




LESSON 8:

SUPERFOOD VEGGIE TOTS & DILL DIP

SUPERFOOD VEGGIE TOTS

Ingredient	Students Per Class		
	10	15	20
Baby carrots	2 cups	3 cups	4 cups
Broccoli	2 cups	3 cups	4 cups
All-purpose flour 	1/2 cup	3/4 cup	1 cup
Ritz crackers 	13	20	26
Grated parmesan cheese	1/2 cup	2/3 cup	1 cup
Fresh dill	1 1/2 tbsp	2 tbsp	3 tbsp
Olive oil	3 tbsp	5 tbsp	7 tbsp
Salt	1/2 tsp	2/3 tsp	1 tsp
Optional: Ranch dressing OR ketchup for dipping  : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Wash vegetables. Preheat oven to 400F. Grease baking sheet or line with foil.

Directions:

1. Pulse vegetables several times in food processor. You may need to pulse carrots and broccoli separately if there is not enough space in the food processor.
2. Place remaining ingredients into a large bowl: flour, crushed crackers or breadcrumbs, parmesan cheese, oil, and salt. Stir until combined.
3. Add blended veggies to bowl. Add fresh dill and mix to combine.
4. Form mixture into individual tots/cylinders or patties (about 1 tablespoon of mixture each) and place on baking sheet. If they do not hold their shape, add 1tbsp additional oil.
5. Bake for 15 minutes at 400F. Flip each tot and bake another 10 minutes. (Total 25 minutes). Cool. Enjoy!



DID YOU KNOW?


Olive oil comes from pressing olives and is one of the healthiest fats you can eat. It's a key ingredient in Mediterranean cooking!

DID YOU KNOW?

Carrots can have many colors, including white, purple and yellow.



DILL DIP

Ingredient	Students Per Class		
	10	15	20
Cucumber, medium	1 1/2	2	3
Garlic clove	2	3	4
Greek yogurt	1 1/2 cup	2 1/2 cup	3 cups
Fresh mint or dill, chopped	1 tbsp	2 tbsp	3 tbsp
Cold water	1 1/2 tbsp	2 tbsp	3 tbsp
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp
Other: Add salt to taste and (optional) Pita chips for serving (NUT FREE)  : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Wash cucumber and mint or dill.

Directions:

1. Have students chop the cucumber into small pieces.
2. Have students finely chop garlic
3. In a large mixing bowl, whisk yogurt, salt and mint/dill together.
4. Pour cold water in the bowl gradually and mix well.
5. Add in cucumbers and garlic.
6. Mix well, top with olive oil and serve. Enjoy!

LESSON 8:

BRAIN BOOSTING BITES

SHOPPING LIST

Ingredients to buy:

Fresh Produce:

- Baby carrots
- Broccoli
- Fresh dill
- Cucumbers
- Garlic

Dairy:

- Grated Parmesan cheese
- Greek yogurt

Please see recipe for amounts, varies by class size

Pantry Staples:

- Ritz crackers (NUT & SESAME FREE)
- All-purpose flour (NUT & SESAME FREE)

Optional:

- Ranch dressing
- Ketchup
- Pita chips (NUT & SESAME FREE)

Ingredients in the bin:

- Olive Oil
- Salt

OBJECTIVES

- ☒ Learn how to identify proteins, carbs, and fats in healthy snacks.
- ☒ Practice basic knife skills by chopping vegetables for the dill dip.
- ☒ Understand the importance of mixing.

INTRODUCTION

⌚ 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies
- Ask the students to identify the ingredients from both recipes, guess what we are making.
- Who likes snacks? What are your favorite type of snacks?
- In America, common snack foods are potato chips, pretzels, popcorn, cookies, and cheese and crackers. And while anything is okay in moderation, these are not foods that should be eaten every day since they are high in saturated and trans fats.
- The good news is there are healthy snack options - and especially when adding herbs and spices, we can turn a boring snack into a delicious treat!

COOKING PRO

Always read the entire recipe before starting! This helps you understand the steps and ensures you have all the ingredients and tools ready to go. Preparation is key to stress-free cooking!

ENGAGEMENT TIPS



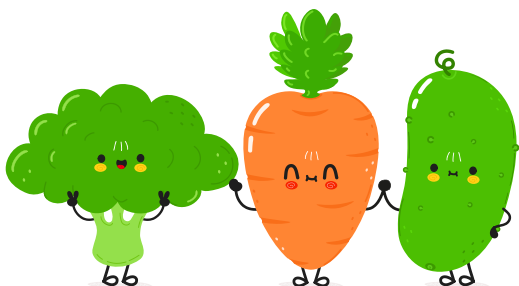
While mixing or whisking, let each student have a turn. Count "1-2-3-4-5 PASS!" to keep it moving. Remind students to use their wrists to control the tool and avoid spills.



When students chop, review the bear claw technique for safety. Check in often and encourage them to chop ingredients finely and evenly.



When using a new herb or spice, let students feel and smell it. Ask what it reminds them of and what herbs or spices they know.

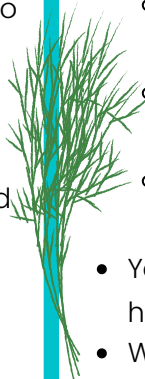


LESSON 8:

BRAIN BOOSTING BITES

STAR INGREDIENT: DILL

- Dill is an herb that is native to the Mediterranean region and parts of Western Asia.
- Dill has been used for centuries as a medicinal herb, culinary ingredient, and even as an ingredient in perfumes.
- Digestive health: Dill has been traditionally used to soothe digestive issues such as bloating, gas, and indigestion.
- Source of vitamins and minerals: Dill is a good source of vitamins A and C, as well as minerals like calcium and iron, which are important for maintaining overall health.
- Calming properties: Dill has been used as a natural remedy for promoting relaxation and reducing anxiety. Its aroma is believed to have a calming effect on the mind.



DEVELOPMENT

⌚ 5-7 min

- Healthy snacks need to contain some combination of two of these things things: protein, carb, and fat.
 - Protein - tuna, yogurt, cottage cheese, hummus, hard boiled eggs, jerky, etc...
 - Carb- quinoa, oats, sweet potato, whole grain crackers, apple, baby carrots etc...
 - Fat - avocado (or guacamole), nut or sunflower seed butter, dark chocolate, chia seeds
- You can combine these foods to create a healthy snack that satisfies hunger and leaves you feeling satisfied for longer.
- We can make the snacks more fun by seasoning them to our liking! For example - hummus and carrots can be a lot more yummy when adding garlic, salt, pepper, sesame seeds, and even some fresh herbs. A plain avocado can be made even better with "everything but the bagel" seasoning, or even adding red pepper flakes for a spicy kick!
- What combinations of snack foods and spice would you want to try?
- Can you identify the protein, carb, and fat in our first recipe: Veggie Tots? What about the dip? Why is it a healthy snack?
- The veggie tots are great snack because they are easy to make, hand-held and easy to pack on the go, and of course - delicious! They have vegetables, cheese for protein, olive oil for healthy fat, and carbs in carrots.
- Just like the first recipe, the smoothie is packed with healthy ingredients: yogurt for protein, bananas for carbs, and honey to add some sweetness.
- Both of these recipes can be customized with other foods you like; swap strawberries or mangos or dill with basil!

STAR TECHNIQUE: MIXING

- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!
- Mixing can also refer to stirring. What is stirring? Stirring means mixing ingredients together with the use of utensils, without vigorous motion, until evenly blended.



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