

## RAINBOW VEGGIE PINWHEELS

Ingredient	Students Per Class		
	10	15	20
Bell peppers	2	3 1/2	4
Baby carrots	1 cup	1 1/2 cups	2 cups
Baby spinach	1 cup	1 1/2 cups	2 cups
Small head of purple cabbage	1/4	1/3	1/2
Cream cheese	8 oz	12 oz	16 oz
Small tortillas 	10	15	20
Salt and Pepper	add to taste		

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

### PREP BEFORE CLASS:

Wash veggies and cut into smaller 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. Instruct them to chop cabbage.
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 cream cheese. 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.
7. Cut crosswise into pinwheels and enjoy!



### DID YOU KNOW?

Eating crunchy and fiber-packed carrots can help keep your teeth and gums healthy



### DID YOU KNOW?

The Philippines is the second major exporter of bananas in the world.

## BANANA KIWI SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Bananas	2 1/2 large	4 large	5 large
Kiwi	3 medium	4 1/2 medium	6 medium
Low-fat milk	2 cups	3 1/2 cups	4 cups
Plain yogurt	2 cups	3 1/2 cups	4 cups
Honey	1 1/2 tbsp	2 1/2 tbsp	3 tbsp

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

### Directions:

1. Pass out bananas and kiwis to students. Have them peel the bananas and kiwis and cut into chunks. Add to blender.
2. Add milk, yogurt, and honey to blender.
3. Combine until smooth.
4. Pour into individual cups and enjoy!

# LESSON 7

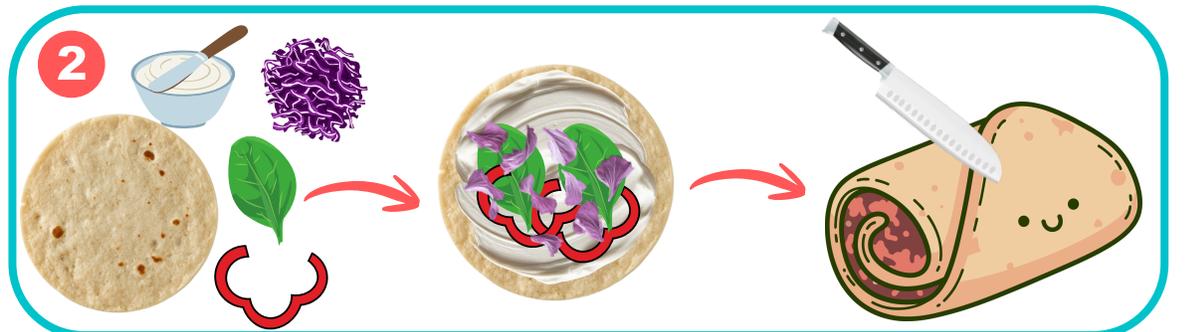
## RAINBOW VEGGIE PINWHEELS

### INGREDIENTS

Bell Peppers  
Baby Carrots  
Baby Spinach  
Purple Cabbage  
Cream Cheese  
Tortillas  
Salt  
Pepper



1 Pulse carrots in food processor and set aside. Slice cabbage and bell pepper into strips



2 Pass handful of veggies out to students. Instruct them to spread cream cheese on tortilla, then layer the veggies in a line. Lastly, roll the tortilla up and cut crosswise into pinwheels. Enjoy!

## BANANA KIWI SMOOTHIE

### INGREDIENTS

Bananas  
Kiwi  
Low-Fat Milk  
Plain Yogurt  
Honey



1 Pass out bananas and kiwis to students to cut into chunks. Add fruit, honey, milk, and yogurt to blender and blend until smooth. Serve into cups and enjoy!

