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# Lettuce Cook Together!

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EXTENSION  
College of Agriculture,  
Biotechnology & Natural Resources

## Welcome to Lettuce Cook Together!

We designed lesson plans to actively engage students in cooking, food safety, health and safety practices, and have a meaningful conversation about food. We have also provided optional activities for students to watch informative videos about nutrition and cooking, participate in fun physical activity games, and take part in fun activities that engage their senses such as smelling different spices.

## **Lesson 1A Cucumber Infused Water**

### Materials Required:

- Child safety knives
- Cutting Boards
- Water pitchers
- Tasting cups
- Cleaning supplies

- 1) Go over kitchen safety, knife safety, and handwashing handouts located in back of booklet
- 2) **Hand out PRE-TEST located in back of booklet**
- 3) After going through the print outs, wash hands and start recipe

### Recipe:

Ingredients: Cucumbers, Water

1. Demonstrate the safe way to cut a cucumber.
2. Walk around and help students cut their cucumber into slices.
3. Have students fill up pitchers with water.
4. Add cucumber slices to water.
5. Place in cooler for approximately 20 minutes.

Note: While cucumber infused water sits, this would a good time to tour school kitchen and/or do other optional activities

- 4) Clean up
- 5) Quick Review: What other fruit would you like to try? How did it taste?

### Optional activities for this lesson (see back of booklet):

- School Kitchen Tour- **HIGHLY RECOMMENDED**
- Video: Hooray 4 Health Hydration
- Physical Activity: Thirst Quenching Quiz

## **Lesson 1B Rainbow Fruit Salad**

### Materials Required:

- Cutting boards
- Child safety knives
- Bowls
- Colander
- Forks and/or spoons and napkins
- Cleaning supplies

- 1) Wash hands and start recipe
- 2) Wash fruits and vegetables

### Tips:

- Rinse all produce under running water before cutting, cooking, or eating reminding students that this helps to remove germs and bacteria.
- Dry produce with a clean cloth towel or paper towel reminding students that this also helps reduce bacteria.
- Many pre-cut, bagged or packaged produce items like lettuce are pre-washed and ready to eat. If so, it will be stated on the package, and the produce can be used without further rinsing.
- Using a colander is an easy way to wash berries and other fruits and vegetables that are delicate or very small. Rinse under running water and gently stir with your hands to remove dirt and other items from your fruit or vegetables.
- Demonstrate knife safety and safe ways to cut up fruit

### Recipe:

Ingredients: Assorted fruit (will vary according to availability)

1. Cut fruits and mix together
  2. Let chill for a few minutes
- 3) Clean up
  - 4) Quick review: Talk about different tastes, textures, and colors in fruit salad

### Optional activities for this lesson (see back of booklet):

- Tour School Garden
- Video: Hooray 4 Fruits and Veggies
- Physical activity: The Colorful Fruits and Veggies Game

## **Lesson 2A Peach Parfaits**

### Materials Required:

- Clear plastic cups
- Large serving spoon
- Spoons and napkins
- Can opener
- Cleaning supplies
- Measuring cups

### 1) Discuss Lesson 2A Culinary Skill: Making a Mise en Place

- *Mise en place*- a French culinary phrase which means "putting in place" or "everything in its place" which refers to the setup required before cooking -often used in professional kitchens to refer to organizing/arranging of the ingredients that a chef will require for the dishes they are preparing.
- Classes will check their *mise en place* every time they meet
- Following are the steps for *mise en place*:
  - a. Read through recipe to become familiar with steps and ingredients.
  - b. Gather all ingredients and cooking tools you will need.
  - c. Measure and prep all ingredients as listed on the recipe.

### 2) Wash hands and start recipe

#### Recipe:

Ingredients: Greek yogurt cups 1 per student, Graham Crackers 1 bag per student, Canned peaches

1. Add ½ of the Greek yogurt cup into a clear plastic cup
2. Add about ¼ cup of canned peaches on top of yogurt
3. Add rest of yogurt on top of peaches
4. Crush bag of graham crackers before opening to crumble them
5. Add about 4 TBSP of crumbles to top parfait

### 3) Clean Up

### 4) Quick Review: What do our bones and teeth need to stay strong and healthy? Ask what foods are rich in calcium?

### Optional activities for this lesson (see back of booklet):

- Bone Bank Activity
- Video: Where Does Yogurt Come From?

