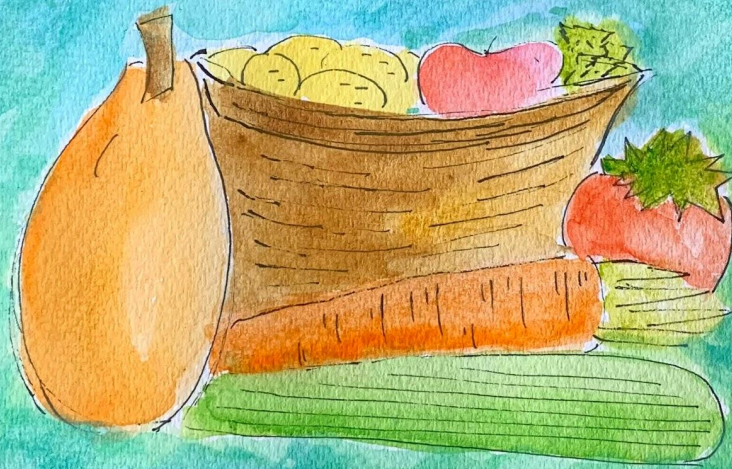


PLANT-BASED RECIPES & LESSON PLANS



VOLUME 1

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TABLE OF CONTENTS

Introduction

Hygiene Safety

Cooking Instructions

25 PLANT-BASED RECIPES AND LESSON PLANS

De-Lightful Latin Dishes

Zesty Black Bean and Corn Salad

Creamy Guacamole

Lime & Cheese Corn-on-the-Cob

Tropical Mango Salsa

Mini Yam Bean Burgers

Baja Fish Tacos with White Sauce

Easy Homemade Caesar Salad

Enticing Italian Fare

Tomato and Bread Salad

Quick Cookin' Gourmet Mac n' Cheese

Pizza and Calzone Dough

Farmers' Market Pizza

Three-Cheese Spinach Calzones

Appetizing Asian Cuisine

Poppin' Edamame Salad

Sweet-n-Sour Tofu Bites



Roasted Broccoli “Trees”

Marvelous Mushroom Potstickers

Soy Scallion Dipping Sauce

Mouthwatering Mediterranean Meals

Crispy Pita Chips

Tangy Tzatziki (Cucumber and Yogurt Dip)

Roasted Red Pepper Hummus

The Ultimate Greek Salad

Mini Spinach Pies

Rainbow Couscous Salad

Delectable Desserts

Heavenly Banana Ice Cream

Very Berry & Creamsicle Smoothies

Caramelized Bananas with Vanilla Ice Cream

End-of-Course Study Questions



INTRODUCTION

Emerging data from several studies validates the effectiveness of hands-on learning as a way to change behavior. Hands-on activities such as cooking and gardening are powerful ways to teach healthy habits to children. Kids and adults are much more receptive to dishes that they've helped prepare. Preparing meals with them will create a sense of ownership and encourage them to try new foods, flavors, and textures.

Learning how to cook from scratch also means that families that are on a budget can make large meals with nutritious, inexpensive plant-based ingredients. Cooking is a crucial life skill and will facilitate the transition to adulthood for kids of all ages. It can also teach responsibility and boost confidence and self-worth.

Aside from instilling healthy habits that can last a lifetime, cooking with kids has extensive benefits. Cooking leads to different ways to teach kids about time management, budgeting, weighing, sequencing, measuring, problem solving, sharing, and improving fine motor skills. Cooking also provides natural opportunities to teach kids about sustainability, food justice, science, and culture. The lesson plans in this document provide suggestions for extension activities that will encourage students to connect what they are doing in the kitchen to the world around them.

Lastly, cooking lessons are fun! Cooking can create quality time for your students or your family to turn off their electronic devices and make memories together in the kitchen. Cooking with kids early can help them view cooking as an important social activity and find the joy in it as they move forward in life.



HYGIENE AND SAFETY

Personal Hygiene

It's important to spend time teaching children how to properly wash, rinse, and dry their hands, no matter how old they are. The ideal amount of time for hand washing is at least 20 seconds. It is helpful to teach younger children to sing a familiar song like the A-B-C's to help them to wash their hands for long enough. Kids should not be allowed to touch above their necks after they have washed. Kids with long hair should have it pulled back. It's important to encourage hand-washing frequently throughout the cooking activity. Teach about germs and why we don't want to share them while we cook.

Food Safety and Cross-Contamination

If you're working with meat, poultry, or fish, teach the kids that it's important to use a clean plastic cutting board (as opposed to wood, which is porous and can absorb bacteria). Some families use colored electrical tape to identify different tools for different uses.

They should also learn to never use the same tools and cutting board to cut animal products along with produce. This prevents cross-contamination. The meat, knife and cutting board should be thoroughly cleaned by an adult with hot soapy water (or in a dishwasher) and air dried before further use.

Emergency First Aid

Make sure you have an emergency kit with Band-Aids, burn cream, non-stick bandages, tape, finger cots, and disposable gloves.

If there is an accidental cut or burn, stay calm, so that the kids stay relaxed. Have them hold burns under cold water for several minutes. Clean and rinse the wound with water. Dry it well and bandage it. Be sure to keep it clean and dry, and be on the lookout for signs of infection.

Fire Safety

It's a good idea to store a fire extinguisher in a spot that older children can reach. Kids should be taught what to do if there is a fire: they should not throw water on it but, rather, they should find an adult who can cut off its oxygen supply (like putting a lid on a pot or keeping the oven shut).

Legal disclaimer:

The contents of this document are for informational purposes only and should not be considered professional medical advice. The health information is not a replacement for seeing a doctor or professional. New foods or ingredients should be reviewed by a medical practitioner for any medical patients. The author assumes no responsibility or liability for any errors or omissions in the content of these recipes or on the site. The information contained in this site is provided on an "as is" basis with no guarantees of completeness, usefulness or timeliness. Any injuries that



result in the kitchen are not the responsibility of the author. In no event will the author of this document be responsible for any indirect or direct incidental damages or harm.

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Lesson: Zesty Black Bean and Corn Salad

OBJECTIVES:

- Students will practice motor skills through mixing and chopping.
- Students will become familiar with the basics of salad preparation.
- Students will learn about the nutrient content of corn and fresh herbs.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free and dairy-free.

PREP TIME: About 20 minutes

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 15 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Can opener • Strainer or colander • Chef's knife • Plastic or butter knives • Cutting boards or plastic plates • Big spoon • Whisk or fork • Measuring cups (for dry ingredients) • Measuring spoons	• 2 medium bowls • Mini prep bowls or small bowls (if working with students under 6) • Latex gloves (if using whole jalapeño pepper) • Plastic juicer (for squeezing lemon, optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Precook corn if needed and place in a small bowl to cool for 10 minutes.
- ☐ If working with children under 6, dice onion and mince garlic.
- ☐ If working with children under 8, mince jalapeño pepper (if using).
 - ☐ Latex gloves are advised when mincing jalapeño pepper.
- ☐ If working with children under 10, drain and rinse beans (and corn, if using canned).
- ☐ Arrange all ingredients and equipment at a work station.



Shopping List

You'll likely have some of these ingredients on hand, so check your kitchen first!

- 1 small red onion
- 1 bulb garlic (only 1 clove is needed)
- 1 small bunch cilantro
- 1 lemon
- Two 15-ounce cans of corn OR one 16-ounce bag of frozen corn OR 2 ears fresh corn
- One 15-ounce can black beans
- 1 small bottle olive oil
- Kosher salt or sea salt
- 1 black pepper grinder
- Optional: 1 jalapeño pepper or 1 small bottle chili powder

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can:
 - ☐ Wash cilantro (if using) in a colander.
 - ☐ Tear cilantro leaves (if using) from stems.
- ☐ Students 10 and up can drain and rinse beans (and corn, if using) and add to a medium bowl.
- ☐ Students 8 and up can mince jalapeño pepper (if using) while wearing latex gloves.
- ☐ Students 6 and up can:
 - ☐ Dice onion and mince garlic under close supervision and add to beans and corn.
 - ☐ Chop cilantro under close supervision. Demonstrate how to chop herbs first.
 - ☐ Cut lemon in half (if using plastic juicer) or quarters (if squeezing by hand) using a plastic or butter knife.
- ☐ Students 2 and up can squeeze lemon into a small bowl using a plastic juicer or by hand.
- ☐ Students 6 and up can measure olive oil and lemon juice into a medium bowl.
- ☐ Students 2 and up can:
 - ☐ Whisk olive oil and lemon juice together and pour over the bean and corn mixture.
 - ☐ Stir to combine.
- ☐ If using, adults can add a pinch of chili pepper.
- ☐ Students 2 and up can gradually add salt, pepper, and cilantro and continue to mix.
 - ☐ Cilantro can be served on the side for picky eaters.
 - ☐ While adding salt, pepper, and cilantro, ask students to taste the salad and see what it needs more of.
- ☐ Before serving, allow salad to sit for at least 15 minutes.

**CLEAN-UP:**

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge. Wipe down cooking surfaces.

ACTUAL RECIPE**Ingredients**

One 15-ounce can black beans (or 2 cups cooked)
2 cups corn kernels (fresh, frozen and thawed, or canned)
2-3 tablespoons scallions, finely diced
1 tablespoon parsley, chopped
¼ teaspoon garlic, minced
3 tablespoons olive oil
2 tablespoons freshly squeezed lime juice
(about 1 lime)
¼ teaspoon kosher salt or sea salt
Freshly ground pepper to taste
2 tablespoons cilantro, minced
2-3 tablespoons crumbled feta
Optional: minced jalapeño pepper or pinch of chili powder
For serving: tortillas, rice, quinoa, mixed greens or corn chips (optional)

KIDS 8 and up: Clean off the top of the canned beans (and canned corn, if using). Open the can and drain the liquid. Rinse the beans off in a colander and drain well. Combine the beans and the corn in a medium-sized mixing bowl.

KIDS 2 and up: Add the onion and garlic to the beans and corn. In a small bowl, whisk the oil and the lemon juice together and pour over the bean mixture. Stir to combine. Season with salt and pepper. Fold in the cilantro (or serve it separately for picky eaters) and stir. Let the salad stand for 15 minutes (or up to 1 day in the fridge) to allow flavors to blend. This salad is best served at room temperature. Store the salad in a sealed container in the refrigerator for up to 3 days.

Serves: 4

Disclaimer: All directions and recipes are suggestions only. Every child has different capabilities. Use your judgment when determining appropriate activities for your child. We are not responsible for any accident, injury, or damage that may occur in relation to any lesson plan. Recipe by Julie Negrin © 2010

**EXTENSIONS:**

- **History Mystery:** Corn has been the staple crop for people in many countries. Can you research where corn is often consumed?
- **Nutrient content:** What is the nutrient content in corn? Which vitamins and minerals does it contain? How much fiber per ear of corn?
- **Culinary Skills:** Students will learn new culinary skills, and how to prep “mise en place” which means everything in its place - for a group cooking project. Cilantro looks similar to parsley but has a very different taste. If you have fresh parsley in your kitchen, bring out both herbs and ask students to describe how they look similar and different. Then, ask if they want to taste them. What do they think? Which minerals and trace minerals are found in these fresh herbs and others?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Creamy Guacamole

OBJECTIVES:

- Students will practice motor skills through scooping, mashing, and chopping.
- Students will understand that fats are an important macronutrient and why they're important in a health diet.
- Students will learn about the ripening process of fruits.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free and dairy-free.

PREP TIME: About 15 minutes

LESSON TIME: About 30 minutes

CLEAN-UP TIME: About 15 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Chef's knife • Plastic or butter knives • Cutting boards or plastic plates • Measuring spoons • 1 medium bowl • Big spoon • Whisk or large fork	• Mini prep bowls or small bowls (if working with students under 6) • Latex gloves (if using whole jalapeño pepper) • Plastic tablecloth (optional) • Plastic juicer (for squeezing lime, optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
 - ☐ If desired, buy ingredients for a meal to serve with the guacamole. Tacos, quesadillas, burrito bowls, tostadas, and burritos are fun options!
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ If working with children under 6, seed and dice tomato, dice onion, and mince garlic.
- ☐ If working with children under 8, mince jalapeño pepper (if using) before class.
 - ☐ Latex gloves are advised for mincing jalapeño pepper.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 2 ripe avocados (or unripe, if you have time to let them ripen)



- 1 lime
- 1 head of garlic (you only need one clove)
- 1 fresh on-the-vine or plum tomato
- 1 small red onion
- Kosher salt or sea salt
- 1 pepper grinder
- Optional: 1 jalapeño pepper
- Optional: tortilla chips for serving

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can wash the tomato.
- ☐ Students 6 and up can:
 - ☐ Dice onion, mince garlic, and seed and dice tomato with a plastic or butter knife.
 - ☐ Cut lime in half (if using plastic juicer) or quarters (if squeezing by hand) with a plastic or butter knife.
 - ☐ Cut the avocados in half with plastic or butter knife and remove pit.
 - ☐ Use a spoon to scoop avocado "flesh" into a medium bowl.
- ☐ Students 8 and up can mince jalapeño pepper (if using) while wearing latex gloves.
- ☐ Students 2 and up can:
 - ☐ Mash the avocado with a fork until creamy.
 - ☐ Squeeze lime into the avocado.
 - ☐ Gradually add salt, pepper, and garlic and continue to mix.
 - ☐ Gently fold in the tomatoes and the red onion.
- ☐ Students 8 and up can add jalapeño pepper, if using.
- ☐ Chill the guacamole for 15 minutes in the refrigerator to allow flavors to blend.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to the sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge. Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

2 ripe avocados
 1 tablespoon freshly squeezed lime juice (about 1 lime)
 ½-1 teaspoon garlic, minced (about 1 garlic clove)
 Kosher salt or sea salt to taste
 Freshly ground pepper to taste
 1 on-the-vine or plum tomato, seeded and diced



2 tablespoons red onion, finely diced

Optional: ½-1 teaspoon jalapeño pepper, finely minced

KIDS 6 and up: Cut the avocados in half with a butter knife and remove the pit. While holding half the avocado, scoop out the avocado “flesh” using a spoon. Put the avocado flesh in a medium-sized bowl, discard the skin, and repeat with the other avocado half.

KIDS 2 and up: Mash the avocado with a fork and mix in the lime juice, stirring well until it has reached a creamy consistency. Add the garlic, salt, and pepper. Gently fold in the tomatoes and the red onion (and jalapeño, if using). Chill the guacamole for 15 minutes in the refrigerator to allow flavors to blend.

Cooking Tips:

- For picky eaters, make a batch of guacamole without red onions and/or garlic.
- The key to luscious guacamole is finding the right avocados. Look for avocados that are dark green and indent just a little when squeezed. If they are unripe (hard and bright green), store them in a paper bag for a couple of days to speed up the ripening process or put them in the fridge to slow it down.
- When mincing the garlic, add some salt on the cutting board – it makes it easier to mince and also blends the flavors together.

Serves: 4

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EXTENSIONS:

- **Nutrition Nugget:** Avocados are full of good fats. Can you name the types of fats? Do you know what their building blocks are? And why are fats considered an important macronutrient? What role do fats play in maintaining our overall health?
- **Biology Bite:** How are avocados grown? Some fruit continues to ripen even after it is picked. If the avocados you buy are not yet ripe, place them on your counter and ask students to take note of how they look and how they feel every day. You could also keep one in a paper bag and the other on the counter and ask students to compare the difference in their changes. Also, why are the right important nutrients necessary for brain health and learning new topics? And why are the right nutrients so important for excelling at sports?
- **History Mystery:** Which countries use avocado frequently in their cooking? Can you draw maps of the countries that utilize them the most and list the different ways they’re prepared, in cold dishes to heated ones?

EVALUATION:



These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Lime & Cheese Corn-on-the-Cob

OBJECTIVES:

- Students will think about the importance of food to culture.
- Students will learn about the carbohydrate food group and why it's an important macronutrient.
- Students will learn how to prepare a high-fiber snack.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free. Contains dairy.

