


## GREEN BEAN FRIES

Ingredient	Students Per Class		
	10	15	20
Green beans	1 lb	1 ½ lb	2 lb
Mayonnaise	1/3 cup	1/2 cup	2/3 cup
Parmesan cheese, grated	1/3 cup	1/2 cup	2/3 cup
Panko breadcrumbs 	1/2 cup	3/4 cup	1 cup
Ketchup (for dipping)	1/3 cup	1/2 cup	2/3 cup

Other: Salt and pepper to taste.

: **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Preheat oven to 425°F. Line baking sheet with foil, grease it with oil. Wash green beans and pat dry.

### Directions:

1. Distribute green beans to students and have them cut off the ends.
2. Have students measure mayonnaise, parmesan cheese, salt, and pepper and add to a small bowl. Give each student a chance to help stir until well combined.
3. Pass plastic spreading knives to each student and give a portion of mayo and cheese mixture. Allow students to spread mixture over their green beans.
4. Scoop slightly less than 1 tbsp of breadcrumbs onto each student's plate and have them roll beans covered in mayo in crumbs.
5. Place beans onto the baking sheet and bake 10-12 minutes or until lightly browned.
6. Serve green beans with remaining mayonnaise mixture or ketchup. Enjoy!



### DID YOU KNOW?

Green beans can grow on a bush or a vine.



### DID YOU KNOW?

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

## GREEN SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Cold water	2 ½ cup	3 ¼ cup	5 cup
Baby spinach	2 cup	3 cup	4 cup
Kiwi	1	1 1/2	2
Green apple	1	1 1/2	2
Bananas	2	3	4
Honey	3 tbsp	4 ½ tbsp	6 tbsp

Other: Cups for serving.

: **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Cut apple into quarters and remove core. Peel kiwi and divide bananas equally. Prepare the blender.

### Directions:

1. Pass out a piece of apple, kiwi, or banana to each student. Have students cut whatever fruit they have into smaller chunks.
2. Measure water and spinach into blender along with chopped fruit and honey.
3. Puree until smooth.
4. Pour smoothie from blender, dividing evenly among plastic cups.
5. Enjoy!

# LESSON 5:

## GO GREEN GOODNESS

### SHOPPING LIST

#### Ingredients to buy:

Please see recipe for amounts, varies by class size

##### Fresh Produce:

- Green beans
- Baby spinach
- Kiwi
- Green apple
- Bananas

##### Dairy:

- Grated parmesan cheese

##### Pantry Staples:

- Panko breadcrumbs (NUT & SESAME FREE)
- Ketchup
- Mayonnaise

#### Ingredients in the bin:

- Salt
- Pepper
- Honey

### OBJECTIVES

- ☒ Discuss this week's theme: Go Green Goodness
- ☒ Teach the star ingredient and demonstrate the star technique
- ☒ Talk about this week's fun facts!

### STAR INGREDIENT: SPINACH



- What is spinach?
  - Spinach is a green leafy vegetable that grows in the ground!
- Where is spinach usually grown?
  - Spinach is grown in many places, but it loves cool weather.
- Why is spinach good for us?
  - Spinach is full of iron, which helps give us energy, and it also has vitamin A to keep our eyes healthy!
- Can spinach be eaten in different ways?
  - Yes! You can eat spinach raw in salads or cook it in soups and sandwiches!

### 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.

Let's Explore Today's Ingredients! Show the ingredients from both recipes. Hold up an item, then ask:

- Can anyone tell me what this is?
- Have you ever eaten this before? Do you like it?
- What do you think we're going to make with these ingredients today?

Star Ingredient:

- As you prepare the green smoothie, highlight the Star Ingredient of the day- spinach! Let students touch or smell a spinach leaf to explore it up close.
  - Ask: What is spinach? Where is spinach usually grown? Why is spinach good for us? Can spinach be eaten different ways?

Star Technique:

- Today we're learning a new skill: tossing! Let's practice how to gently mix ingredients by tossing them together.
  - Ask: What does it mean to toss food? What tools do you use to toss? What kinds of foods do we toss? Why do we toss ingredients?
- Demonstrate how to lightly toss the panko breadcrumbs with the green beans so everything gets coated. Invite students to help toss carefully, making sure everything gets a little crunchy topping!

Let's Learn Some Fun Food Facts!

- Finish up with a quick discussion of the fun facts listed on the next page of the curriculum.

# LESSON 5:

## GO GREEN GOODNESS



### STAR TECHNIQUE: TOSSING

- Tossing means to gently move food around in a bowl to mix it all up. We toss by lifting and turning the food with our hands or a spoon. It's like giving the food a little dance in the bowl!
- Which tools do you use to toss?
  - Clean hands, tongs, or a big spoon and mixing bowl.
- What kinds of food do you toss?
  - Salad, green beans with oil, fruit pieces, or seasonings on veggies.
- Why do we toss ingredients?
  - Tossing helps coat all the food with dressing, oil, or spices. It makes sure every bite has flavor and looks mixed and ready to eat!

### DEVELOPMENT

⌚ 5-7 min

Have you ever wondered why green foods are so green? It's because of something really cool called chlorophyll

- Chlorophyll is what gives plants their green color—it's like a special green helper that lives in the leaves and veggies!
  - Say it with me: clor-oh-fill!

Green foods grow with lots of sunshine and help keep our bodies healthy and strong. When we eat green foods, we get the same power plants use to grow big and bright in the sun!

Green fruits and veggies can help:

- Give us energy to run and play
- Keep our blood and heart healthy
- Help clean our bodies on the inside!



Ask students to name some green foods they might know

### ENGAGEMENT TIPS



When students are cutting off ends from the green beans, remind them of the bear claw technique. Monitor closely as they chop.



Have students take turns pulsing the food processor until the mixture is completely smooth. When it's smooth, have the last student shout "Mixed!"



While blending, ask students to listen very carefully to the sound of the blender as it changes when the fruit is added.



### GO GREEN GOODNESS: FUN FACTS

- Cucumbers are cool and crunchy and are made mostly of water, which helps keep you refreshed on a hot day. Sometimes people even put cucumbers on their eyes to feel extra relaxed!
- Peas grow inside little green pods like tiny treasure chests! Rabbits love munching on fresh peas right from the garden.
- Green grapes grow in big bunches on vines!
- Broccoli looks like a tiny forest of trees! Some little bugs and bees like to hide under the big green leaves while the broccoli is growing.

### 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