## **Lesson 2B Super Neat Beef & Bean Nachos**

### Materials Required:

- Plates
- 2 Large microwave safe bowls
- Serving spoons
- Cleaning supplies
- Can opener

- 1) Go over the Culinary Skill: Microwave Safety by going over the handout with students located in back of booklet
- 2) Wash hands, ensure *mise en place*, and start recipe

### Recipe:

Ingredients: Beef crumbles, beans, tortilla chips, and assorted toppings

1. Heat beef crumbles in microwave safe bowl for 1 ½ min or until heated through and stir
  2. Heat beans in microwave safe bowl for 1 ½ min or until heated through and stir
  3. On individual plates, add tortilla chips, ½ cup beans, ½ cup beef crumbles to each plate
  4. Top with 4 TBSP shredded cheese, 2 TBSP Pico de Gallo, 2 TBSP sour cream, and 2 TBSP guacamole as desired
- 3) Clean Up
  - 4) Quick Review: How can we be safe with microwave cooking?

### Optional activities for this lesson (see back of booklet):

- Physical Activity: Guacamole Dance Along Video

### **Lesson 3A Silly Southwestern Salad**

#### Materials Required:

- Microwave safe bowls
- Measuring utensils
- Serving spoons
- Plates
- Cleaning supplies
- Napkins and utensils for students to eat with

- 1) Wash hands, ensure *mise en place*, and start recipe

#### Recipe:

Ingredients: Cooked beef crumbles, diced onions, fiesta black beans, chili powder, cumin, lettuce, diced tomato, shredded cheese, guac, sour cream

1. Place 1 cup lettuce on individual plates, creating a bed of lettuce and set aside.
  2. Prepare beef and beans: Teacher may want to cook all beef crumbles together in a large microwave-safe dish, and the beans in another dish, and then have students add each individual serving size amounts to their own salad
  3. For each serving, mix ½ cup of beef crumbles with 2 TBSP diced onions, pinch of chili powder and cumin together and heat for 2-3 minutes or until hot
  4. For each serving, heat ½ cup fiesta beans until hot (2-3 min)
  5. Spoon ½ cup beans and ½ cup seasoned beef onto bed of lettuce
  6. Top with 4 TBSP tomato, 2 TBSP cheese and add guacamole and sour cream to taste
- 2) Quick Review: Culinary Skill: FIFO (First in and first out)
    - a. Practice FIFO (First-IN, First-OUT) – a basic rule of food rotation that protects quality and freshness. Rotate foods so the first products you see on the shelf in storage (IN) are the first products used (OUT) to minimize spoilage and waste. (Older foods should be in the front and newer purchases should be in the back.)
    - b. Store cans in a cool and dry place – not near hot places or in direct sunlight. Keep them dry to avoid rusting which can lead to leaks and spoiled food.
    - c. Do not eat food from cans that are bulging or swollen, leaking, or dented at the seam or rim – that can let air or bacteria to enter the can. When in doubt, throw it out!
    - d. Most canned foods need to be refrigerated after they are opened, and you should pour the contents into an air-tight plastic or glass container and refrigerate. Use most foods within 2-3 days, although tomato sauce and fruits can last up to 7 days.
    - e. The numbers on a can are a manufacturer code. Do not confuse this code with a best before date unless it says “best before” or “BB” before a date. Canned food is

generally safe if consumed past this date, but the quality (flavor, texture, appearance) may not be as good. It should still be wholesome to eat.

- f. You should clean the lid of a canned food before opening it.
- g. Make sure the can opener is clean also.
- h. Be careful with the edges of an opened can and lid – they are very sharp and can easily cut you.