PREP TIME: About 30 minutes

LESSON TIME: About 30 minutes

CLEAN-UP TIME: About 15 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Large pot with cover and steamer basket OR a grill (for cooking corn) • Chef's knife • Butter knives or plastic knives • Cutting boards or plastic plates • Oven mitts or potholders • Measuring spoons • Clean dish towel	• Corn-on-the-cob holders (or bamboo skewers) • Mini prep bowls or small bowls (if working with students under 6) • Grater (if using Monterey Jack or Parmesan cheese) • Plastic juicer (for squeezing lime, optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Cook corn:
 - ☐ Shuck corn which is removing the outer tough husk (ask students 2 and up to help!) and break each cob in half. Put a steamer basket in a large, wide pot and fill it with a few inches of water. Arrange the corn in the steamer basket so that it's not overcrowded. Cover and steam the corn over medium-high heat for about 15 minutes or until the corn is bright yellow and tender. If you have access to a grill, you can grill the corn instead. You can also boil it.



- ☐ Let the corn cool down for a few minutes before handling it. If the cobs are still warm, grab them with a clean dish towel. Drive a bamboo skewer into the wide end of each cob, so that you can hold it without touching the kernels. Or, you can use corn-on-the-cob holders if you have them.
- ☐ Let cool enough for children to handle but not so cool that mayo doesn't melt.
- ☐ If working with students under 6:
 - ☐ Grate Monterey Jack or Parmesan cheese, if using.
 - ☐ Cut lime into quarters.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 4 ears of corn
- 1 lime
- 1 small block feta, Cotija cheese, Monterey Jack, or Parmesan
- 1 small container mayonnaise
- Bamboo skewers, if you don't have corn-on-the-cob holders
- Kosher salt or sea salt to taste
- Optional: chili powder

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can crumble queso fresco or cotija.
- ☐ Students 6 and up can:
 - ☐ Grate Monterey Jack or Parmesan cheese under close direction and supervision.
 - ☐ Cut lime into quarters using a plastic or butter knife.
- ☐ Students 4 and up can spread 1 tablespoon of mayonnaise onto each cob with a butter or plastic knife.
- ☐ Students 2 and up can:
 - ☐ Spread cheese on a flat plate or cutting board and roll each cob in it, gently pressing the cheese into the mayonnaise.
 - ☐ Squeeze about 1 teaspoon of lime juice over each cob.
 - ☐ Sprinkle salt (and chili powder, if using) over each cob.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to the sink and throw out any trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.



ACTUAL RECIPE

Ingredients

4 ears of corn
4 bamboo skewers (only adults can use them)
4 tablespoons mayonnaise
½ cup Mexican queso fresco or Cotija, grated or crumbled
4 teaspoons of freshly squeezed lime juice (about 1 lime)
Kosher salt or sea salt to taste
Optional: chili powder

ADULTS ONLY: Break each cob in half. Put a steamer basket in a large, wide pot (that has a tightly-fitting lid) and fill it with a few inches of water. Arrange the corn in the steamer basket so that it's not overcrowded. Cover and steam the corn over medium-high heat for about 15 minutes or until the corn is bright yellow and tender. (If you have access to a grill, you can grill the corn instead.) Let the corn cool down for a few minutes before handling it. If the cobs are still warm, grab them with a clean dish towel. Drive a bamboo skewer into the wide end of each cob, so that you can hold it without touching the kernels. (Or, you can use corn-on-the-cob holders.)

KIDS 4 and up: With a butter knife, spread approximately 1 tablespoon of mayonnaise onto each cob, coating the kernels generously and evenly.

KIDS 2 and up: Spread cheese on a flat plate or cutting board and roll each cob in about 1-2 tablespoons of cheese, gently pressing the cheese into the mayonnaise. Squeeze about 1 teaspoon of lime juice over each cob. Sprinkle salt (and chili powder, if using) over each cob. Serve immediately. This dish does not store well.

Serves: 4

Disclaimer: All directions and recipes are suggestions only. Every child has different capabilities. Use your judgment when determining appropriate activities for your child. We are not responsible for any accident, injury, or damage that may occur in relation to any lesson plan. Recipe by Julie Negrin © 2010

EXTENSIONS:

- **Cooking Connection:** What are the various ways that you see corn used in different recipes? What are other flavorings and spice blends that could be used in this recipe? What main dishes could you serve them with or on? Have you ever added corn to a salad? On top of pizza or in a burrito?
- **Nutrition Nugget:** Corn is a carbohydrate which is a Macronutrient. Carbohydrates are the primary source of energy for our bodies and brains. Ask students if they can think of other carbohydrate foods in their diets and the difference between “simple” carbs and “complex” ones.



- **Farm-to-Table:** In the United States, the peak season for sweet corn lasts from about May to September. Talk to students about how produce only grows in certain seasons and certain places. If possible, you can take students to a farmer's market or farm, and pick out corn and other vegetables with them for a field trip.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Tropical Mango Salsa

OBJECTIVES:

- Students will practice motor skills through peeling, cubing, and mixing.
- Students will learn about the properties of vitamins, minerals, trace minerals and fiber found in fruits and vegetables.
- Students will taste test a variety of fruits and vegetables.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free and dairy-free.

PREP TIME: About 30 minutes

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Can opener • Colander or strainer • Chef's knife • Plastic or butter knives • Big spoon • Whisk or large fork • Measuring cups (for dry ingredients) • Measuring spoons	• Cutting boards or plastic plates • 1 medium bowl • 1 small bowl • Mini prep bowls or extra small bowls (if working with students under 6) • Plastic juicer (for squeezing limes, optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Peel and cube mango before class.
- ☐ If working with children under 10, open and drain canned pineapple.
- ☐ If working with children under 8, mince jalapeño pepper, if using.
 - ☐ Wear latex gloves while mincing jalapeño pepper.
- ☐ If working with children under 6, dice onion, mince garlic, and dice Roma tomatoes or halve cherry tomatoes before class.
- ☐ Arrange all ingredients and equipment at a work station.



Shopping List

You likely have some of these ingredients, so check your pantry first!

- 2 large mangoes
- 1 pint cherry tomatoes or 2 roma tomatoes
- 1 small red onion
- 2 limes
- 1 bunch fresh cilantro
- 1 bulb garlic (you need 1-2 garlic cloves)
- One 6-ounce can crushed pineapple
- Kosher salt or sea salt to taste
- 1 black pepper grinder
- Optional: 1 jalapeño pepper or a bottle of chili powder
- Optional: tortilla chips for serving

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can:
 - ☐ Wash tomatoes and cilantro.
 - ☐ Tear cilantro leaves (if using) from stems.
- ☐ Students 8 and up can dice jalapeño pepper (if using) while wearing latex gloves.
- ☐ Students 6 and up can:
 - ☐ Chop cilantro under close supervision. Demonstrate how to chop herbs first. Or children can rip leaves up into tiny pieces.
 - ☐ Dice onion, mince garlic, and halve cherry tomatoes or dice Roma tomatoes under close supervision with a plastic or butter knife.
 - ☐ Cut the limes in half (if using plastic juicer) or quarters (if squeezing by hand) with a plastic or butter knife.
- ☐ Students 2 and up can:
 - ☐ Squeeze the limes into a small bowl.
 - ☐ Combine mango, tomatoes, red onion, pineapple, lime juice, garlic, cilantro, and jalapeño pepper or chili powder (if using) in a medium bowl.
 - ☐ Gradually add salt and pepper and continue to mix.
 - ☐ While adding salt and pepper, ask students to taste the salad and see what they think it needs more of.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty bowls and kitchen equipment to the sink and throw out any trash.
- ☐ Students 6 and up can wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
- ☐ Students 6 and up can wipe down cooking surfaces.

ACTUAL RECIPE



Ingredients

2 large mangoes, peeled and cut into cubes
 1 cup cherry tomatoes, halved (or 2 roma tomatoes, diced)
 ¼ cup red onion, finely diced
 One 6-ounce can, crushed pineapple
 2 tablespoons freshly squeezed lime juice (about 2 limes)
 1-2 teaspoons garlic, minced (about 1-2 garlic cloves)
 Optional: ½ jalapeño pepper, minced or a pinch of chili powder
 ¼ cup packed fresh cilantro, chopped
 Kosher salt or sea salt to taste
 Freshly ground black pepper

KIDS 2 and up: Combine mangoes, tomatoes, red onion, pineapple, lime juice, garlic, jalapeño pepper, and cilantro in a bowl (or pulse to desired consistency in a food processor –just be careful that you don’t blend it so long that it turns into a liquid). Season with salt and pepper and stir.

Cooking Tips:

- If you prefer a sweeter dish, omit the red onions and garlic.
- Encourage students to try new tropical fruits in this dish such as guava or papaya, in place of the mango.

Yields: 2-3 cups

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EXTENSIONS:

- **Nutrition Nugget:** Mango and pineapple are rich in vitamin C, which is important for a strong immune system. Ask students to research the vitamins and minerals in different tropical fruits, and other produce as well and write them down in columns on paper or in a spreadsheet.
- **Farm-to-Table:** Tropical fruits like mango and pineapple are grown in tropical climates. Most of the mango and pineapple bought in the United States is imported from warmer places. Talk to students about foods that are grown locally versus imported foods.
- **History Mystery:** Where was pineapple originally grown? Where was it exported to? Where are the other fruits and vegetables grown?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?



- What would I do differently next time?



Lesson: Mini Yam Bean Burgers

OBJECTIVES:

- Students will learn about the connection between fiber and digestive system health.
- Students will be introduced to new foods.
- Students will improve motor skills through food prep, mashing, and forming patties.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free and dairy-free except for burger buns. Use gluten-free and/or dairy-free burger buns if needed.

PREP TIME: About 1 hour

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 15 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Can opener • Strainer • Chef's knife • Plastic knives or butter knives • Big spoon • Measuring cups (for dry ingredients) • Measuring spoons • Cutting boards or plastic plates • Potato masher or large fork • Baking sheet • Pastry brush	• Oven mitts or potholders • At least 1 medium bowl • Mini prep bowls or small bowls (if working with students under 6) • Parchment paper (optional) • Aluminum foil (for baking potatoes, optional) • Latex gloves (if using whole jalapeño pepper) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Bake sweet potato or yam. Scrub potato, puncture with fork, and bake at 375°F for 35-40 minutes or until very tender. You can also microwave it on high until it is soft. Allow to cool.
- ☐ If working with children under 10, drain and rinse beans.
- ☐ If working with children under 8, mince jalapeño pepper (if using), wearing gloves if desired.



- ☐ If working with children under 6, slice scallions and mince garlic.
- ☐ Grease baking sheet or line with parchment paper.
- ☐ Preheat oven to 375°F.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 medium sweet potato or yam, baked
- 2 scallions
- 1 bulb garlic (you need two cloves)
- 1 egg
- 2 dozen mini burger buns (if you can't find mini burger buns, small dinner rolls or hot dog buns cut in half will work)
- Two 15-ounce cans black beans
- Small container plain breadcrumbs
- 1 small bottle olive oil
- Kosher salt or sea salt
- 1 black pepper grinder
- Optional: 1 jalapeño pepper or 1 bottle crushed red pepper flakes
- Optional: condiments or burger toppings

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can wash scallions (and jalapeño pepper, if using) in a colander.
- ☐ Students 10 and up can drain and rinse beans and add to a medium bowl.
- ☐ Students 6 and up can slice scallions and mince garlic under close supervision.
- ☐ Students 8 and up can mince jalapeño pepper (if using) while wearing latex gloves.
- ☐ Students 4 and up can:
 - ☐ Peel the cooled sweet potato or yam and add it to the beans.
 - ☐ Mash sweet potato and bean mixture with a potato masher or fork until half the mixture appears puréed and the other half is still whole beans.
- ☐ Students 2 and up can:
 - ☐ Crack egg into mixture and fold in scallions and garlic.
 - ☐ Stir in breadcrumbs. If mixture is too moist, add more breadcrumbs. It should be moist enough to bind together but not so wet that it sticks to hands.
- ☐ If using, adults can add the minced jalapeño or a pinch of red pepper flakes.
- ☐ Students 2 and up can gradually add salt and pepper to taste.
- ☐ Students 6 and up can make patties:
 - ☐ Shape the mixture into about 25 small balls.
 - ☐ Flatten balls into 2½-inch patties and place on baking sheet in single layer.
- ☐ Students 2 and up can brush each patty generously with olive oil using pastry brush.
- ☐ Adults can bake patties for about 10 to 12 minutes, then flip patties. Brush again with oil or just keep cooking until crispy around edges, for 2 to 3 additional minutes. Place on burger buns.



CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

1 medium yam, baked
 One 15-ounce cans black beans, drained and rinsed
 One 15-can adzuki beans, drained and rinsed
 2 scallions, sliced
 2 teaspoons garlic, minced (about 2 cloves)
 1 egg
 ½ tablespoon lime juice (about half lime)
 ½-¾ cup plain gluten-free almond meal or breadcrumbs
 2-3 teaspoons Italian blend spice
 ½ teaspoon celery salt
 ¼ teaspoon or more cayenne
 Kosher salt or sea salt to taste
 Freshly ground pepper to taste
 2 tablespoons olive oil, for brushing
 Optional: minced jalapeño pepper or crushed red pepper flakes
 2 dozen mini burger buns

ADULTS: Heat the oven to 375°F and bake sweet potato or yam. Rinse and scrub the potato, puncture it several times with a fork, and bake it on a pan or inside foil at 375°F for about 35-40 minutes or until it is very tender. You can also microwave it on high until it is soft. Allow it to cool.

KIDS 4 and up: Peel the cooled sweet potato (or yam), discard the peel, and set aside. Mash the beans and sweet potato in a bowl with a potato masher or fork until roughly half the mixture appears puréed and the other half is still whole beans. Fold in the scallions, garlic, and egg, and stir. Stir in the breadcrumbs. Depending on the size of the potato, you may need to add more breadcrumbs if the mixture is too moist. It should be moist enough to bind together but not so wet that it sticks to your hands. Season with salt and pepper (and jalapeño and red pepper flakes, if using).



KIDS 6 and up: Shape the mixture into approximately 25 small balls of equal size. Flatten each one into a 2½-inch patty and put on a greased baking sheet (or one lined with parchment paper). The patties can be frozen at this point.

KIDS 2 and up: Brush each patty generously with olive oil using a pastry brush.

ADULTS: Bake the patties for about 10 to 12 minutes. Pull the pan out of the oven and, with a thin metal spatula, carefully flip each patty. You can brush them again with oil or just keep cooking them until they are a little crispy around the edges, for 2 to 3 additional minutes. Serve the burgers on buns with Creamy Guacamole or ketchup. Store the burgers in a sealed container in the refrigerator for up to 4 days or freeze them for up to 6 months.

Yields: 25 small burgers

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EXTENSIONS:

- **Nutrition Nugget:** Beans are an excellent source of fiber. Fiber helps our digestive system keep moving. Fiber can be found in vegetables, fruits, whole grains, and nuts. Can students name foods they love that have fiber? How much protein is found in beans? How much does it cost to eat a bean based meal? Why is protein important for sports and athletes to perform at the best possible level?
- **Culture Connection:** Legumes are an excellent source of protein and also inexpensive. Ask students to name their favorite bean dishes and research other legumes and where they're grown and commonly served around the planet. They can also develop a grocery budget for a legume centered meal.
- **Biology Bite:** In the United States, sweet potatoes are sometimes called yams. However, they are actually two different plants. Can they describe the difference?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Baja Fish Tacos with White Sauce

OBJECTIVES:

- Students will learn about the health benefits of fish.
- Students will be introduced to new vegetables
- Students will become familiar with the principles of sustainable fishing.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Use gluten-free tamari to make gluten-free. Use dairy-free mayonnaise to make dairy-free.

PREP TIME: About 40 minutes

LESSON TIME: About 1.5 hours

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander • Chef's knife • Plastic knives or butter knives • Big spoons • Measuring cups (for dry ingredients) • Measuring spoons • Whisk or fork • Cutting boards or plastic plates • Plastic juicer (for squeezing limes, optional) • Baking sheet or broiler pan	• Baking dish (to marinate fish in) • Oven mitts or potholders • Skillet or second baking sheet (to warm tortillas, if using) • Aluminum foil • 4 medium bowls • 1 small bowl • Mini prep bowls or extra small bowls (if working with students under 6) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Slice the fish into pieces that are 4 inches long and 1½-inches wide (or have a fishmonger do it for you) and put them into a baking dish.
- ☐ If working with students under 6:
 - ☐ Pre-measure ingredients like olive oil, soy sauce, and mayonnaise into mini prep bowls so they can add them together.



