

# LESSON 1

## QUESADILLA AND FRUIT SALAD

### BLACK BEAN AND VEGGIE QUESADILLA

Serving Size: 12 servings

#### Ingredients:

- 1 red bell pepper
- 1 zucchini or yellow squash
- 1 15 oz can black beans
- 6 whole wheat tortillas (NUT FREE)
- 1 cup monterey jack cheese, shredded
- 1 tbsp olive oil
- Salt and pepper to taste

#### PREP BEFORE CLASS:

Wash pepper, zucchini or squash, and garlic. Open, drain and rinse black beans. Cut tortillas in half. Preheat the oven to 350 degrees F. Line baking tray with foil and grease with olive oil.

#### Directions:

1. Cut bell pepper, zucchini or squash into 10 pieces and a give piece to each student.
2. Instruct students to dice their ingredients and collect everything in a large bowl.
3. Have students help you add olive oil, black beans, salt and pepper to the bowl and mix together.
4. Have students assemble their quesadillas by putting veggie mix inside their tortilla, topping with shredded cheese and folding in half.
5. Arrange tortillas on a baking sheet in a single layer and roast for about 8 -12 min. Watch carefully so they don't burn. Cooking time may vary.
6. Let quesadillas cool for 2 minutes and enjoy!

#### DID YOU KNOW?

Black beans are prized for their high protein and fiber content!



#### DID YOU KNOW?

Yogurt provides healthy bacteria for the digestive tract which can affect the entire body!



### GREEK YOGURT FRUIT SALAD

Serving Size: 12 servings

#### Ingredients:

- 1 ½ cup Greek yogurt
- 2 oranges
- 1 green apple or pear
- 2 bananas
- 2 tbsp honey
- 2 tsp vanilla extract
- 10 plastic cups for serving

#### PREP BEFORE CLASS:

Wash all fruits, peel the orange. Divide all fruit into equal pieces.

#### Directions:

1. Pass one plastic cup and one piece of each fruit to each student.
2. Instruct students to cut fruit into smaller pieces. Students can put their individual fruits into their cups.
3. Add together Greek Yogurt, 2 tbsp honey, 2 tsp vanilla extract, and mix it well.
4. Top each student's fruit cup with Greek yogurt mixture. Have them stir together if desired.
5. Enjoy!

# LESSON 1:

## REMARKABLE RAINBOW

### OBJECTIVES

- ✓ Explain what a legume is and provide two examples of a legume.
- ✓ Identify two healthy nutrients found in black beans.
- ✓ Demonstrate how to dice fruit and vegetables.

### STAR INGREDIENT: BLACK BEANS

- Black beans are a type of legume grown in pods.
- What body system do you think black beans are good for? Digestion! Black beans are high in fiber which helps us move food through the body.
- Black beans are high in a nutrient that we usually get from animal sources. Can you guess what that is? Protein!
- Black beans are a good source of antioxidants which help us fight off disease
- What is your favorite way to eat black beans?



### INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Are these ingredient that they are excited to eat? Is there an ingredient that they particularly enjoy?
- Discuss what a legume is. Key Qs: Does anyone know what a legume is? A legume is food crop which grows in a pod. Can anyone name an example of a legume? Beans, peas, lentils, peanuts.
- Why are legumes healthy for us? They are high in plant-based protein and fiber! Protein gives us the energy we need to build muscle and have energy throughout the day, and fiber helps us digest our food. Combining legumes in a meal with vegetables and carbohydrates, like we're doing here today with our quesadillas, is a great way to eat a balanced diet!
- What ingredient are we eating today that is a legume? Today in our recipe we are using black beans. Can anyone name any other types of beans? Pinto beans, soy beans, kidney beans, navy beans, cannellini beans, green beans, etc.

### DEVELOPMENT

🕒 5-7 min

- As you are completing the Black Bean Sliders & Veggie Quesadillas, discuss the Star Ingredient.
- As you are completing the Greek Yogurt Fruit Salad, discuss the Star Technique.
- Discuss: "Claw technique"- (the hand not holding the knife) curve your fingertips in towards your palm so your hand forms a claw and then set that hand on the food cutting, so the food can't move or slide. "Cross Chop" is often used when you need to quickly chop without worrying about presentation (small vegetables or herbs). Holding the handle of the knife with one hand, put the palm of your hand on top of the blade. Keep the tip of the blade down whilst you lift the handle of the blade to chop. As your hands are out of the way, they're safe.
- Me-You-Us. Teacher demonstrates how to dice.

# LESSON 1: REMARKABLE RAINBOW

## STAR TECHNIQUE: DICING

- Dicing means to cut an ingredient into small cubes or squares that are about the size of the tip of your thumb or dice that you use in a board game
- Which tools do you use to dice? Knife, cutting board
- What types of food do you dice? Fruits, veggies, meats
- Why do we dice ingredients? Dicing ingredients makes it easier to mix them into recipes and allows the to cook quicker

## 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

## 5 SENSES

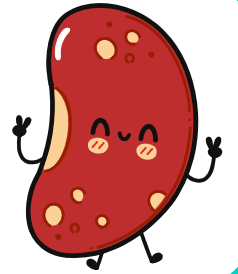
- Sight
- Smell
- Touch
- Taste
- Hearing

## 5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Umami

## COOKING PRO

A chef is never restricted by the recipe in front of them! What other beans could you substitute in these recipes? Pinto beans, kidney beans, refried beans, etc.



## 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.