### 3) Clean Up

Optional activities for this lesson (see back of booklet):

- Physical Activity: Move to Learn: Eat Right for Health Video

### **Lesson 3B Crazy Cool Chili for the Whole Crowd**

#### Materials Required:

- Measuring tools
- Large serving spoon
- Small serving spoon for cheese
- 1 large microwave safe bowl
- Bowls and spoons
- Napkins
- Cleaning supplies

- 1) Wash hands, ensure *mise en place*, and start recipe

#### Recipe:

Ingredients: Beef crumbles, fiesta beans, small green pepper, small white onion, canned diced tomatoes, tomato paste, water, chili powder, cumin, oregano, pepper, shredded cheese

1. Rinse and drain 6 cups fiesta beans and set aside
2. Chop 1 small green pepper and 1 small white onion
3. Cook 3 cups beef crumbles in large microwave safe bowl
4. Add 30oz canned diced tomatoes, 6oz canned tomato paste, 1 cup water, 6 TBSP chili powder, 2 TSP cumin, 1 TSP oregano, and ½ TSP pepper to beef
5. Cover and microwave for 4-5 min, stirring half way

Note: Teacher may want to discuss herbs and spices while chili is cooking

6. Top individual bowls of chili with 2 TBSP shredded cheese

- 2) Quick Review: Culinary Skill: Using Herbs and Spices in Cooking

\*Explain different ways to use herbs and spices to food during cooking\* [TEACHER may want to save this part for use while waiting for chili to cook.].

- a. How to prep herbs:

- i. Many fresh herbs come as sprigs, like cilantro, that have long stems with leaves still attached. If the stem is tender, you can chop it with the leaves.
- ii. If the stem is tough or woody, like with rosemary, strip the leaves off of the stem and discard the stem.

- b. Timing of when to add to foods:

- i. Spices should be added during cooking.
- ii. Delicate herbs, like basil, should be added at the end of cooking.
- iii. Herbs with tough or woody stems may be added during cooking.

- c. General rule of thumb for conversions

- i. When using dried instead of fresh herbs, use 1/3 as much since the dried form will be stronger than fresh.
- ii. Practice: if a recipe asks for 1 Tbsp. of fresh oregano, use 1 tsp. of dried (1 Tbsp. = 3 tsp).

### 3) Clean Up

Optional activities for this lesson (see back of booklet):

- Stirring Up Spices Smelling Activity
- Video: The Science of Spiciness
- Physical Activity: Activity Cube

## **Lesson 4A Happy Hearty Breakfast Wrap**

### Materials Required:

- Plates 1 per student
- Mixing spoons
- Mixing bowls
- Napkins
- Cleaning supplies

### 1) Wash hands, ensure *mise en place*, and start recipe

#### Recipe:

- Ingredients: WG 10” tortilla per student, cooked scrambled eggs, precooked seasoned potato wedges, frozen mixed veggies, shredded cheese, turkey bacon slice

Note: Recipe will be cooked together as a group and should yield 6 large wraps: 1 wrap can serve 2-3 students.

1. Cut potato wedges into small pieces-you will need 3-4 wedges per wrap or about 24 for entire recipe. Heat until hot.

2. Empty 1 bag of eggs in microwave safe dish and heat for 5 minutes, stir halfway through

Note: If you receive egg patties, use 1 patty per wrap or 6 for entire recipe and heat them all together in a microwave-safe dish for 1-3 minutes or until brought to proper temperature

3. Heat 1.5 cup of frozen mixed veggies in microwave for 60 seconds

4. Heat 6 turkey bacon slices in microwave for about 1-2 minutes and crumble cooked bacon

5. Warm up individual tortillas in microwave for 10 seconds

6. Lay tortilla flat and layer eggs, potato, crumbled turkey bacon, veggies, and shredded cheese and roll into a wrap. Cut into halves or thirds to share

### 2) Quick Review: Breakfast (Promote school breakfast-it is free for all students at all CCSD schools)

- Do you feel hungry when you wake up? What do you usually eat for breakfast? Which breakfast foods are healthy and which ones should you not eat so often?
- Eating school Breakfast every morning can help you focus on your schoolwork better and keep up with your sports and activities.