- ☐ Shred cabbage, slice romaine lettuce, mince garlic, chop cilantro, and dice red onion.
- ☐ Arrange all ingredients and equipment at a work station.
- ☐ Preheat the broiler.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 small head cabbage
- 1 small head romaine
- 1 medium-sized carrot
- 1 small bunch cilantro
- 1 small red onion
- 1 bulb garlic or 1 bottle minced garlic (you only need one clove)
- 3 limes
- 1 pound white fish (tilapia, cod, or halibut)
- 1 small tub mayonnaise or plain yogurt
- 8-12 corn tortillas or taco shells
- 1 small bottle olive oil
- 1 small bottle soy sauce or gluten-free tamari
- Kosher salt or sea salt
- 1 black pepper grinder
- Optional: grated cheese, salsa, and cumin

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can:
 - ☐ Wash cabbage, romaine lettuce, and cilantro in a colander.
 - ☐ Tear cilantro leaves from the stem.
- ☐ Students 6 and up can cut limes in half (if using plastic juicer) or quarters (if squeezing by hand.)
- ☐ Students 2 and up can squeeze limes into a small bowl.
- ☐ Students 6 and up can:
 - ☐ Whisk 1 tablespoon each of lime juice, olive oil and tamari together in a medium bowl and pour the mixture over the fish. Allow fish to marinate for 15-30 minutes in the refrigerator.
 - ☐ Shred cabbage, slice romaine lettuce, mince garlic, chop cilantro, and dice red onion with a plastic or butter knife.
 - ☐ Peel and grate the carrot under close direction and supervision.
 - ☐ Measure vegetables into another medium bowl.
 - ☐ Combine 1 tablespoon of lime juice and olive oil with salt and pepper in a separate medium bowl. Pour over vegetables.
- ☐ Adults can help students 10 and up:
 - ☐ Line baking sheet or broiler pan with foil.



- ☐ Transfer marinated fish to the pan and place it 5 inches under the broiler.
- ☐ Broil fish for 8-10 minutes until the center of the largest piece is cooked through and flakes easily.
- ☐ Warm tortillas (if using) in a skillet or in the oven using large oven mitts.
- ☐ Students 6 and up can:
 - ☐ Measure mayonnaise (or yogurt), lime juice, cilantro, garlic, water, and cumin (if using) into a medium bowl and stir until smooth.
 - ☐ Put 1-2 fish pieces in each tortilla and top with vegetables and white sauce. (Add a little grated cheese and salsa, if using.)

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

2 tablespoons freshly squeezed lime juice (about 2 limes)
 2 tablespoons olive oil
 1 tablespoon wheat-free tamari or soy sauce
 1 pound white fish (tilapia, cod, or halibut)
 ½ cup shredded cabbage
 4 leaves romaine, sliced
 1 medium-sized carrot, grated
 ¼ cup red onion, diced
 Kosher salt or sea salt to taste
 Freshly ground pepper to taste
 8-12 corn tortillas or taco shells
 Optional: grated cheese or salsa

White Sauce

¼ cup mayonnaise (or plain yogurt)
 1 tablespoon freshly squeezed lime juice (about 1 lime)
 2 tablespoons chopped cilantro
 1 clove garlic, pressed (or 1 teaspoon minced garlic)
 1 tablespoon water
 Optional: 1/8 teaspoon cumin

ADULTS: Preheat the broiler. Slice the fish into pieces that are 4 inches long and 1½-inches wide (or have a fishmonger do it for you) and put them into a baking dish.



KIDS 6 and up: Whisk 1 tablespoon each of the lime juice, olive oil and tamari together in a small bowl and pour the mixture over the fish. Allow the fish to marinate for 15-30 minutes in the refrigerator. Meanwhile, prepare the vegetables and put them in a medium-sized bowl. In a separate small bowl, combine the remaining 1 tablespoon of olive oil and lime juice, salt, and pepper and pour it over the vegetables.

ADULTS: Transfer the marinated fish to a baking sheet (or a broiler pan) lined with foil and place it approximately 5 inches underneath the broiler (the heat source at the top of the oven). Broil the fish for 8-10 minutes until the center of the largest piece is cooked through and flakes easily. Warm the tortillas in a skillet or in the oven.

KIDS 4 and up: In a small bowl, combine the mayonnaise (or yogurt), lime juice, cilantro, garlic, water, (and cumin, if using), and stir them together until smooth. Put 1-2 fish pieces in each tortilla and top with dressed vegetables and white sauce. (Add a little grated cheese and salsa, if using.) Repeat this process for each tortilla. Serve immediately. Store the fish, vegetables, and white sauce in separate containers in the refrigerator for up to 4 days.

Yields: 10-12 tacos

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EXTENSIONS:

- **Culture Connection:** Ask your students where the different ingredients in this recipe come from. They can draw where each ingredient is from on a map. Have them look up how the crops are grown and how the fish is caught. They can draw the different fishing methods and research different techniques used around the world.
- **Ocean-to-Table:** Fish is a delicious and nutritious food to include in your diet. When possible, it is important to think about sustainability. What does ocean sustainability mean? Which fish have the most protein per pound?
- **Nutrition Nugget:** Fish provides lots of nutrients that support health. In particular, some fatty fish like salmon, sardines - which are an inexpensive protein - and mackerel contain omega-3 fatty acids while white fish have other important nutrients. Students can research what they are, why fish that live in cold water have certain types of fatty acids, and what the health benefits are.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Easy Homemade Caesar Salad

OBJECTIVES:

- Students will improve motor skills through chopping and mixing.
- Students will learn about vitamins and minerals in leafy greens.
- Students will be introduced to the principles of salad preparation.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Use gluten-free croutons or omit to make gluten-free. Contains dairy.

PREP TIME: About 20 minutes

LESSON TIME: 1 hour

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander or strainer • Chef's knife • Plastic knives or butter knives • Salad tongs or large spoons • Measuring cups (for dry ingredients) • Measuring spoons • Whisk or fork • Cutting boards or plastic plates • Salad spinner or dish towel	• Box grater • Plastic juicer (for squeezing limes, optional) • 1 large bowl • 1 medium bowl • 1 small bowl • Mini prep bowls or extra small bowls (if working with students under 6) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ If working with students under 6, pre-measure olive oil, mayonnaise, Worcestershire sauce, and vinegar into mini prep bowls.
- ☐ If working with students under 6, grate Parmesan cheese.
- ☐ Arrange all ingredients and all equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 2 small heads romaine lettuce
- 1 small bottle red wine vinegar



- 1 small bottle Worcestershire sauce
- 1 lemon
- 1 bulb garlic (you need two cloves)
- 1 small jar anchovy fillets or 1 small tube anchovy paste
- 1 small jar mayonnaise
- 1 small bottle olive oil
- 1 pepper grinder
- 1 block Parmesan cheese
- 1 bag croutons (or make your own from cubed bread)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can:
 - ☐ Wash and dry romaine lettuce.
 - ☐ Tear lettuce into bite-sized pieces and put into a large bowl.
- ☐ Students 6 and up can:
 - ☐ Cut lemon in half (if using plastic juicer) or in quarters (if squeezing by hand.)
 - ☐ Mince garlic and anchovies, if using.
 - ☐ Grate Parmesan cheese under close direction and supervision.
- ☐ Students 2 and up can squeeze lemon into a small bowl.
- ☐ Students 6 and up can measure red wine vinegar, Worcestershire sauce, lemon juice, garlic, anchovies, and mayonnaise into a medium bowl.
 - ☐ Students under 6 can add pre-measured ingredients into bowl.
- ☐ Students 2 and up can:
 - ☐ Whisk red wine vinegar, Worcestershire sauce, lemon juice, garlic, anchovies, and mayonnaise together.
 - ☐ Continue to whisk while another kid or an adult adds olive oil.
 - ☐ Stir in black pepper.
 - ☐ Add half the dressing to the large bowl with the lettuce.
 - ☐ Toss salad. Add additional dressing to taste.
 - ☐ Garnish salad with Parmesan and croutons

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

2 small heads romaine lettuce



- 1 tablespoon red wine vinegar
- 1/8 teaspoon Worcestershire sauce (omit for vegetarians)
- 1 tablespoon freshly squeezed lemon juice (about ½ lemon)
- 2 cloves of garlic, finely minced (about 2 cloves)
- 1 teaspoon anchovy paste or 3-4 fillets, finely minced (omit for vegetarians)
- 3½ tablespoons mayonnaise
- 1/3 cup olive oil
- Freshly ground pepper to taste
- ½-1 cup grated Parmesan cheese
- Croutons

KIDS 2 and up: Wash the lettuce and dry it well in a salad spinner or a clean towel. Tear the lettuce into bite-sized pieces.

KIDS 6 and up: Whisk the red wine vinegar, Worcestershire sauce, lemon juice, garlic, anchovies, and mayonnaise together. Continue to whisk while slowly adding the olive oil. Stir in the black pepper.

KIDS 2 and up: Just before serving, toss the lettuce leaves with half of the dressing. You can add more dressing according to taste and how much lettuce you are using. Garnish the salad with Parmesan cheese and croutons. Store the dressing in a sealed container in the refrigerator for up to a week.

Yields: ½ cup dressing

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EXTENSIONS:

- **Culture Connection:** Where was each ingredient in this recipe from? How many different lettuce variations are there besides romaine? Are there any meals that students eat at home that have ingredients from different places?
- **Farm-to-Table:** Romaine lettuce, and other similar lettuces, are often available at farmers' markets in the United States, especially in the spring. If it is available in your area, take students with you to help pick out lettuce.
- **Nutrition Nugget:** Romaine lettuce is high in vitamin A, which is good for eye health, and other nutrients too! Can students list off other nutrients found in salad greens? How many salad greens can students think of? Ask students to draw each ingredient and different varieties of vegetables, and which nutrients are found in each.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?



- What would I do differently next time?



Lesson: Tomato and Bread Salad

OBJECTIVES:

- Students will improve motor skills through chopping and mixing.
- Students will be introduced to salad dressing preparation.
- Students will learn how to use different “leftover” ingredients to reduce food waste.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Use gluten-free bread to make gluten-free. Omit cheese to make dairy-free.

PREP TIME: About 20 minutes

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander or strainer • Chef's knife • Plastic knives or butter knives • Salad tongs or large spoons • Measuring cups (for dry ingredients) • Measuring spoons • Whisk or fork • Peeler	• Cutting boards or plastic plates • Box grater (if using mozzarella) • 1 medium bowl • 1 large bowl • Mini prep bowls or small bowls (if working with students under 6) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase needed items.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ If working with students under 6:
 - ☐ Peel and dice cucumber.
 - ☐ Dice tomatoes and red pepper.
 - ☐ Mince garlic.
 - ☐ Grate mozzarella cheese.
 - ☐ Pre-measure ingredients red wine vinegar, balsamic vinegar, Dijon mustard, and olive oil into mini prep bowls so students can add together.
- ☐ Arrange all ingredients and all equipment at a work station.



Shopping List

You likely have some of these ingredients, so check your pantry first!

- 3 on-the-vine or plum tomatoes
- 1 red pepper
- ½ English cucumber or 1 regular cucumber
- Small bunch basil
- 1 bulb garlic (you only need 1 clove)
- 1 small red onion
- 1 small ball mozzarella
- ½ ciabatta or any rustic bread
- 1 small bottle red wine vinegar
- 1 small bottle balsamic vinegar
- 1 small bottle Dijon mustard
- 1 small bottle olive oil
- Kosher salt or sea salt
- Freshly ground pepper to taste

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can wash the tomatoes, peppers, cucumber, and basil in the colander.
- ☐ Students 6 and up can:
 - ☐ Peel and dice cucumber.
 - ☐ Dice tomatoes and red pepper.
 - ☐ Mince garlic.
 - ☐ Add vegetables to a large bowl.
 - ☐ Grate mozzarella cheese.
 - ☐ Measure red wine vinegar, balsamic vinegar, Dijon mustard, garlic, olive oil, salt, and pepper into a medium bowl.
 - ☐ Students under 6 can add pre-measured ingredients together.
- ☐ Students 2 and up can:
 - ☐ Whisk red wine vinegar, balsamic vinegar, Dijon mustard, garlic, olive oil, salt and pepper together until well-combined.
 - ☐ Tear bread into pieces and add to vegetables in large bowl (if serving within an hour.)
 - ☐ Pour dressing over salad and toss together.
 - ☐ Tear basil into small pieces.
 - ☐ Gently fold in basil (and mozzarella cheese, if using.)

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:



- ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
- ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

3 on-the-vine or plum tomatoes, diced
 1 red pepper, diced
 ½ English cucumber (or 1 regular cucumber), peeled and diced
 2-3 tablespoons red onion, finely diced
 ½ ciabatta or any rustic bread, cubed (about 2 cups - stale bread is best)
 4-5 basil leaves, shredded
 Optional: basil and/or fresh mozzarella, grated

Dressing

2 tablespoons red wine vinegar
 2 teaspoons balsamic vinegar
 1 teaspoon Dijon mustard
 ½ teaspoon garlic, minced (about 1 clove)
 ¼ cup olive oil
 ¼ teaspoon kosher salt or sea salt
 Freshly ground pepper to taste
 KIDS 6 and up: In a large bowl, combine the tomatoes, red pepper, cucumber, and red onion. In a separate bowl, whisk the red wine vinegar, balsamic vinegar, Dijon mustard, garlic, olive oil, salt and pepper together until well-combined.

KIDS 2 and up: Add the bread cubes to the vegetables and pour the dressing over the ingredients. Toss the salad until everything is well-coated. Gently fold in the basil (and the mozzarella cheese, if using). Serve immediately or allow the salad to sit for about 20 minutes to allow the flavors to blend. Store it in a sealed container in the refrigerator (without the bread, which will become soggy) for up to 2 days.

Serves: 4

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EXTENSIONS:

- **Culture Connection:** Panzanella is a great recipe to use up leftover stale bread. There are many recipes from around the world that are also ideal for using up



leftovers and saving food / reduce waste - what meals do your students make with leftovers? What are other ways to reduce food waste?

- **Biology Bite:** Tomatoes and bell peppers are members of the nightshade family. Nightshades also include potatoes and eggplant. What nightshade vegetables do your students like? Which nutrients are found in each of them? What crops are found in the other agricultural families such as allium family? Tubers? And so on?
- **History Mystery:** How did tomatoes travel to other countries? And how did other ingredients spread to other countries and cultures? How were tomatoes originally prepared in different countries in Europe and beyond? Can you draw a map of where food is important and exported and to where? For example, how was salt transported years ago and through which countries?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Quick Cookin' Gourmet Mac-n-Cheese

OBJECTIVES:

- Students will learn how to safely work on the stove and use a grater.
- Students will learn about vitamins and minerals.
- Students will be introduced to the science behind preparing a classic sauce.

AGES: Best for students 6 and up. Appropriate for 6-8 students. Double ingredients for larger class.

ALLERGENS: Contains gluten and dairy.

PREP TIME: About 15 minutes

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Large saucepan • Medium saucepan • Colander or strainer • Measuring cups (for dry and wet ingredients) • Measuring spoons • Oven mitts or potholders	• Big spoons • Cutting boards or plastic plates • Box grater • 1 large bowl • Mini prep bowls or small bowls • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 quart whole milk (Whole milk is recommended, but reduced- or low-fat will work too)
- 1 large block sharp Cheddar cheese
- 1 small block Parmesan cheese (or Gruyere or Swiss cheese)
- ½ stick butter
- 1 pound box elbow pasta or macaroni
- 1 small bag unbleached, all-purpose flour



- 1 bottle dry mustard
- 1 bottle ground nutmeg
- Kosher salt or sea salt
- 1 black pepper grinder

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 6 and up can:
 - ☐ Grate cheeses under close direction and supervision.
 - ☐ Measure flour, dry mustard, nutmeg, and cheese into small bowls.
 - ☐ Measure milk into a liquid measuring cup.
- ☐ Students 10 and up can:
 - ☐ Cook noodles according to package directions.
 - ☐ While noodles are cooking, melt butter in a separate medium-sized saucepan over low heat.
 - ☐ Add flour to butter and stir for about 2-3 minutes.
 - ☐ Mix in dry mustard and nutmeg, combine well, and cook for 2 more minutes.
 - ☐ Add milk to butter mixture and bring to a boil, stirring frequently to make sure that it does not burn.
 - ☐ Once milk starts to bubble up and come to a boil, stir continuously for 2 minutes until it thickens. Remove the pan from heat.
 - ☐ When noodles are done cooking, drain and transfer to a large mixing bowl.
- ☐ Students 8 and up can:
 - ☐ Carefully add both cheeses to the milk mixture in the pan.
 - ☐ Stir until cheese is fully melted and the mixture is smooth and creamy. Pour over noodles, season with salt and pepper, and stir to combine.

