!" when complete.



When students are chopping the apples, make sure they understand the bear claw technique. Monitor closely as they chop.



When students mix ingredients, pass the bowl around allowing every student to take a turn mixing the fruit in the bowl. Count to 5 and then have them pass.

END OF CLASS CHECKLIST

⌚ 10 min

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