### 3) Clean Up

### Optional Recommendations for this lesson (see back of booklet):

- Video: A Brie(f) History of Cheese

## **Lesson 4B Funky Farm Fresh Breakfast Scramble**

### Materials Required:

- Mixing bowls
- Casserole dish
- Plates 1 per student
- Mixing spoons
- Napkins
- Cleaning supplies
- Child safety knives
- Cutting boards

- 1) Wash hands, ensure *mise en place*, and start recipe

#### Recipe:

Ingredients: Chicken sausage patties, diced onions and peppers, scrambled eggs fully cooked-makes large batch for entire class

1. Chop 5 chicken sausage patties into small pieces
2. Dice 1 small white onion and 1 small green pepper
3. Mix chicken sausage, vegetables, and contents of 2 bags of scrambled eggs (or 10-12 egg patties, chopped) together in large microwave safe casserole dish for 2 minutes/160F
4. Stir before serving in individual bowls

- 2) Quick Review: Food Allergies

- Do you know the top eight food allergies? They are peanuts, tree nuts, eggs, milk, wheat, fish, soy, shellfish.
- Does anyone have a food allergy?
- What is a food allergy? A food allergy is when the body reacts as though a particular food product is harmful. The body's immune system which fights infections and disease creates antibodies to find the food allergen
- If your friends have food allergies you should know that food allergies are very serious, don't share food with friends who have food allergies, wash hands after eating, and if a friend with food allergies feels sick, get help right away!
- It is important for cooks to be aware of food allergies when creating and cooking recipes

- 3) Clean Up

### Optional Recommendations for this lesson (see back of booklet):

- Video: Food Allergies

## **Lesson 5A Fiesta Rice Bowl**

### Materials Required:

- 2.5 qt casserole dish microwave safe
- Measuring spoons
- Sturdy mixing spoons
- 2 microwave safe bowl
- Liquid and dry measuring cups
- Spoons, bowls, napkins 1 per student
- Cleaning supplies

### 1) Wash hands, ensure *mise en place*, and start recipe

#### Recipe:

Ingredients: Brown rice, fiesta black beans, turkey strips, guacamole, sour cream, Pico de Gallo, oregano, chili powder, cumin, salt, parchment paper

Note: Make double batch of rice-One batch for 5A and one for lesson 5B- and chill for 5B. If rice is uncooked- it will take 30 min to cook. If you have access to 2 microwaves, you can make 2 batches at the same time.

-To cook brown rice: In a 2 ½ quart microwave-safe dish, combine 3 cups water and 1 cup rice. You do not need to cover it. Microwave on HIGH for 10 minutes. Reduce setting to 50% power, microwave for 20 minutes. Makes 4 cups of cooked brown rice.

-If you already have cooked brown rice to start with, you will simply reheat the rice. For each cup of rice, add 1-2 tablespoons of water. Cover with a damp paper towel or lid. Place in microwave and heat for 3-4 minutes, or until piping hot throughout. Make sure internal temp of rice is at 165F or higher.

1. When rice is ready proceed with recipe

2. Heat 4 cups of fiesta beans in microwave for 1 min and 30 sec

3. Chop turkey strips if desired and season with oregano, chili powder, & cumin and mix together

4. Heat turkey strips in microwave for 1 min

5. Layer ¼ cup of brown rice, ¼ cup beans, and turkey strips in bowl- top with sour cream, guacamole, and Pico de Gallo to liking.

### 2) Quick Review: Facts About Rice

- Rice is the primary staple food for more than half of the people in the world, and it is grown on every continent except Antarctica. Most of the world's rice is grown and eaten in Asia.
- China, India, and Indonesia are three of the top rice-producing countries in the world.
- Rice is usually planted in a flat field filled with water. Before cropping, the water is drained from the field. Before farmers developed a good farming system and fertilizers, they used to let lands rest for 1 to 2 years while farming in other lands

### 3) Clean Up

Optional activities for this lesson (see back of booklet):

- Video: Hooray 4 Healthy Grains

## **Lesson 5B Boogie Down Rice Pudding**

### Materials Required:

- 2.5 qt casserole dish microwave safe
- Liquid and dry measuring cups
- Measuring spoons
- Bowl microwave safe big enough to hold 4 cups
- Whisk
- Spoons, bowls, napkins
- Cleaning supplies

- 1) Wash hands, ensure *mise en place*, and start recipe

### Recipe:

Ingredients: brown rice, milk, corn starch, cinnamon, vanilla, brown sugar

Take out chilled brown rice prepared from lesson 5A

Note: If rice is uncooked- it will take 30 min to cook. If you have access to 2 microwaves, you can make 2 batches at the same time

1. Whisk 1 ½ cup milk, 2 TBSP cornstarch, 1 ½ tsp vanilla extract, 1 tsp cinnamon, ¼ cup brown sugar and add to 2 cup cooked brown rice

2. Microwave for 1 ½ minutes

3. Remove and whisk for 1 ½ minutes

4. Repeat until desired consistency

5. Optional: add butter for creaminess

Pudding will thicken a little as it cools. Texture should be smooth and creamy.