CLEAN-UP:

- ☐ Adults should wash the grater and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

- 1 pound elbow pasta or macaroni
- ¼ cup butter (½ stick)
- 3 tablespoons unbleached, all-purpose flour
- ½ teaspoon dry mustard
- ¼ teaspoon ground nutmeg
- 2½ cups whole milk (Whole milk is recommended, but reduced- or low-fat will work too)



- 3 cups sharp Cheddar cheese, grated
- ½ cup Parmesan cheese, grated (or Gruyere or Swiss cheese)
- ½ teaspoon kosher salt or sea salt
- Freshly ground pepper to taste

ADULTS: Cook the noodles according to package directions. When the noodles are almost done cooking, melt the butter in a separate medium-sized saucepan over low heat. Add the flour to the butter and stir for about 2-3 minutes. Mix in the dry mustard and nutmeg, combine well, and cook for 2 more minutes. Add the milk to the butter mixture and bring it to a boil, stirring frequently to make sure that it does not burn. Once the milk starts to bubble up and come to a boil, stir continuously for 2 minutes until it thickens. Remove the pan from the heat. When the noodles are done cooking, drain them in a colander in the sink and transfer them to a large mixing bowl.

KIDS 8 and up: Carefully add both cheeses to the milk mixture in the pan. Stir until the cheese is fully melted and the mixture is smooth and creamy. Pour it over the noodles, season with salt and pepper, and stir to combine. The mac-n-cheese can be stored in a sealed container in the refrigerator for up to 5 days or in the freezer for up to 6 months.

Serves: 8-10

Disclaimer: All directions and recipes are suggestions only. Every child has different capabilities. Use your judgment when determining appropriate activities for your child. We are not responsible for any accident, injury, or damage that may occur in relation to any lesson plan. Recipe by Julie Negrin © 2010

EXTENSIONS:

- **Celebrity Chef:** You can get creative with this recipe and substitute different cheeses or pasta shapes. Ask your students to create their own classic cheese sauces recipes at home and bring them in written up in a professional format - and a little taste of their sauce with sliced veggies or bread for students to sample it like fondue! They can also share ideas on how to garnish their dish, and why they prepared it the way they did.
- **Biology Bite:** Cheese is made by adding bacteria to milk. Some cheese, such as Swiss cheese, ends up with holes because the bacteria produces gas. Do you have a science room or kitchen lab to prepare your own cheese? What does that process look like?
- **Nutrition Nugget:** What other vegetables could you add to pasta dishes for extra nutrients? How could this recipe be made without dairy and still taste great for others who can't eat dairy?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?



- What would I do differently next time?



Lesson: Pizza and Calzone Dough

OBJECTIVES:

- Students will learn how yeast makes dough expand and rise.
- Students will be introduced to the basics of dough-making.
- Students will practice kneading dough.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Dairy-free. Contains gluten.

PREP TIME: About 20 minutes

LESSON TIME: About 1 hour, plus time for dough to rise

CLEAN-UP TIME: About 30 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Wooden spoon (or other big spoon) • Measuring cups (for dry and wet ingredients) • Measuring spoons • Clean dish towel or plastic wrap • 1 large glass	• 1 large bowl • Mini prep bowls or small bowls (if working with students under 6) • Candy thermometer (optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ If working with students under 6, pre-measure yeast, sugar, salt, flour, and olive oil into mini prep bowls so they can add them together.
- ☐ Arrange all ingredients and equipment at a work station.
- ☐ Heat 1 cup of water just before starting lesson. It should be warm but not hot. If you have a candy thermometer, aim for 105°-110°F.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 packet active dry yeast (not rapid rise or instant yeast)
- 1 packet granulated sugar
- 1 small bag unbleached, all-purpose flour
- 1 small bottle olive oil



- 1 small bottle vegetable oil
- Kosher salt or sea salt
- Extra flour for kneading

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 6 and up can:
 - ☐ Measure the yeast and sugar into a large glass. Add the warm water. Let mixture stand for about 10 minutes until it “proofs” (becomes frothy and creamy.)
 - ☐ Measure 1 cup of flour and the salt into a large bowl and stir with wooden spoon.
 - ☐ Pour proofed yeast into flour mixture and add olive oil. Stir together.
 - ☐ Very gradually add more flour – only $\frac{1}{4}$ cup at a time – until the mixture starts to bind together and resemble dough. You may not need the full $2\frac{1}{2}$ cups (or you may need a little more): the dough is ready when it’s still sticky but dry enough that you can handle with your hands.
- ☐ Students 2 and up can:
 - ☐ Work dough into a round ball. It will still be very sticky, which is okay.
 - ☐ Sprinkle a few pinches of flour on a dry, clean surface and use this area to knead dough for about 5-8 minutes until it comes together in a smooth, round ball. To knead, they can fold, press, and turn:
 1. Fold over the top half of the dough.
 2. Press with the heels of their palms.
 3. Turn the dough halfway around the surface.
- ☐ Students 6 and up can:
 - ☐ Wipe out the bowl the dough was in, rub it with a little oil, and place dough inside.
 - ☐ Cover bowl with a dish towel or plastic wrap so a “skin” doesn’t form on top of the dough. Let dough rise for 45 minutes to 1 hour in a warm room until it doubles in bulk.
- ☐ Students 2 and up:
 - ☐ Once the dough has risen, “punch” it down to remove air bubbles, and knead again for 3-5 minutes.
 - ☐ Once you no longer feel any air bubbles in the dough, form into a ball.

CLEAN-UP:

- ☐ Adults should wash anything hot.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.



ACTUAL RECIPE

Ingredients

1 teaspoon active dry yeast
 ½ teaspoon sugar
 1 cup warm water
 1 teaspoon kosher salt or sea salt
 2½ cups unbleached, all-purpose flour (or use up to half whole wheat flour for a hearty crust)
 1 tablespoon olive oil
 1 teaspoon vegetable oil for the bowl
 Extra flour for kneading

KIDS 2 and up: In a large glass, combine the yeast and sugar. Add the warm water (approximately 105°-110°F). Let the mixture stand for about 10 minutes until it “proofs” (becomes frothy and creamy). In a large mixing bowl, combine only 1 cup of flour with the salt. Pour the proofed yeast into the flour mixture and add the olive oil. Stir the ingredients together with a wooden spoon.

KIDS 6 and up: Very gradually add more flour – only ¼ cup at a time – until the mixture starts to bind together and resemble dough. You may not need the full 2½ cups (or you may need a little more): the dough is ready when it’s still sticky but dry enough that you can handle it with your hands.

KIDS 2 and up: Work the dough into a round ball. It will still be very sticky, which is okay.

Sprinkle a couple of pinches of flour on a dry, clean surface and use this area to knead the dough for about 5-8 minutes until it comes together in a smooth, round ball.

KIDS 6 and up: Wipe out the bowl, rub it with a little oil, and place the dough inside. Cover the bowl with a dish towel or plastic wrap so that a “skin” doesn’t form on top of the dough. Let the dough rise for 45 minutes to 1 hour in a warm room until it doubles in bulk.

KIDS 2 and up: Once the dough has risen, knead it well to remove any air bubble for at least 3-5 minutes. Once you no longer feel any air bubbles in the dough, form it into a ball, and it’s ready to be made into pizza or calzones.

If you are not using dough immediately, store it in the fridge in a sealed bag (instead of letting it rise in a bowl) for at least 12 hours or up to 3 days. Remove it from the fridge, punch it down, and let it rise again in a bowl at room temperature for about 1 hour. Form it into pizza or calzones and bake.

Yields: Dough for 1 large pizza or 6 medium-sized calzones



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EXTENSIONS:

- **Biology Bite:** Observe how yeast during a process called “proofing.” Observe what it should look like before it’s added to dough ingredients. Then, ask them to compare the look and feel of it after it rises. Explain that yeast, which is actually alive, releases a gas that makes the dough bigger. You can conduct your other experiments using yeast for other recipes.
- **Celebrity Chef:** Pizza and calzones are just the start of what you can make with this dough. There are plenty of sweet and savory options, from foccacia bread to cinnamon buns. Feel free to get creative! Write down a recipe that you’d like to make at home. If you make any changes at all in a baking recipe, it has to be carefully done with only one change at a time, and evaluated carefully for the cause and effect just like in a science experiment. If you change too many variables in one baking experiment, it’s hard to tell what’s causing the different overall result at the end. Students can prepare yeast as part of a science experiment and discover why and how it grows at different temperatures, and why it sometimes refuses to grow at all.
- **Culture Connection:** Bread is a staple food all over the world. To demonstrate this and learn more about another culture, give students a map or globe and have them point to a country or region. Then, look up breads from that region together. If any of them look tasty, you can even find a recipe and get baking! What kinds of bread do your students like?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Farmers' Market Pizza

OBJECTIVES:

- Students will consider the origins of foods they consume.
- Students will hone their creativity in the kitchen.
- Students will analyze culinary patterns across different cultures.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Contains gluten and dairy.

PREP TIME: About 20 minutes

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander or strainer • Chef's knife • Plastic knives or butter knives • Measuring cups (for dry ingredients) • Cutting boards or plastic plates	• Box grater • 12½ -inch by 17½-inch baking sheet • Mini prep bowls or small bowls • Oven mitts or potholders • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
- ☐ If working with students under 6, shred cheese and slice or chop any optional toppings.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 small bottle vegetable oil
- 1 ball pizza dough (homemade, store-bought, or from a local pizzeria)
- ¾ cup tomato sauce
- 2 balls mozzarella cheese or 16 ounce bag shredded mozzarella

Optional Toppings

- Chopped herbs (basil, thyme, rosemary, sage)
- Other cheeses (feta cheese, goat cheese, fontina)



- Vegetables (spinach, broccoli, arugula, mushrooms, sliced tomatoes, caramelized onions, roasted garlic, or roasted red peppers)
- Meats (salami, pepperoni)
- Other sauces (pesto, olive tapenade)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can wash vegetables in colander.
- ☐ Students 6 and up can:
- ☐ Shred cheese under close direction and supervision.
- ☐ Slice or chop toppings.
- ☐ Students 4 and up can:
- ☐ Rub oil on a 12½ -inch by 17½-inch baking sheet.
- ☐ Place dough in the middle of the pan and push outward toward edges until it covers the entire pan. Make sure that it is distributed evenly.
- ☐ Pinch edges to create a small crust all the way around.
- ☐ For a crispier crust, adults can bake dough by itself for 5 minutes now.
- ☐ Spread sauce over dough to the crust edge and sprinkle with cheese and toppings.
- ☐ Students 10 and up can:
- ☐ Bake pizza for 8-10 minutes or until the crust turns golden.
- ☐ Allow pizza to cool for 10-15 minutes and then cut into squares and serve.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
- ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
- ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

1 tablespoon vegetable oil
1 batch Pizza Dough
¾ cup tomato or pizza sauce
1 ½ cups shredded mozzarella cheese

Topping Ideas

Chopped herbs (basil, thyme, rosemary, sage)
Other cheeses (feta cheese, goat cheese, fontina, fresh mozzarella)
Vegetables (spinach, broccoli, arugula, mushrooms, sliced tomatoes, caramelized onions, roasted garlic, or roasted red peppers)



Other sauces (pesto, olive tapenade)

ADULTS: Preheat the oven to 450°F.

KIDS 4 and up: Rub oil on a 12½ -inch by 17½-inch baking sheet. Place the dough in the middle of the pan and use your fingers to push it outward toward the edges until it covers the entire pan. Make sure that it is distributed evenly. Pinch the edges to create a small crust all the way around. (At this point, you can bake the dough by itself for 5 minutes if you prefer a crisper crust.)

KIDS 4 and up: Spread the sauce over the dough to the edge of the crust and sprinkle with cheese and toppings.

ADULTS: Bake the pizza for 8-10 minutes or until the crust turns golden. Allow pizza to cool for 10-15 minutes and then cut it into squares and serve. You can store the pizza in a sealed container in the refrigerator for up to 4 days or you can also freeze leftovers for up to 6 months in a sealed container or ziptop bag.

Serves: 4

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EXTENSIONS:

- **Celebrity Chef:** Pizza is a great meal for students to tap into their creativity in the kitchen! Try making personal pizzas instead of one big one and letting students choose their own topping combinations. Keep an eye on the pizzas while baking because they may cook more quickly than one large pizza.
- **Farm-to-Table:** You can top this recipe with seasonal and local products. Take your students to the farmers' market to pick out produce, and cheeses to try on this pizza. Explore the different vegetables and hold taste tests. Ask them to identify each vegetable and guess which ones have certain nutrients. Whoever scores the top grade for remembering the most nutrients gets to decorate the main pizza.
- **Culture Connection:** How do other countries prepare flat bread type recipes and what kind of vegetables and herbs do they put on top?

EVALUATION:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Three-Cheese Spinach Calzones

OBJECTIVES:

- Students will be able to list different methods of food preservation.
- Students will learn about the nutritional benefits of spinach.
- Students will practice working with dough.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Contains gluten and dairy.

PREP TIME: About 20 minutes

LESSON TIME: About 1.5 hours

CLEAN-UP TIME: About 30 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander or strainer • Chef's knife • Plastic knives or butter knives • Salad tongs or large spoons • Measuring cups (for dry ingredients) • Measuring spoons • Whisk or fork • Cutting boards or plastic plates • Skillet • Baking sheet • Oven mitts or potholders	• Box grater • Rolling pin • Pastry brush • 1 medium bowl • 1 large bowl • 1 small bowl • Mini prep bowls or extra small bowls (if working with students under 6) • Parchment paper (optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
- ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Take spinach out of the freezer and let thaw.
- ☐ If using onion, dice onion and cook in olive oil in skillet until translucent, 10-12 minutes. Students 10 and up can help if desired.
- ☐ If working with students under 10 years old
- ☐ Shred mozzarella cheese and grate Parmesan cheese.
- ☐ Mince garlic.
- ☐ Grease baking sheet or line with parchment paper.



- ☐ Preheat the oven to 450°F.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 bulb garlic (you need one clove)
- 1 pint ricotta cheese
- 1 ball mozzarella cheese
- 1 block Parmesan cheese
- 8 ounces frozen spinach
- 1 ball pizza dough (homemade, store-bought, or from a local pizzeria)
- Small bag all-purpose or whole wheat flour (you only need a pinch)
- 1 bottle tomato sauce or 1.5 cups homemade tomato sauce
- 1 small bottle olive oil
- 1 bottle ground nutmeg
- Kosher salt or sea salt
- Fresh ground pepper to taste
- Optional: 1 yellow onion
- Optional: 1 small package firm tofu

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can drain spinach.
- ☐ Students 6 and up can:
- ☐ Mince garlic with a butter or plastic knife.
- ☐ Shred mozzarella cheese and grate Parmesan cheese under close direction and supervision.
- ☐ Students 4 and up can:
- ☐ Combine ricotta, mozzarella, and Parmesan cheese in medium bowl.
- ☐ Measure in spinach, garlic, nutmeg, salt, and pepper and stir.
- ☐ If using, fold in cooked onions, tofu and/or other ingredients.
- ☐ Students 6 and up can:
- ☐ Divide dough into 6 balls.
- ☐ Dust rolling pin and flat surface with a pinch of flour.
- ☐ Roll each ball of dough into 7-inch circle.
- ☐ Spoon 1/3 cup cheese filling onto one-half of the dough circle, so that it resembles a halfmoon, leaving a border for the edge.
- ☐ Fold the other half of the dough over filling and press edges together.
- ☐ Students 4 and up can:
- ☐ Seal each calzone using fingertips to crimp edges together. Press down the edges with fork tines for decoration.
- ☐ Poke the tops of calzones 2-3 times with fork to create air holes.
- ☐ Place calzones on a greased or lined baking sheet.