# LESSON 7: VICTORY WRAPS

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

#### Fresh Produce:

- Bell peppers
- Baby carrots
- Baby spinach
- Small head of purple cabbage
- Kiwi
- Bananas

#### Dairy:

- Low-fat milk
- Plain yogurt
- Cream cheese

### Ingredients in the bin:

- Honey
- Salt
- Pepper

#### Pantry Staples:

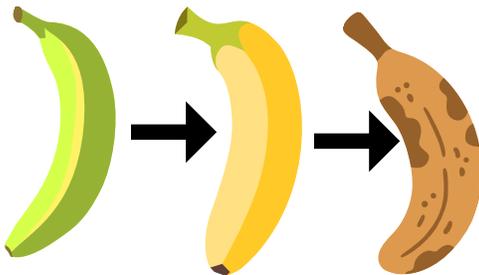
- Small tortillas (NUT & SESAME FREE)

## OBJECTIVES

- Identify one superpower of spinach
- Describe the process of spreading by using today's recipe as an example
- List one fruit or vegetable from each color of the rainbow

## COOKING PRO

Why do bananas turn brown? Enzymes are substances in food that speed up chemical processes. Certain enzymes in bananas create a chemical reaction that turn the banana from green (unripe), yellow (ripe) and then brown (overripe).



## 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. Have them guess what we might be making today.
- Discuss fruits and vegetables. Key Qs: Do you eat fruits and vegetables? Can you describe some of their colors/flavors/textures (encourage adjectives)? Discuss how fruits and veggies can be eaten as a snack or in various recipes.
- What green, leafy vegetable are we using today? Spinach.
  - Spinach is very nutritious! It is a superfood that helps keep your body strong and healthy! It's packed with iron for energy, Vitamin A for vision, calcium for strong bones, and vitamin C to fight off germs. Plus, it has nutrients like folate that give your brain a boost, and its mild flavor makes it a tasty addition to many fun recipes!
- Have students think of different colored fruits and veggies. Discuss thoughts in pairs. 2-5 students share with the class.

## ENGAGEMENT TIPS



When students are chopping, review the bear claw technique for safety. Check in often and encourage them to cut even pieces.



To give everyone a turn measuring, break ingredients into smaller parts. For example, instead of one student measuring all the yogurt, have a few students each measure a portion.



If you have free time while baking, use the Games and Movement Breaks in the curriculum to keep students engaged.

# LESSON 7: VICTORY WRAPS

## STAR INGREDIENT: SPINACH

- What is Spinach? Spinach is a green, leafy vegetable. The leaves can be either smooth or wrinkled and are roughly triangle shaped clustered in a circle called a rosette. It is a rich source of vitamins A and C and the mineral iron.
- Why is spinach good for us? Spinach is in fact, one of the most nutritious vegetables! It's high in iron, which helps build red blood cells. Red blood cells carry oxygen through the body and provide energy. It also contributes to healthy bones, eyes and teeth.



## STAR TECHNIQUE: SPREADING

- Spreading means using a utensil to make an even layer of whatever food you are spreading on your toast, tortilla, or so on!
- What tools do you usually use to measure? Knife, spoon, spatula.
- What foods do you usually measure? Typically softer foods like peanut butter, cream cheese, or pesto.
- What have you spread before? Ask kids their favorite foods to spread.



## DEVELOPMENT

🕒 5-7 min

- Me-You-Us: 1. Teacher demonstrates how to slice vegetables how to hold the knife correctly 2. A volunteer demonstrates 3. The whole class slice. Rotate around the room to observe knife holding and slicing. Provide assistance where necessary.
- As you are completing the Rainbow Veggie Pinwheel recipe discuss the following, as well as the Star Technique - spreading
- What does it mean to eat the rainbow? Just like a pot of gold, eating a rainbow of fruits and veggies makes us have golden health. Every day, try to eat one fruit or vegetable from each color of the rainbow of to make your body strong and healthy.
- Does anybody know how many servings of fruits and vegetables we should eat each day? At least five servings (raw or cooked) per day to stay healthy. Why do you think it is important to eat fruits and vegetables? They give us energy, helps us grow, keeps your heart healthy, improves memory, prevents us from getting sick and fight disease.
- As you are completing the Rainbow Pinwheel Wrap recipe discuss the Star Ingredient described.

## 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