- 2) Clean Up

Optional activities for this lesson (see back of booklet):

- Video: Virtual Dairy Farm Tour

## **Lesson 6A Totally Awesome Tomato Lunch Wrap**

### Materials Required:

- Dry measuring cups
- Measuring spoons
- Large microwave safe bowl
- Sturdy mixing spoon
- Spoons
- Small bowl
- Paper plates and napkins
- Child safety knives
- Cutting boards
- Cleaning supplies

1) Wash hands, ensure *mise en place*, and start recipe

#### Recipe:

Ingredients: Turkey strips, assorted spices, guacamole, sour cream, whole grain tortilla, shredded cheese, lettuce, tomato

1. Season 16 turkey strips with  $\frac{1}{2}$  tsp oregano,  $\frac{1}{2}$  tsp chili powder, and  $\frac{1}{2}$  of cumin.
2. Heat seasoned turkey in microwave for 1 min or until hot
3. Make guacamole spread with 1:1 ratio of guacamole to sour cream and a pinch of garlic powder and black pepper. Mix and set aside.
4. Heat individual tortillas in microwave for 10 seconds
5. Lay tortillas flat, layer guacamole spread,  $\frac{1}{4}$  C shredded cheese, turkey strips, shredded lettuce, and tomatoes
6. Roll into wrap and cut into  $\frac{1}{3}$  slices and enjoy

2) Quick Review: History and Many Uses of Tortillas

#### a. History

- Indigenous (the first peoples, or native) cultures in Mexico have been making them for thousands of years
- Corn was a staple crop for the Aztecs, an indigenous civilization in Mexico. They learned that soaking and cooking the corn in water with wood ashes (an alkaline solution) made it easier to grind into masa (a wet corn flour). The masa gets rolled into balls, then flattened into tortillas and cooked on top of a stove. The processed corn was sweeter, more tender, and more nutritious [the process is called nixtamalization].
- Around the 1500's, in the northern Mexican states, wheat flour was mixed with water, salt, and lard (fat from pork) to make flour tortillas.

#### b. Different uses

- As simple tortillas, a type of flatbread, that may be used as a utensil (like a spoon) to eat with beans or other foods
- Tortilla chips – fried or baked
- Crispy taco or tostada shells – fried or baked
- Sweetened with honey or sugar and cinnamon, like a buñuelo
- Burritos, wraps, enchiladas, quesadillas, etc. – *what's your favorite?*

### 3) Clean Up

Optional activities for this lesson (see back of booklet):

- Grocery Store Bingo and Scavenger Hunt Print-Outs

## **Lesson 6B Cheese Quesadillas**

### Materials Required:

- Cutting boards
- Large microwave safe dish
- Child safety knives
- Measuring cups
- Plates
- Spoons
- Cleaning supplies

1) Wash hands, ensure *mis en place*, and start recipe

#### Recipe:

Ingredients: Whole grain tortillas, shredded cheddar cheese, shredded mozzarella, red bell pepper, onion

1. Lay tortilla on a plate
2. Chop red bell pepper and onion
2. Layer half of the tortilla with ¼ cup cheddar cheese, ¼ cup mozzarella cheese, ¼ cup diced onion, and ¼ cup bell pepper
3. Gently fold half of the tortilla over the filled half and heat for 30-60 seconds
4. Cut quesadilla into ¼ slices and serve

2) Clean Up

3) Give out recipe book to students to take home

4) **Give Post-Survey located in Back of Booklet**

5) Please scan and send pre and post surveys to [stacysimmons@unr.edu](mailto:stacysimmons@unr.edu)

Optional Recommended Activities for this lesson (see back of booklet):

- Video: Are You Smarter Than A Food Label?