- ☐ Pour a little olive oil into a small bowl and brush calzones with olive oil using a pastry brush.
- ☐ Adults can bake calzones until golden brown, for 15-18 minutes. Let cool slightly.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
- ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
- ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

1 tablespoon olive oil
 ½ yellow onion, diced
 1¼ cup ricotta cheese
 ½ cup shredded mozzarella cheese
 ½ cup grated Parmesan cheese
 ¾-1 cup frozen spinach, thawed and drained (about 6-8 ounces)
 ½ teaspoon garlic, minced (about 1 small clove)
 1/8 teaspoon ground nutmeg
 ¼ teaspoon kosher salt or sea salt
 Fresh ground pepper to taste
 1 batch Calzone dough
 Pinch of all-purpose or whole wheat flour, for dusting
 2-3 tablespoons olive oil, for brushing
 1½ cups tomato sauce, for dipping
 Optional: replace ½ cup cheese with ½ cup of crumbled firm tofu (raw or cooked)

ADULTS: Preheat the oven to 450°F. In a small skillet, heat the olive oil over medium heat and cook the onion until translucent, 10-12 minutes. (Onions can be omitted if you're short on time.) Allow them to cool and set aside.

KIDS 4 and up: While the onions are cooking, combine the ricotta, mozzarella, and Parmesan cheese in a medium-sized bowl. Add the spinach, garlic, nutmeg, salt, and pepper and stir together. Fold in the cooked onions (and tofu or other ingredients, if using).

KIDS 6 and up: Divide the dough into 6 balls. Dust a rolling pin and flat surface with a pinch of flour (too much will dry out the dough). Roll out each ball of dough into a 7-inch circle. Spoon 1/3 cup of filling onto one-half of the dough circle, so that it resembles a halfmoon, leaving a border for the edge. Fold the other half of the dough over the filling and press the edges together.



KIDS 4 and up: Thoroughly seal each calzone by using your fingertips to crimp the edges together. Press down the edges with fork tines for decoration. (At this point, calzones can be frozen.) Poke the tops of the calzones 2 or 3 times with a fork to create air holes. Place the calzones on a greased baking sheet (or one lined with parchment paper) and brush each calzone with olive oil.

ADULTS: Bake the calzones until golden brown, for 15-18 minutes. Before serving to small children, allow calzones to cool a little bit since the filling will be very hot. Serve calzones with tomato sauce for dipping. Store the calzones in a sealed container in the refrigerator for up to 4 days or freeze for up to 6 months.

Yields: 6 calzones

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EXTENSIONS:

- **Culture Connection:** Calzones were designed to be a takeout option, and are still commonly sold at street vendors in Italy. Street food is an important part of food culture all over the world. What are your favorite street food recipes? Do you ever make them at home?
- **Nutrition Nugget:** Spinach is a great source of vitamins - which nutrients are found in it and other dark leafy greens? What other vegetables would taste delicious in calzones and what are the nutrients found in them?
- **History Mystery:** Calzones and pizza type dishes freeze really well in ziplock bags for last minute meals. What is the scientific mechanism of freezing, thawing and reheating foods? Freezing is a common way that food is preserved in modern times. Why do some foods freeze and re-heat better than others? What happens to the water molecules when they go from room temperature to frozen and vice versa? How can the habit of freezing leftovers reduce waste? How much money do households save each year by reducing food waste?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Poppin' Edamame Salad

OBJECTIVES:

- Students will learn about the connection between protein and the important role it plays in repairing and building cells in our bodies.
- Students will work with legumes for a plant-based protein meal.
- Students will learn about basic salad dressing preparation.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free and dairy-free.

PREP TIME: About 30 minutes

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Small saucepan or microwavable dish (for cooking edamame/corn) • Can opener (if using canned corn) • Strainer or colander • Peeler • Chef's knife • Plastic or butter knives • Cutting boards or plastic plates • Plastic juicer (for squeezing lemon, optional)	• Big spoon • Whisk or large fork • Measuring cups (for dry ingredients) • Measuring spoons • 2 medium bowls • 1 small bowl • Mini prep bowls or extra small bowls (if working with students under 6) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
- ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Cook edamame according to package directions. Drain and transfer to a medium bowl to cool for 10 minutes.
- ☐ Precook corn and cool for 10 minutes.
- ☐ If using canned corn and working with students under 10, drain and rinse corn.
- ☐ If working with students under 6:
- ☐ Peel and dice carrots.



- ☐ Pour mirin, rice vinegar and toasted sesame oil into mini prep bowls so students can add them together.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 large carrot or 1 small bag baby carrots
- 1 lemon
- 10-ounce bag of shelled, frozen edamame
- 1 small bag frozen corn OR 1 can corn kernels OR 2 ears fresh corn, cooked and shucked
- 1 small bottle mirin (Japanese rice wine)
 - You can substitute honey or maple syrup
- 1 small bottle rice vinegar
- 1 small bottle toasted sesame oil
 - If you can find it, **toasted** sesame oil is highly recommended
- Kosher salt or sea salt
- 1 black pepper grinder
- Fresh cilantro (optional)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 10 and up can drain and rinse canned corn.
- ☐ Students 2 and up can:
 - ☐ Wash carrots and cilantro in the colander.
 - ☐ Tear cilantro leaves (if using) from stems.
- ☐ Students 6 and up can:
 - ☐ Peel and dice carrots under close direction and supervision with a peeler and plastic knife. Add to edamame.
 - ☐ Demonstrate how to chop herbs, students chop cilantro under close supervision.
 - ☐ Cut lemon in half (if using plastic juicer) or quarters (if squeezing by hand).
- ☐ Students 2 and up can squeeze lemon into a small bowl.
- ☐ Students 6 and up can measure lemon juice, mirin, rice vinegar and toasted sesame oil into a medium bowl.
 - ☐ Younger students can pour pre-measured ingredients into a bowl.
- ☐ Students 2 and up can:
 - ☐ Whisk the dressing together.
 - ☐ Pour over salad and gently mix to combine.
 - ☐ Gradually add salt, pepper, and cilantro and continue to mix.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to the sink and throw out trash.



- ❑ Students 6 and up can:
 - ❑ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ❑ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

One 10-ounce bag of shelled edamame, frozen
 1 cup corn kernels (fresh; frozen and thawed; or canned)
 1 large carrot or 10 baby carrots, diced
 1 tablespoon freshly squeezed lemon juice (about ½ lemon)
 1 tablespoon mirin
 2 teaspoons rice vinegar
 3 tablespoons toasted sesame oil
 1/8 teaspoon kosher salt or sea salt
 Freshly ground pepper to taste
 Optional: 1 tablespoon fresh cilantro, chopped

KIDS 2 and up: Add corn and carrots to the edamame. In a separate bowl, whisk the lemon juice, mirin, rice vinegar and sesame oil together. Pour the dressing over the vegetables and stir to combine. Season with salt and pepper (and fold in the cilantro, if using). Serve immediately or store in the refrigerator for up to 5 days in a sealed container.

Cooking Tips:

- Try adding in different vegetables, depending on the season: sautéed butternut squash in the cool months or sautéed broccoli rabe in the warmer months.

Serves: 4

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EXTENSIONS:

- **Legume Review:** What are the different ways that edamame is prepared and consumed? How much protein and fiber are found in them? Can you calculate how much protein you're supposed to eat based on your age and activity level?
- **Culture Connection:** Mirin is a condiment popular in Japan that many American students have never heard of! Take this opportunity to talk about how cuisine differs around the world. What are some condiments that your students like?



- **Nutrition Nugget:** Explain that proteins are the building blocks for all of the cells in our body, especially for muscles. Ask students what other foods contain protein. Why do our bodies need amino acids that are considered “essential?” And how many of them do we need each days?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Sweet-n-Sour Tofu Bites

OBJECTIVES:

- Students will learn about how to consume protein from plants.
- Students will learn how to work safely at the stove.
- Students will learn how to use a marinade and how to pan-fry.

AGES: Best for students 6 and up. Appropriate for 3 students. Double ingredients for larger class.

ALLERGENS: Dairy-free. Use gluten-free tamari to make gluten-free.

PREP TIME: About 15 minutes

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Plastic knives or butter knives • Measuring spoons • Whisk or fork • Cutting boards or plastic plates • Iron skillet or non-stick skillet • Clean dish towel or cheesecloth • Plate	• 1 medium bowl • Mini prep bowls or small bowls (if working with students under 6) • Oven mitts or potholders • Heavy pan or plate to press tofu (optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
- ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ If working with students under 6, pre-measure soy sauce or tamari, maple syrup, and water into mini-prep bowls so they can add them together.
- ☐ Arrange all ingredients and all equipment except skillets at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 pound tofu (firm or extra firm)
- 1 small bottle vegetable oil
- 1 small bottle wheat-free tamari or soy sauce
- 1 small bottle all-natural maple syrup



DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 6 and up can:
 - ☐ Drain water from tofu package.
 - ☐ Wrap tofu in a clean dish towel or cheesecloth for at least 10 minutes to absorb excess moisture. To speed this up, adults can put a heavy plate or pan on top.
 - ☐ Cut tofu into 1-inch cubes using a butter or plastic knife.
- ☐ Students 10 and up can:
 - ☐ Heat oil in a large, wide skillet on medium heat.
 - ☐ Add tofu to the pan in a single layer and cook for about 10-12 minutes, flipping cubes frequently with a spatula so each piece becomes golden and a little crispy.
- ☐ Students 6 and up can measure tamari or soy sauce, maple syrup, and water into a medium bowl.
 - ☐ Students under 6 can add pre-measured ingredients to bowl.
- ☐ Students 4 and up can whisk the sauce together.
- ☐ Students 10 and up:
 - ☐ Make sure sauce is well-combined before pouring over tofu.
 - ☐ Continue to cook tofu until most sauce has been absorbed by tofu, about 12-15 minutes.
 - ☐ Remove pan from heat and transfer tofu to a serving bowl.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

- 1 pound tofu (firm or extra firm)
- 1 tablespoon vegetable oil
- 4 tablespoons wheat-free tamari or soy sauce
- 4 tablespoons all-natural maple syrup
- 4 tablespoons water



KIDS 6 and up: Drain the water from the tofu package. Wrap the tofu in a clean dish towel or cheesecloth for at least 10 minutes to absorb the excess moisture (you can put a heavy plate or pan on top to speed this process along). Carefully cut the tofu into 1-inch cubes.

ADULTS: Heat the oil in a large, wide skillet on medium heat. Add the tofu to the pan and cook it for about 10-12 minutes flipping the cubes over frequently with a spatula so that each piece becomes golden and a little crispy.

KIDS 6 and up: While the tofu is cooking, whisk the tamari, maple syrup, and water together in a small bowl. Make sure that the mixture is well-combined before adding it to the pan, or the maple syrup will separate from the tamari.

ADULTS: Pour the tamari mixture over the tofu, and continue to cook it until most of the sauce has been absorbed by the tofu, about 12-15 minutes. Remove the pan from the heat and transfer the tofu to a serving bowl. Many kids prefer the tofu by itself as finger food but it also goes well with grains, green salads, or in stir-fry. Store the tofu in a sealed container in the refrigerator for up to 5 days.

Serves: 2-4

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EXTENSIONS:

- **Nutrition Nugget:** Explain to students that proteins are building blocks for the cells in our body. Ask what their favorite protein foods are. What are the other two macronutrients besides protein? What other plant foods are protein sources? What else does protein do to benefit the body and how much does the average kid, teen and adult need in a day?
- **Food Science:** Tofu is made from soymilk, which is made from soybeans! You can look up videos online on how tofu is made. Studying the process of how to make it could work for a food science project as an assignment and then present it to the class.
- **Farm-to-Table:** Maple syrup is harvested from the sap of maple trees. Have students research how ingredients they commonly find at home are made from scratch.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?

Lesson: Roasted Broccoli “Trees”



OBJECTIVES:

- Students will learn about the nutrition content in cruciferous vegetables, and the different crop families their favorite vegetables come from.
- Students will learn what the dry cooking method called “roasting” means versus wet culinary techniques.
- Students will how to make a sauce for vegetables.

AGES: Best for students 10 and up. Appropriate for 3 students. Double ingredients for larger class.

ALLERGENS: Dairy-free. Use gluten-free tamari to make gluten-free.

PREP TIME: About 15 minutes

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Chef's knife • Measuring spoons • Whisk or fork • Cutting board • 1 medium bowl • 1 large bowl • Oven mitts or potholders	• Large, wide pot with a tightly-fitting lid and steamer basket OR pyrex container with lid • Large spoon • Oven-proof pan (or baking sheet) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
- ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Arrange all ingredients and all equipment at a work station.
- ☐ Preheat the oven to 425°F.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 bunch broccoli (about 1½ pounds)
- 1 small bottle olive oil
- 1 small bottle toasted sesame oil
- 1 small bottle all-natural maple syrup
- 1 small bottle wheat-free tamari or soy sauce
- 1 small bottle rice vinegar



- 1 bottle sesame seeds (for garnish)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can wash broccoli in a colander.
- ☐ Students 10 and up can:
 - ☐ Chop broccoli florets off the stalk into medium-sized pieces using chef's knife.
 - ☐ Steam broccoli on stove or in microwave:
 - ☐ Stove: Put a steamer basket in a large, wide pot (with a tightly-fitting lid) and fill with a few inches of water. Arrange broccoli in basket so it's not overcrowded. Cover and steam broccoli on high heat for 5-8 minutes or until bright green and tender – a fork should go through the thickest section easily. Do not steam any longer than 10 minutes since you'll be cooking it again.
 - ☐ Microwave: Microwave broccoli with 1 cup water in a Pyrex glass dish with a tightly-fitting lid for approximately 5 minutes.
- ☐ Students 6 and up can measure olive oil, toasted sesame oil, maple syrup, soy sauce or tamari, and rice vinegar into a medium bowl.
- ☐ Students 4 and up can whisk sauce together.
- ☐ Students 10 and up can:
 - ☐ Remove broccoli from steamer and place in an oven-proof pan. Toss with dressing so each broccoli piece is well-coated.
 - ☐ Put broccoli in oven and roast for 10 minutes. Remove from oven, stir, and roast for 5 more minutes until broccoli starts to darken and is very tender.
 - ☐ Transfer to serving dish.
- ☐ Students 2 and up can sprinkle with sesame seeds.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

- 1 bunch broccoli (about 1½ pounds)
- 3 tablespoons olive oil
- 2 tablespoons toasted sesame oil
- 2 tablespoons all-natural maple syrup
- 3 tablespoons wheat-free tamari or soy sauce



2 teaspoons rice vinegar
Garnish: sesame seeds

ADULTS: Preheat the oven to 425°F. Chop the broccoli florets off the stalk into medium-sized pieces. Put a steamer basket in a large, wide pot (that has a tightly-fitting lid) and fill it with a few inches of water. Arrange broccoli in the basket so that it's not overcrowded. Cover and steam the broccoli on high heat for 5-8 minutes or until it is bright green and tender – a fork should go through the thickest section easily. Do not steam it any longer than 10 minutes since you'll be cooking it again. (If you don't have a steamer, you can microwave the broccoli with 1 cup of water in a Pyrex glass dish with a tightly-fitting lid for approximately 5 minutes.)

KIDS 6 and up: While the broccoli is cooking, whisk the olive oil, toasted sesame oil, maple syrup, tamari, and rice vinegar together in a small bowl.

ADULTS: Remove the broccoli from the steamer and place it in an oven-proof pan (or keep it in the Pyrex dish if you microwaved it). Toss it with the dressing so that each broccoli piece is well-coated. Put the broccoli in the oven and roast it for 10 minutes. Remove it from the oven, stir, then roast it for an additional 5 minutes until the broccoli starts to darken and is very tender. Garnish with sesame seeds and serve immediately. Store the broccoli in a sealed container in the refrigerator for up to 3 days.

Serves: 2-4

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EXTENSIONS:

- **Nutrition Nugget:** Broccoli is an excellent source of vitamins, minerals, and fiber. What nutrients are found in them? How much fiber is in broccoli? Broccoli is from the cruciferous family - what other vegetables are cruciferous?
- **Celebrity Chef:** This recipe could be used for many vegetables - just be sure to adjust cooking time! Ask students what vegetables they would like to try. You can also make modifications to the dressing. Roasting is a versatile, easy, and delicious cooking method! How else can you cook broccoli and cruciferous vegetables?
- **Farm-to-Table:** Broccoli is grown in many parts of the United States and Canada. Take your students to a farmers' market to help pick out the broccoli for this meal and photograph the other versions, and other vegetables. For an art "still life" project, try drawing the vegetable from your photo or while out in nature for a relaxing break from studying. Doing art can help our brains learn our core subjects. Why does eating the right nutrients from vegetables and healthy foods help us learn new topics more easily and perform well at sports?

**EVALUATION:**

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Marvelous Mushroom Potstickers

OBJECTIVES:

- Students will learn new culinary skills, and how to prep “mise en place” which means everything in its place - for a group cooking project.
- Students will learn leadership skills by organizing their own cooking plan, and working as a team.
- Students will improve motor dexterity while making these popular appetizers.

AGES: Best for students 6 and up. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Dairy-free. Contains gluten.

PREP TIME: About 15 minutes

LESSON TIME: About 2 hours

CLEAN-UP TIME: About 30 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander or strainer • Chef's knife • Plastic knives or butter knives • Measuring cups (for dry ingredients) • Measuring spoons • Whisk or fork • Cutting boards or plastic plates • Wax paper • Oven mitts or potholders	• 2 large skillets, 1 deep and 1 heavy (or you can use 1 and wash it between uses) • Baking sheet • Peeler • 1 large bowl • Mini prep bowls or small bowls • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide where you will be making your potstickers. You will need stove access during the lesson. Consider the kitchen table and kitchen counter.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Peel ginger.
- ☐ Arrange all ingredients and all equipment except skillets at work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 pound button or cremini mushrooms (about 40 mushrooms)



- 1 small bottle olive oil
- 1 small yellow onion
- 1 bulb garlic (you only need 2-3 cloves)
- 1 small piece fresh ginger (or 1 bottle ground ginger)
- 1 small bottle honey
- 1 can water chestnut
- 1 small bottle rice vinegar
- 3 scallions
- 1 small bottle chives
- Kosher salt or sea salt
- Black pepper grinder
- 40-50 round dumpling wrappers (1-2 packages)
- 1 small bottle vegetable oil
- Optional: 1 package firm tofu, drained and crumbled or 1 cup cooked chicken

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can:
 - ☐ Wash scallions in a colander.
 - ☐ Clean mushrooms by wiping with a damp paper towel.
- ☐ Students 4 and up can:
 - ☐ Dice mushrooms and slice scallions with a plastic or butter knife.
 - ☐ If using, drain and crumble tofu.
- ☐ Students 6 and up can:
 - ☐ Dice onion and mince ginger with a plastic or butter knife.
 - ☐ If using, finely chop chicken with a plastic or butter knife.
 - ☐ Measure mirin, rice vinegar, and chives into mini prep bowls.
- ☐ Students 10 and up can:
 - ☐ Heat olive oil in the skillet.
 - ☐ Sauté onions for 10-15 minutes or until translucent.
 - ☐ Add garlic, ginger, and mushrooms and cook for about 10 more minutes.
 - ☐ If you are using tofu, add to pan. Move other ingredients to the sides so tofu can cook for 8-10 minutes or until golden.
 - ☐ Drizzle mirin and rice vinegar over mushroom mixture and stir. Add scallions, chives, salt, and pepper and cook for a few more minutes. Turn off heat.
 - ☐ If using, mix in cooked chicken.
 - ☐ Line a baking sheet with wax paper.
- ☐ Allow mixture to cool enough to handle with bare fingers.
- ☐ Students 6 and up can:
 - ☐ Set out a small bowl of water.
 - ☐ Place 1 heaping teaspoon of the mushroom mixture in the center of each dumpling wrapper.
 - ☐ Dab outer edges of the wrapper with water. Bring edges together to form a half-moon (or whatever shape you'd like) and fold and press to seal well.



- ☐ Place potstickers on the baking sheet and cover loosely with a damp dish towel so they don't dry out.
- ☐ Students 10 and up can:
 - ☐ In a large, heavy skillet, heat about ¼ cup of oil.
 - ☐ Add one potsticker to pan to see if oil sizzles – if it does, add enough to fill pan without overcrowding. When the bottoms are golden-brown (after about 3-5 minutes) flip so each side gets crispy.
 - ☐ Add more oil as needed as you cook potstickers in batches.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

1 pound button or cremini mushrooms (about 40 mushrooms)
 1 tablespoon olive oil
 1 small yellow onion, finely diced
 ¼ water chestnuts
 2-3 teaspoons garlic, minced (about 2-3 cloves)
 2 teaspoons fresh ginger, minced (or 1 teaspoon ground ginger)
 1 tablespoon honey
 1 tablespoon rice vinegar
 3 scallions, sliced
 ½ teaspoon kosher salt or sea salt
 Freshly ground pepper to taste
 40-50 round dumpling wrappers
 ¼-½ cup vegetable oil for pan-frying
 Optional: 8 ounces firm tofu, drained and crumbled or 1 cup cooked chicken, finely chopped

KIDS 4 and up: Clean the mushrooms by wiping them with a damp paper towel. Slice or dice them and set them aside.

ADULTS: Heat the olive oil in a large, deep skillet. Sauté the onions for 10-15 minutes or until they are translucent. Add the garlic, ginger and mushrooms and cook for about 10 more minutes. (If you are using tofu, add it to the pan now. Move the other ingredients to the sides so that the tofu can cook for 8-10 minutes or until golden.) Drizzle the mirin and rice vinegar over the mushroom mixture and stir. Add the scallions, chives, salt and pepper and cook for a few more minutes. Turn off the heat. (If you are adding cooked chicken, put it in now and



combine with the rest of the ingredients.) Allow the mixture to cool enough to handle it with bare fingers. You can store the mushroom mixture in a sealed container in the refrigerator for up to 2 days before preparing the potstickers.

KIDS 6 and up: Line a baking sheet with wax paper to prevent the wrappers from sticking.

Set out a small bowl of water. Place 1 heaping teaspoon of the mushroom mixture in the center of each dumpling wrapper. Dab the outer edges of the wrapper with water. Bring the edges together to form a half-moon (or whatever shape you'd like) and carefully fold and press to seal. Make sure that the edges are sealed well. Place potstickers on the baking sheet and cover them loosely with a damp dish towel so that they don't dry out while you continue assembling the rest until there is no more filling. At this point, you can cover them tightly with plastic wrap and refrigerate up to 24 hours, or freeze.

ADULTS: In a large, heavy skillet, heat about $\frac{1}{4}$ cup of oil. Add one potsticker to the pan to see if the oil sizzles – if it does, add the rest but be careful not to overcrowd the pan. When the bottoms are golden-brown, after about 3-5 minutes flip them over so that each side gets crispy. Add more oil as needed. Store the potstickers in a sealed container in the refrigerator for up to 3 days.

Yields: 50 potstickers

Serves: 4-6

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EXTENSIONS:

- **Farm-to-Table:** What other vegetables would work inside potstickers? Which countries tend to use certain vegetables? Which ones are your students interested in exploring?
- **Biology Bite:** Which nutrients are found in the different vegetables used in this recipe? Have your students write down what culture they're commonly used in and perhaps draw them on a map of which country they're originally from.
- **Culture Connection:** Dumplings are made of dough and sometimes have fillings. There are many different types of dumplings from around the world. Have they eaten any of them? Would they like to try any of them?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Soy Scallion Dipping Sauce

OBJECTIVES:

- Students will improve motor skills through mincing and mixing.
- Students will learn about honey and honeybees.
- Students will be introduced to the basics of sauce preparation.

AGES: For students ages 2-12. Appropriate for 6 students. Double ingredients for larger class.

ALLERGENS: Dairy-free. Use gluten-free tamari to make gluten-free.

PREP TIME: About 10 minutes

LESSON TIME: About 20 minutes

CLEAN-UP TIME: About 10 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander or strainer • Chef's knife • Plastic knives or butter knives • Measuring spoons	• Whisk, fork, or spoon • Cutting boards or plastic plates • 1 medium bowl • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ If working with students under 6:
 - ☐ Mince scallion and peel and mince garlic.
 - ☐ Measure rice vinegar, scallions, garlic, honey, and tamari or soy sauce into mini prep bowls so they can add them together.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 scallion
- 1 bulb garlic (you need one clove)
- 1 small bottle wheat-free tamari or soy sauce
- 1 small bottle rice vinegar
- 1 small bottle honey



DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can wash scallion in a colander.
- ☐ Students 6 and up can:
 - ☐ Mince scallion with a plastic or butter knife.
 - ☐ Peel and mince garlic with a plastic or butter knife.
 - ☐ Measure rice vinegar, scallions, garlic, honey, and tamari or soy sauce into a medium bowl.
 - ☐ Students under 6 can add pre-measured ingredients together.
- ☐ Students 2 and up can mix ingredients together.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

5 tablespoons wheat-free tamari or soy sauce
 1 tablespoon rice vinegar
 1 tablespoon scallions, minced
 ½ teaspoon garlic, minced (about 1 small clove)
 2 teaspoons honey

KIDS 2 and up: Combine all the ingredients in a bowl and mix well. Serve immediately or, to allow the flavors to blend, prepare the sauce 30 minutes prior to serving.

Serves: 6

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EXTENSIONS:

- **Biology Bite:** Honey is made by bees and collected from hives by beekeepers. Bees are insects that help plants grow by pollinating them. How are bees important for growing produce?



- **Farm-to-Table:** How are scallions and garlic grown? Which agricultural family do they come from? Do they grow in warm or cool climates? Which months do you need to plant them and which months do you harvest them?
- **Culture Connection:** Sauces are used all over the world to help food taste good. Ask your students what their favorite kinds of sauces are. Do they make them or buy them? What ingredients do they have? Have your students write down a recipe for their favorite sauce from home or read the food label ingredients found on their main sauces found in their refrigerator at home. Or, teachers can bring products or empty bottles into the classroom and review “how to read a food label” with the students so they understand what each term means.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Crispy Pita Chips

OBJECTIVES:

- Students will learn how to prep ingredients and “mise en place” which means put everything in its place.
- Students will become familiar with new kitchen equipment.
- Students will consider culture through the lens of food.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Dairy-free. Contains gluten.

PREP TIME: About 10 minutes

LESSON TIME: About 45 minutes

CLEAN-UP TIME: About 15 minutes

KITCHEN TOOLS:

It’s okay if you don’t have all the listed equipment. You can swap in similar tools and make do with what you have.

• Chef’s knife • Plastic or butter knives • Cutting boards or plastic plates • Baking sheet • Oven mitts or potholders	• Pastry brush • 1 small bowl • Parchment paper (optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It’s best if they’re seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Grease baking sheet or line with parchment paper.
- ☐ If working with students under 6:
 - ☐ Slice each pita into eight triangles.
 - ☐ Pull each triangle in half so one pita pocket will yield 16 pieces.
 - ☐ Lay pita pieces close together on prepared baking sheet.
 - ☐ Pour olive oil into a small bowl.
 - ☐ If using, peel and mince garlic.
- ☐ Preheat the oven to 350°F.
- ☐ Arrange ingredients and kitchen equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!



- 1 pack pita pockets (medium or large, whole-wheat or white)
- 1 small bottle olive oil
- Kosher salt or sea salt to taste
- 1 bulb garlic (optional - you will only need a few cloves)
- Dried herbs such as oregano, basil, parsley (optional)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 6 and up can:
 - ☐ Slice each pita into eight triangles with plastic or butter knife.
 - ☐ Pull each triangle in half so one pita pocket will yield 16 pieces.
 - ☐ Lay pita pieces close together on prepared baking sheet.
 - ☐ Pour olive oil into a small bowl.
 - ☐ If using, peel and mince garlic with plastic or butter knife.
- ☐ Students 2 and up can:
 - ☐ Brush each piece of pita generously with olive oil using a pastry brush.
 - ☐ Sprinkle with salt (and herbs and garlic, if using). Make sure they don't add too much!
- ☐ Students 10 and up or adults can bake the chips for 12-14 minutes, or until crispy and golden-brown around the edges.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

2 whole-wheat or white pita pockets

3 tablespoons olive oil

Kosher salt or sea salt to taste

Optional: minced garlic or dried herbs such as oregano, basil, parsley

ADULTS: Preheat the oven to 350°F.

KIDS 8 and up: On a cutting board, carefully slice each pita into eight triangle-shapes with a pizza cutter or a knife. Pull each triangle in half so that one pita pocket will yield a total of 16 pieces. Lay the pita pieces close together on a greased baking sheet (or one lined with parchment paper). Pour the olive oil into a small bowl.



KIDS 2 and up: Brush each piece of pita generously with olive oil using a pastry brush. Sprinkle with salt (and herbs and garlic, if using).

ADULTS: Bake the chips for 12-14 minutes, or until crispy and golden-brown around the edges. Store the pita chips in a sealed container or bag at room temperature for up to 4 days.

Yields: 32 chips

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EXTENSIONS:

- **Culture Connection:** Varieties of pita can be traced to almost 15,000 years ago! What are different recipes that are made and then placed inside pita bread around the world?
- **Cooking Question:** How is pita made from scratch? Maybe making it at home and bringing it into class to test a batch would be an interesting food science project.
- **Chemistry Corner:** Some types of pita have a “pocket” in the middle. To get that pocket, a very hot oven makes the water in the pita dough turn into steam. This steam inflates the pita - just like you can inflate a balloon! Have you used this cooking technique for other recipes? If so, which ones?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Tangy Tzatziki (Cucumber and Yogurt Dip)

OBJECTIVES:

- Students will learn about beneficial microbes in yogurt and in our gut.
- Students will consider similarities in food across cultures.
- Students will be introduced to the preparation of dips.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free. Contains dairy.

PREP TIME: About 15 minutes

LESSON TIME: Roughly 40 minutes

CLEAN-UP TIME: About 15 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Chef's knife • Plastic or butter knives • Cutting boards or plastic plates • Big spoon and regular spoons • Whisk or large fork • Measuring spoons • Measuring cups (for dry ingredients) • Peeler	• Box grater • 2 medium bowls • 1 small bowl • Mini prep bowls or extra small bowls (if working with students under 6) • Plastic juicer (for squeezing lemon, optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
- ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ If working with students under 8, peel and grate cucumber before class.
- ☐ If working with students under 6, measure yogurt, sour cream, vinegar, and olive oil into mini prep bowls so they can combine them.
- ☐ Arrange ingredients and kitchen equipment.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 1 English or regular cucumber
- 1 lemon
- 1 bulb garlic (you need 1 clove)



- 1 bunch fresh dill (or 1 bottle dried dill)
- 8 ounce tub plain whole milk yogurt or Greek yogurt
- 4 ounce tub sour cream
- 1 small bottle apple cider vinegar
- 1 small bottle olive oil
- Kosher salt or sea salt
- Freshly ground pepper to taste
- Pita chips (optional, for serving)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can wash the cucumber and dill, if using fresh dill.
- ☐ Students 6 and up can:
 - ☐ Peel and grate cucumber under close direction and supervision.
 - ☐ Mince garlic and chop dill. Demonstrate how to chop herbs first.
 - ☐ Drain yogurt of excess liquid by carefully tipping the container over sink.
 - ☐ Measure yogurt and sour cream into a medium bowl.
 - ☐ Cut lemon in half (if using a plastic juicer) or quarters (if squeezing by hand.)
- ☐ Students 2 and up can:
 - ☐ Squeeze lemon into a small bowl.
 - ☐ Squeeze liquid from cucumber into a bowl or the sink until drained of moisture.
 - ☐ Add cucumber to yogurt and sour cream mixture.
- ☐ Students 6 and up can measure vinegar, lemon juice, olive oil, garlic, dill, salt, and pepper into the tzatziki and combine well.
 - ☐ Students under 6 can combine pre-measured ingredients.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

- 1 cup plain whole milk yogurt or Greek yogurt
- ½ cup sour cream (or an extra ½ cup yogurt)
- ½ English cucumber (or 1 regular cucumber), grated (about 1 cup)
- 1 tablespoon apple cider vinegar
- 2 tablespoons freshly squeezed lemon juice (about 1 lemon)



- 1 tablespoon olive oil
- 1 teaspoon garlic, minced (about 1 clove)
- 2 teaspoons fresh dill, chopped (or 1 teaspoon dried)
- ½ teaspoon kosher salt or sea salt
- Freshly ground pepper to taste
- Pitas or pita chips (optional, for serving)

KIDS 6 and up: Drain the yogurt of excess liquid by carefully tipping the container over the sink. Scoop the yogurt into a medium-sized bowl, add the sour cream, and stir.

KIDS 2 and up: Gather the grated cucumber into your fists and squeeze out as much liquid as you can until it's drained of moisture. Add the cucumber to the yogurt and sour cream mixture. Stir in the vinegar, lemon juice, olive oil, garlic, dill, salt, and pepper and combine well. Serve immediately at room temperature with pita chips or pita, or marinate in the refrigerator for a few hours so that the flavors blend.

Yields: 2 cups

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EXTENSIONS:

- **Nutrition Nugget:** Yogurt contains probiotics, which are bacteria that are good for our digestive systems. Why do we need bacteria in our gut?
- **Biology Bite:** How much protein is in yogurt? How many natural sugars are found in the plain flavor and what are the sugars found in milk products called?
- **Connection:** Appetizers like this recipe are foods served before the main meal. What appetizers are traditional in your culture, or what appetizers do your students like to eat?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Roasted Red Pepper Hummus

OBJECTIVES:

- Students will practice motor skills through chopping and mashing.
- Students will identify new vegetables and herbs.
- Students will understand that healthy fats are building blocks for cells.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free and dairy-free.

PREP TIME: About 20 minutes, plus time to roast pepper

LESSON TIME: About 1 hour

CLEAN-UP TIME: About 15 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Chef's knife • Plastic or butter knives • Cutting boards or plastic plates • Measuring spoons • Measuring cups (for dry ingredients) • 1 large bowl • 2 small bowls • Mini prep bowls or extra small bowls (if working with students under 6)	• Large fork or regular fork • Oven mitts or potholders (if roasting pepper) • Plastic juicer (for squeezing lemons/lime, optional) • Baking sheet (optional) • Aluminum foil (optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Roast red pepper by charring over a flame using tongs or broiling in the oven. If broiling, make sure top rack is positioned so the pepper will be 4-5 inches away from the top of the oven. After, close in paper bag or covered metal bowl to loosen skin. When pepper has cooled, peel and remove seeds. Discard peel and seeds, but save oil released from the pepper. Cut 2 or 3 slices for garnish and use the rest for the hummus. Alternatively, leave out red pepper and add extra olive oil.
- ☐ If working with students under 10, drain and rinse chickpeas.
- ☐ If working with students under 6:



- ☐ Peel and mince garlic, and cut the lemons and limes in half (if using a plastic juicer) or quarters (if squeezing by hand.)
- ☐ Measure roasted pepper, chickpeas, parsley, 3 tablespoons of lemon juice, lime juice, garlic, olive oil, tahini, and salt (and tofu, if using) into mini prep bowls so students can add them together.
- ☐ Arrange ingredients and kitchen equipment.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- One 15-ounce can chickpeas (or 2 cups cooked)
- 1 large red pepper (or replace with extra olive oil)
- 1 bunch parsley
- 2 lemons
- 1 lime
- 1 bulb garlic (you need 2-3 cloves)
- 1 small bottle olive oil
- 1 bottle tahini
- Kosher salt or sea salt
- 1 package silken tofu (optional)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can wash parsley.
- ☐ Students 10 and up can drain and rinse chickpeas.
- ☐ Students 6 and up can, with a plastic or butter knife:
 - ☐ Chop parsley. Demonstrate how to chop herbs first.
 - ☐ Students 2 and up can parsley tear into tiny pieces.
 - ☐ Peel and mince garlic.
 - ☐ Cut the lemons and limes in half (if using a plastic juicer) or quarters (if squeezing by hand.)
- ☐ Students 2 and up can squeeze lemons into one small bowl and limes into another.
- ☐ Students 4 and up can mash chickpeas with a fork in a large bowl.
- ☐ Students 6 and up can add roasted pepper, beans, parsley, 3 tablespoons of lemon juice, lime juice, garlic, olive oil, tahini, and salt (and tofu, if using) to chickpeas.
- ☐ Students 4 and up can:
 - ☐ Continue to mash all ingredients together until desired consistency is reached.
 - ☐ Add any excess oil from the roasted pepper.
 - ☐ Add more garlic, lemon juice, olive oil, or salt according to taste.
 - ☐ Garnish with slices of red pepper.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.



- ❑ Students 6 and up can:
 - ❑ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ❑ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

One 15-ounce can chickpeas (or 2 cups cooked)
 1 large roasted red pepper (about ½ cup - or replace with extra olive oil)
 3 tablespoons parsley, chopped
 3-4 tablespoons freshly squeezed lemon juice (about 2 lemons)
 1 tablespoon freshly squeezed lime juice (about 1 lime)
 2-3 teaspoons garlic, minced (about 2-3 cloves)
 2 tablespoons olive oil
 ½ cup sesame tahini
 1 teaspoon kosher salt or sea salt
 Optional: 4 ounces silken tofu, well-drained

ADULTS: Roast pepper by one of two methods – you can char peppers over a flame using tongs or roast them in the oven by preheating the oven to broil. Make sure that the top rack is positioned so that the pepper will be 4-5 inches away from the top of the oven. Place the pepper on a baking sheet lined with foil. Roast it until it is black and charred, for about 40 minutes, flipping it occasionally with tongs.

Remove it from the oven, close it up in a paper bag or put it in a metal bowl and cover with plastic wrap in order to loosen the skin. When the pepper has cooled, peel the skin, and remove the seeds. Discard the peel and seeds, but save the oil released from the pepper. Cut 2 or 3 slices for garnish and use the rest for the hummus.

KIDS 8 and up: Clean off the top of the canned beans. Open the can and drain the liquid. Rinse the beans off in a colander and drain well.

ADULTS with KIDS: Blend the roasted pepper, beans, parsley, 3 tablespoons of lemon juice, lime juice, garlic, olive oil, tahini, and salt (and tofu, if using) in a food processor until desired consistency is achieved (some people like it chunky while others prefer it very smooth). If there is any excess oil from the roasted pepper, add it now. Feel free to add more garlic, lemon juice, olive oil, or salt according to taste. Garnish with slices of red pepper. Serve hummus warm or chilled with **Crispy Pita Chips** and vegetable sticks. This dish keeps for a week in an airtight container in the refrigerator.

Serves: 6-8



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EXTENSIONS:

- **Nutrition Nugget:** Hummus has olive oil and tahini, both are healthy fats. Healthy fats are building blocks for cells, especially brain cells.
- **Taste Test:** Tahini is a sauce that many students may not have used before. It is made of ground sesame seeds, just like peanut butter is made of ground peanuts! Ask students to dip pita, pita chips, or vegetables into both tahini and hummus and compare. How are they similar and different?
- **Celebrity Chef:** Hummus is endlessly customizable! Brainstorm ideas with students. Instead of the red pepper, you can mix in kalamata olives, sun-dried or roasted tomatoes, roasted beets, or fresh herbs. You can also top plain hummus with pine nuts, olive tapenade, fresh herbs, or hot sauce or spices. In addition, you can swap out chickpeas for black beans or white beans. Use what you have and encourage students to get creative! Have them write down their own customized hummus recipe that they prepare at home, and possibly bring it into the classroom for their classmates to sample.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: The Ultimate Greek Salad

OBJECTIVES:

- Students will practice safe knife skills.
- Students will learn about basic salad dressing preparation.
- Students will become familiar with new vegetables and herbs.

AGES: For students ages 2-12. Appropriate for 6 students. Double ingredients for larger class.

ALLERGENS: Gluten-free. Omit cheese to make dairy-free.

PREP TIME: About 30 minutes

LESSON TIME: About 1.5 hours

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Strainer or colander • Chef's knife • Plastic or butter knives • Cutting boards or plastic plates • Measuring spoons • Measuring cups (for dry/liquid ingredients)	• Salad servers or large spoons/forks • Whisk or large fork • 1 large bowl • 1 medium bowl • Mini prep bowls or small bowls (if working with students under 6) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ If working with students under 6:
 - ☐ Dice tomatoes, cucumbers, onion, and red pepper.
 - ☐ If desired, halve olives.
 - ☐ Measure olive oil, red wine vinegar, Dijon mustard, honey, dried herbs, salt and pepper into mini prep bowls so younger students can combine.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 2 on-the-vine or plum tomatoes
- 1½ English cucumbers or 3 regular cucumbers



- 1 red bell pepper
- 1 small red onion
- 1 jar pitted kalamata olives
- 1 bunch parsley, chopped
- 1 block or container feta cheese
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1 small bottle olive oil
- 1 small bottle red wine vinegar
- 1 bottle dried Italian Seasoning
- 1 black pepper grinder
- Kosher salt or sea salt
- Grilled chicken strips, cooked chickpeas, or hard-boiled eggs (optional)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can:
 - ☐ Wash tomatoes, cucumbers, parsley, and red pepper in the colander.
 - ☐ Tear parsley leaves from stems.
- ☐ Students 6 and up can:
 - ☐ Dice tomatoes, cucumbers, onion, and red pepper using a plastic or butter knife.
 - ☐ Demonstrate how to chop herbs, students chop parsley under close supervision.
 - ☐ Students 2 and up can tear parsley into small pieces.
 - ☐ If desired, slice olives in half using a plastic or butter knife.
 - ☐ Measure olive oil, red wine vinegar, Dijon mustard, honey, dried herbs, salt and pepper into a medium bowl and whisk together.
 - ☐ Younger students can pour pre-measured ingredients into a bowl.
 - ☐ While whisking continuously, slowly add olive oil.
- ☐ Students 2 and up can:
 - ☐ Combine tomatoes, cucumber, red pepper, and red onion in large bowl. Gently fold in olives and parsley and stir.
 - ☐ Pour dressing over vegetables and toss to blend.
 - ☐ If using, add chicken, chickpeas, or eggs.
 - ☐ Crumble feta cheese over salad and garnish with parsley.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to the sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.



- ❑ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

2 on-the-vine or plum tomatoes, diced
 1½ English cucumbers, diced
 1 red pepper, finely diced
 3 tablespoons red onion, finely diced
 1 cup pitted kalamata olives, whole or halved
 1-2 tablespoons parsley, chopped
 Grilled chicken strips, cooked chickpeas, or hard-boiled eggs (optional)

Dressing

3 tablespoons red wine vinegar
 2 teaspoons Dijon mustard
 2 teaspoons honey
 1 teaspoon dried Italian Seasoning
 ½ teaspoon kosher salt or sea salt
 Freshly ground black pepper
 ¼ cup olive oil
 Garnish: ¾ cup feta cheese and 1 tablespoon parsley

KIDS 2 and up: In a large bowl, combine the tomatoes, cucumber, red pepper, and red onion. Gently fold in the olives and parsley and stir.

KIDS 6 and up: In a separate bowl, whisk the red wine vinegar, Dijon mustard, honey, dried herbs, salt and pepper together. While whisking continuously, slowly add the oil.

KIDS 2 and up: Pour the dressing over the vegetables and toss to blend. Crumble the feta cheese over the top of the salad, garnish with parsley, and serve. Store the Greek salad in a sealed container in the refrigerator for up to 2 days.

Serves: 6

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EXTENSIONS:

- **Celebrity Chef:** Students can customize this salad! Lay out a salad bar and have everyone choose their favorite toppings. You can include other ingredients, like salad



greens, whole grains, and different cheeses. Have them test different ingredient combinations for the dressing at home and bring it in as a classroom assignment, professionally written and formatted.

- **Culture Connection:** Greece has a rich food and culinary history which goes back thousands of years. Research and write a full menu of recipes from there, that is a complete meal - authors of recipes must be accredited appropriately. So, there would need to be a protein, green salad or raw veggies, cooked vegetable, starch of some kind and I like to make sure there's fiber, and a healthy drink like steeped herbal tea too.
- **Taste Test:** Parsley looks similar to cilantro but has a very different taste. If you have fresh parsley in your kitchen, bring out both herbs and ask students to describe how they look similar and different. Ask if they want to taste them. What do they think?

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Mini Spinach Pies

OBJECTIVES:

- Students will be able to list different methods of food preparation.
- Students will learn how to safely use a grater.
- Students will try new foods.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Contains gluten and dairy.

PREP TIME: About 20 minutes

LESSON TIME: 1 hour

CLEAN-UP TIME: About 30 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander or strainer • Chef's knife • Plastic knives or butter knives • Measuring cups (for dry ingredients) • Measuring spoons • Large spoon • Whisk or fork • Cutting boards or plastic plates • 2 standard 12-cup muffin pans	• Box grater • Rolling pin • Pastry brush • 1 large bowl • Mini prep bowls or small bowls (if working with students under 6) • Oven mitts or potholders • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase needed items.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Take the spinach out of freezer to thaw or microwave and let cool.
- ☐ If working with students under 6:
 - ☐ Grate cheddar and Parmesan cheese.
 - ☐ Measure cheddar cheese, Parmesan cheese, nutmeg, and salt into mini prep bowls so students can add them together.
- ☐ Preheat the oven to 350°F.
- ☐ Arrange all ingredients and equipment at work station.



Shopping List

You likely have some of these ingredients, so check your pantry first!

- One 15-ounce container ricotta cheese
- 1 large block Cheddar cheese
- 1 small block Parmesan cheese
- 4 eggs
- 1 box chilled puff pastry, slightly thawed for about 30 minutes but no more
- 10-ounce box or bag of frozen spinach
- 1 bottle ground nutmeg
- Kosher salt or sea salt
- 1 black pepper grinder
- 1 bottle cooking spray or 1 olive oil mister

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Adults:
 - ☐ Pull puff pastry out of freezer 30 minutes to thaw on counter before use
- ☐ Students 2 and up can:
 - ☐ Squeeze small balls of spinach over a colander in the sink to drain water.
 - ☐ Crack eggs into a large bowl and beat them with whisk or fork.
 - ☐ Stir ricotta cheese into eggs.
- ☐ Students 6 and up can:
 - ☐ Grate Cheddar and Parmesan cheese under close direction and supervision.
 - ☐ Measure Cheddar cheese, Parmesan cheese, spinach, nutmeg, salt, and pepper into ricotta and egg mixture.
 - ☐ Grease two standard 12-cup muffin pans with cooking spray or oil.
 - ☐ On a dry surface, lay one puff pastry sheet flat. (Keep the other one in the refrigerator until you need it).
 - ☐ Cut sheet into 9 even squares with butter or plastic knife.
 - ☐ Use a rolling pin or fingers to make each square a little larger but maintain square shape.
 - ☐ Insert each square into muffin pan, so that dough covers sides of muffin cup. It's okay if corners stick out.
 - ☐ Repeat all steps with second puff pastry sheet.
 - ☐ Divide the cheese filling evenly among pastry cups, filling each one to the top.
- ☐ Adults can bake for 20-22 minutes. The filling should be set and pastry crust should be puffed up and golden.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.



- ❑ Wipe down cooking surfaces.

ACTUAL RECIPE

Ingredients

One 10-ounce box or bag of frozen spinach, thawed and drained
4 eggs
One 15-ounce container ricotta cheese
2½-3 cups Cheddar cheese, grated
¼ cup grated Parmesan cheese
¼ teaspoon ground nutmeg
1½ teaspoons kosher salt or sea salt
Freshly ground pepper to taste
Cooking spray or olive oil mister
Two sheets of puff pastry, chilled

ADULTS: Pull puff pastry out of freezer and thaw for 30 minutes but no more. Preheat the oven to 350°F. Thaw spinach by microwaving it in a glass bowl until defrosted. Once it has cooled down, the children can drain the excess water by squeezing small balls of spinach over the sink.

KIDS 4 and up: In a large bowl, beat the eggs and stir in the ricotta cheese. Add the Cheddar cheese, Parmesan cheese, spinach, nutmeg, salt, and pepper, and stir together.

Grease or spray two standard 12-cup muffin pans.

KIDS 6 and up: On a dry surface, lay one of the puff pastry sheets flat (keep the other one in the refrigerator until you need it). Cut the sheet into 9 even squares. Use a rolling pin or your fingers to make each square a little larger but still maintain the square shape. Carefully insert each one into the muffin pan, so that the dough covers the sides of the muffin cup. It's okay if the corners stick out – the pastry will puff up in the oven. Divide the cheese filling evenly among the pastry cups, filling each one to the top.

ADULTS: Bake the pies for 20-22 minutes. The filling should be set and the pastry crust should be puffed up and golden. Serve warm or at room temperature. Store the pies in a sealed container in the refrigerator for 2-3 days or in the freezer for up to 6 months.

Yields: 18 mini pies

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**EXTENSIONS:**

- **Culture Connection:** What other savory pies are commonly found in other cuisines? Can students write their own savory pie recipe? And test it at home? If they don't have a full kitchen at home, can someone help them find one to cook in?
- **Nutrition Nugget:** Spinach is a good source of fiber. What other vegetables add fiber to the diet? What's the difference between soluble and insoluble fiber?
- **History Mystery:** What other vegetables besides spinach is easy to freeze or keep in the freezer? Can students research how many nutrients are found in fresh and frozen produce? Frozen vegetables is often a good resource since the nutrients are flash frozen along with the produce!

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Rainbow Couscous Salad

OBJECTIVES:

- Students will learn about carbohydrates, a primary energy source for our bodies.
- Students will utilize their creativity to customize this recipe based on availability and taste preference.
- Students will learn about the origins of couscous, which may be a new food for some students.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Dairy-free. Use brown rice or quinoa instead of couscous to prepare it gluten-free.

PREP TIME: About 30 minutes

LESSON TIME: About 40 minutes

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Colander or strainer • Saucepan • Chef's knife • Butter or plastic knives • Peeler • Measuring spoons • Measuring cups for dry and wet ingredients • Cutting boards or plastic plates • Clean dish towel or salad spinner	• Big spoon • Regular spoons • 2 medium bowls • 1 small bowl • Mini prep bowls or small bowls (if working with students under 6) • Plastic juicer (for squeezing lemons, optional) • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase needed items.
- ☐ Print out enough recipe copies for adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Cook couscous according to package directions.
- ☐ Steam or saute vegetables that need to be cooked.
- ☐ If working with students under 6:
 - ☐ Slice scallions, mince garlic, and dice vegetables and optional ingredients before class.



- ☐ Measure vinegar, garlic, miso, celery seed, oregano, black pepper, and honey into mini prep bowls so they can add them together.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 2 cups any combination of vegetables (carrots, celery, radishes, mushrooms, spring onions, leeks, artichokes, sautéed leafy greens, roasted beets, bell peppers, etc.)
- 3-4 scallions, sliced
- 1 lemon
- 1 bulb garlic (you only need 3 cloves)
- 1 bunch fresh parsley
- 1 bunch fresh mint
- 1 small bag currants or dried cranberries (or other dried fruit)
- One 10- or 12-ounce box of plain couscous
- 1 package white miso (or another type of miso, or omit)
- 1 bottle celery seeds
- 1 bottle dried oregano
- 1 black pepper grinder
- 1 small bottle honey
- 1 small bottle olive oil
- 1 small bottle white wine vinegar
- Optional: beans, nuts, feta cheese, cooked chicken or shrimp

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can:
 - ☐ Wash vegetables, scallions, parsley, and mint in a colander.
 - ☐ Tear mint leaves from stems.
- ☐ Students 6 and up can:
 - ☐ Slice scallions, mince garlic, chop parsley and mint, and dice vegetables and optional ingredients with a butter or plastic knife. Adults can demonstrate how to chop herbs first.
 - ☐ Students under 6 can tear parsley and mint into small pieces.
 - ☐ Cut lemon in half (if using plastic juicer) or quarters (if squeezing by hand) with a butter or plastic knife.
- ☐ Students 2 and up can squeeze lemon into a small bowl.
- ☐ Students 6 and up can measure vinegar, lemon juice, garlic, miso, celery seed, oregano, black pepper, and honey into a medium bowl.
 - ☐ Students under 6 can add pre-measured ingredients together.
- ☐ Students 2 and up can:
 - ☐ Whisk dressing together while an adult or older child gradually adds olive oil.
 - ☐ Add diced vegetables, scallions, and dried fruit to couscous and stir.



- ☐ Gently fold in parsley and mint (and optional proteins, if using.)
- ☐ Pour dressing over couscous mixture and mix.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

One 10- or 12-ounce box of plain couscous
 2 cups any combination of vegetables, diced
 3-4 scallions, sliced
 ¼ cup currants or dried cranberries
 ½ cup fresh parsley, chopped
 ¼ cup fresh mint, chopped
 Optional: beans, nuts, feta cheese, cooked chicken or shrimp

Dressing

1 tablespoon white wine vinegar
 1 tablespoon freshly squeezed lemon juice (about ½ lemon)
 2-3 teaspoons garlic, minced (about 3 cloves)
 2 teaspoons white miso
 1 teaspoon celery seed
 ½ teaspoon dried oregano
 ½ teaspoon freshly ground black pepper
 1-2 tablespoons of honey
 ½ cup olive oil

ADULTS: Cook the couscous according to package directions.

KIDS 4 and up: Add the diced vegetables, scallions, and dried fruit to the couscous and stir. Gently fold in the parsley and mint (and the optional ingredients, if using).

KIDS 6 and up: In a small bowl, whisk the vinegar, lemon juice, garlic, miso, celery seed, oregano, black pepper, and honey together and slowly add in the olive oil. Pour the dressing over the couscous and vegetables and stir. Serve this dish cold or warm. Store the couscous in a sealed container in the refrigerator for up to 5 days.

Serves: 4-6



Disclaimer: All directions and recipes are suggestions only. Every child has different capabilities. Use your judgment when determining appropriate activities for your child. We are not responsible for any accident, injury, or damage that may occur in relation to any lesson plan. Recipe by Julie Negrin © 2010

EXTENSIONS:

- **Culture Connection:** Which places around the globe cook with couscous the most? What are the different kinds of couscous? If there's time and material, students can prepare homemade semolina pasta from scratch.
- **Nutrition Nugget:** Couscous is a carbohydrate. Carbohydrates are the primary source of energy for our bodies and brains. Ask students if they can think of other healthy and fiber-filled carbohydrate foods in their diets. What is the difference between processed carbs and whole food carbs?
- **Farm-to-Table:** This Couscous Salad is a great opportunity to include both seasonal vegetables and your students' favorites. If possible, take your students to the farmers' market to help pick out vegetables for this salad. What other vegetables, seeds, nuts, or beans would work well in this recipe? Ask your students to develop and test their own recipe with different flavor combinations at home and why they decided on certain ingredients. Have them photograph or draw the final dish for fun.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Creamy Banana Ice Cream

OBJECTIVES:

- Students will learn about the relationship between potassium and muscle health.
- Students will improve motor skills through peeling, breaking, and slicing.
- Students will become familiar with new kitchen equipment.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free. Use dairy-free liquid to make dairy-free.

PREP TIME: About 20 minutes

LESSON TIME: About 20 minutes

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Food processor or blender • Butter knives or plastic knives (if using strawberries) • Measuring cup for wet ingredients	• Cutting boards or plastic plates • Spatula • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ **At least one day before lesson:** Students 2 and up can peel bananas and break into 2-inch pieces. Put into zip-top bag and freeze for at least 24 hours or up to several months.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Arrange equipment and ingredients at work station.

Shopping List

- 3 bananas
- Small carton of milk, soy milk, coconut milk, or apple juice
- Optional toppings: mini chocolate chips, toasted nuts, strawberries, or shredded coconut

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 6 and up can slice strawberries with a butter or plastic knife, if using.



- ☐ Take bananas out of the freezer and let thaw for 2-3 minutes.
- ☐ Students 2 and up, with adult assistance, can:
 - ☐ Put bananas and ½ cup liquid into a food processor (or blender) and purée for a few minutes.
 - ☐ Add another ¼ cup liquid and purée.
- ☐ Students 10 and up can:
 - ☐ Every 1-2 minutes, use a spatula to adjust bananas when they get stuck in the blade.
 - ☐ If necessary, add final ¼ cup of liquid.
 - ☐ Transfer ice cream to serving dishes.
- ☐ Students 2 and up can top ice cream with toppings.

CLEAN-UP:

- ☐ Adults should wash the food processor/blender and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

3 bananas

¾-1 cup of milk, oat milk, coconut milk, or apple juice

Optional toppings: mini chocolate chips, toasted nuts, sliced strawberries, or shredded coconut

KIDS 2 and up: Peel bananas and break them into 2-inch pieces. Put them in a ziptop bag and freeze for at least 24 hours or up to several months. Take the bananas out of the freezer and let them thaw for 2-3 minutes.

KIDS with ADULT: Put the bananas and ½ cup of your chosen liquid into a food processor (or blender) and purée for a couple of minutes. Add another ¼ cup of liquid and purée.

ADULTS: Every 1-2 minutes use a spatula to adjust the bananas when they get stuck in the blade. If necessary, add the final ¼ cup of liquid. This dish does not keep well so it must be eaten immediately. Serve plain or with toppings.

Serves: 3-4

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**EXTENSIONS:**

- **Nutrition Nugget:** Bananas are rich in potassium, which is great for muscle health. Potassium helps muscles contract so that your body can move!
- **History Mystery:** What are other fruit based desserts? What nutrients are found in your favorite fruits? How much fiber?
- **Celebrity Chef:** Brainstorm other toppings for this recipe with students. Each student can top their own ice cream. Ask them to garnish - or decorate each bowl in different ways to learn the art of plating. Have them take photographs of their final dish.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Very Berry and Creamsicle Smoothies

OBJECTIVES:

- Students will become familiar with new kitchen equipment.
- Students will practice measuring liquid and solid ingredients.
- Students will understand that fruits provide the vitamins we need to stay healthy.

AGES: For students ages 2-12. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free. Use dairy-free yogurt to make dairy-free.

PREP TIME: About 10 minutes

LESSON TIME: About 30 minutes

CLEAN-UP TIME: About 10 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Blender • Cutting boards or plastic plates • Measuring cups (for dry and liquid ingredients)	• 1 small bowl • Big spoon or rubber spatula • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any needed items.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ If making creamsicle smoothies, make sure you have enough ice.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Pour frozen berries into bowl for easier measuring. If frozen into a block, let thaw slightly.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List:

- 2 medium bananas
- 1 pint vanilla yogurt (2 cups)
- Small carton orange juice
- Small bag frozen strawberries or blueberries (Only for Very Berry Smoothies)

DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ With adult assistance, students 2 and up can:



- ☐ Peel bananas and break into pieces.
- ☐ Put banana pieces into blender.
- ☐ Measure yogurt and frozen berries (or ice) into blender.
- ☐ Measure orange juice into blender using liquid measuring cup.
- ☐ Students can press the purée button on the blender with adult supervision.

CLEAN-UP:

- ☐ Adults should wash the blender and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to the sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

Very Berry Smoothies

2 cups vanilla yogurt

$\frac{3}{4}$ cup orange juice

2 medium bananas, peeled and broken into large pieces

1 cup frozen strawberries OR $\frac{3}{4}$ cup frozen blueberries

For Creamsicle Smoothies:

Use 1 cup of ice instead of frozen berries.

KIDS with ADULT:

Add all the ingredients to a blender and purée until very smooth. Serve immediately or store in the refrigerator for up to two days.

Serves: 3-4

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EXTENSIONS:

- **Nutrition Nugget:** Discuss how fruits contain vitamins that support health. Students can grow and be strong by “eating the rainbow.”
- **History Mystery:** What other ingredients work well in smoothies? Which ones have a lot of fiber? Phyto-nutrients? Protein? What are their favorite flavors to add to smoothies?
- **Farm-to-Table:** Take students to a local berry farm to pick their own berries to freeze. Have each students prepare a “cooking demonstration” that’s entirely their own



speech, and perspective on how to prepare a protein smoothie. They can write their own script and practice it at home, and create the entire presentation themselves in order to learn the skill of presenting to a group which is important in the work world.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?



Lesson: Caramelized Bananas

OBJECTIVES:

- Students will learn how to cook fruit and release their natural sugars.
- Students will be able to explain the importance of vitamins and minerals found in produce.
- Students will be introduced to the biology behind fruit ripening.

AGES: Best for students 10 and up. Appropriate for 4 students. Double ingredients for larger class.

ALLERGENS: Gluten-free. Use dairy-free ice cream to make dairy-free.

PREP TIME: About 15 minutes

LESSON TIME: About 30 minutes

CLEAN-UP TIME: About 20 minutes

KITCHEN TOOLS:

It's okay if you don't have all the listed equipment. You can swap in similar tools and make do with what you have.

• Butter knives or plastic knives • Cutting board or plastic plates • Nonstick skillet • Oven mitts or potholders	• Measuring spoons • Spatula • Plastic tablecloth (optional)
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PRE-LESSON:

- ☐ Check your kitchen tools, shopping list and purchase any items needed.
- ☐ Print out enough recipe copies for all adults and students or display on digital device.
- ☐ Decide the location for your project. It's best if they're seated at a table.
 - ☐ If needed, lay out a plastic tablecloth in case of spills.
- ☐ Arrange all ingredients and equipment at a work station.

Shopping List

You likely have some of these ingredients, so check your pantry first!

- 3 medium-sized firm bananas
- 1 stick unsalted butter (you need two tablespoons)
- 1 small carton orange juice
- 1 pint of vanilla ice cream
- 1 small container brown sugar
- 1 bottle ground cinnamon
- 1 bottle ground nutmeg
- Optional toppings: chocolate chips, peanut butter chips, or sprinkles



DURING LESSON:

- ☐ Students should wash their hands and tie up long hair.
- ☐ Students 2 and up can peel bananas.
- ☐ Students 4 and up can cut bananas into quarters with a plastic knife or butter knife.
 - ☐ Students 2 and up can break into quarters.
- ☐ Students 10 and up can:
 - ☐ With adult supervision, melt the butter in a non-stick skillet over medium heat.
 - ☐ Add 1 tablespoon of brown sugar and lay bananas slices on top, cut side up. Cook for 2-3 minutes.
 - ☐ Add orange juice and sprinkle in cinnamon and nutmeg. Cook for 1 more minute.
 - ☐ Gently flip bananas over and sprinkle on the other tablespoon of brown sugar. Cook for 2-3 more minutes and remove from heat.
 - ☐ Move bananas to serving dishes.
 - ☐ Scoop vanilla ice cream and drizzle leftover pan-sauce over the top. Garnish with optional toppings.

CLEAN-UP:

- ☐ Adults should wash the chef's knife and any other sharp tools used.
- ☐ Students 2 and up can bring dirty kitchen equipment to sink and throw out trash.
- ☐ Students 6 and up can:
 - ☐ Wash anything that is not sharp or hot under supervision and put unused ingredients away into the pantry or fridge.
 - ☐ Wipe down cooking surfaces.

ACTUAL RECIPE

3 medium-sized firm bananas, peeled
 2 tablespoons unsalted butter
 2 tablespoons brown sugar, packed
 2 tablespoons orange juice
 1/8 teaspoon ground cinnamon
 1/8 teaspoon ground nutmeg
 1 pint of vanilla ice cream
 Optional toppings: chocolate chips, peanut butter chips, or sprinkles

KIDS 4 and up: Carefully cut the bananas in half and lengthwise.

ADULTS: Melt the butter in a non-stick skillet over medium heat. Add 1 tablespoon of brown sugar and lay the bananas slices on top, cut side up. Cook for just 2-3 minutes and add the orange juice and sprinkle in the cinnamon and nutmeg. Cook them for 1 more minute, then gently flip the bananas over, and sprinkle the other tablespoon of brown sugar over the top. Cook them for 2-3 more minutes and remove from heat.



KIDS 4 and up: Serve the bananas with a scoop of vanilla ice cream and drizzle the leftover pan-sauce over the top. Garnish with optional toppings and serve immediately. This dish does not store well.

Serves: 3-4

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EXTENSIONS:

- **Nutrition Nugget:** Bananas are a good source of potassium, which is important for your heart and your muscles! What other nutrients are found in bananas? In plantains? Which crop family are they from?
- **Harvesting History:** How are banana harvested? How else are they used in different recipes around the world? What is your favorite banana recipe?
- **Biology Bite:** Some fruit continues to ripen even after it is picked. If you have enough bananas, do an experiment with your students where you leave one banana on the counter overnight and put the other one in a paper or plastic bag. In the morning, students can compare the outsides and the insides of the two bananas. Bananas produce a gas called ethylene that helps them ripen. When bananas are put in a bag, this gas becomes more concentrated and ripens the fruit faster.

EVALUATION:

These are some useful questions to ask yourself after the cooking lesson:

- Were the tasks assigned appropriately challenging for the students?
- What would I do differently next time?

END-OF-COURSE STUDY QUESTIONS:

-What was the overall experience for the students and instructor learning how to cook while also integrating core subjects into their culinary lessons?

-Which recipes worked best for different age groups?

-What equipment or kitchen access do you wish you'd had for certain recipes?

-Which assignments were the most popular with the kids and for which age groups?

-How would you update the curriculum to better suit your group of kids or classroom for next time?



-What other recipes would pair well with these recipes that are also easy to make in the classroom?

-Which assignments did students enjoy doing?

-Is it possible to give students an evaluation after class to see if they'll improve eating habits like eating more vegetables and cooking from scratch?

-What advice does the instructor have for the next teacher to teach this curriculum in the specific school? What do the students advise to do next time?

Good work completing a 25 Lesson Plan curriculum!

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