# Print Handouts

(For Use in Class)



# Kitchen Safety Rules



- Always wash your hands before and after handling food.
- Tie back long hair.
- Wear an apron and roll up your sleeves.
- Keep food preparation surfaces clean.
- Wash fruit and vegetables under cold water before use.



- Always ask an adult before handling knives or going near hot things.



- Handle knives and other sharp equipment with care.
- When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.



- Turn handles of saucepans away from the front of the stove when cooking.
- Use oven mitts when taking hot dishes from the oven or microwave.



- Do not run around the room where food is being prepared.
- Wipe up food spills immediately.
- Store food appropriately in sealed containers. Always keep raw meat away from cooked meat at the bottom of the fridge.
- Wash kitchen and eating utensils after use in hot soapy water.



# Wash your Hands



for  
**20**  
seconds

use soap and  
running water

and

**Dry**  
your  
**Hands**  
thoroughly



# Cooking Skill Tip Sheet

## General Knife Skills



- Never use a dull knife; it's safer to use a sharp knife
- Make sure to safely handle knives at all times and inform others around you that you're handling a knife
- When carrying a knife, firmly hold the knife down with the blade towards you
- Always use a cutting board so you don't damage your kitchen countertops
- When cutting, one hand grips the knife and the other hand must hold the food and guide it toward the blade
- Curl your fingers of the hand that is guiding the food so your knuckles act as a shield and protect your fingertips
- Never wash knives in the dishwasher; and use extra special care when washing knives by hand

# Microwave Safety



- Use potholders to remove food containers.
- Remove lids carefully to avoid steam burns.
- Distribute heat by stirring microwaved foods before serving.

## Microwave Safety

- Clean microwave before and after each use to avoid cross-contaminations
- Students should keep a safe distance (at least 2 ft away) while food is cooking
- Know your microwave: settings, sizes, wattages, elevations, etc.

# Cooking Skill Tip Sheet

## Dicing Skills



- A dice is a cube, that ranges in size from  $\frac{1}{4}$  inch to  $\frac{3}{4}$  inch square, similar to the dice you use when playing a board game
- To dice food, cut it into small, even-sized cubes
- It's easiest to dice food with a Chef's or utility knife
- Trim the food so that the sides are relatively straight; then, slice the food into panels
- Neatly stack the panels and slice them lengthwise, creating uniform matchsticks
- Line-up the matchsticks and cut across them again to make a perfect dice



- Types of foods often diced: onions, tomatoes, bell peppers
- What are other foods you could dice?

# Cooking Skill Tip Sheet

## Slicing Skills

- Make sure you hold the knife properly: grasp the handle with three fingers and put your forefinger and thumb on opposite sides of the blade

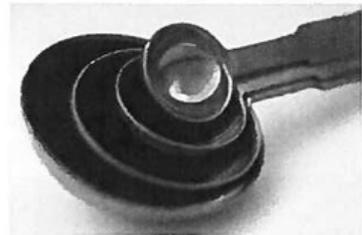


- With a rocking motion, keeping the tip of the knife on the chopping board, slice down through the food at regular intervals; don't start and stop—try to use a continuous motion
- Use your other hand to feed the food toward the knife; for safety, curl your fingers in and use your fingertips to hold and move the food
- It's easiest to slice food with a Chef's or utility knife
- Types of foods often sliced: meat, cheese, fruits and vegetables, bread
- What are other foods you could slice?

# Cooking Skill Tip Sheet

## Measuring Dry Ingredients

- A dry measuring cup or spoon is used to measure dry ingredients (see pictures)
- The measuring cup or spoon has a flat top
- Measurements are in teaspoons, tablespoons and cups, and the measurement amount is marked on the handle of the cup or spoon
- Before measuring, stir the dry ingredient to eliminate lumps
- To accurately measure, overfill the cup or spoon with the dry ingredient and make sure it is packed full; then, level off the top using a straight edge (like a spatula)
- Examples of dry ingredients: flour, sugar, powdered milk
- What are examples of other foods you need to measure in a dry measuring cup or spoon?



## Video Suggestions

### Lesson 1A:

- Hooray 4 Healthy Hydration  
<https://v46txmln01auxz025uzhgfnq-wpengine.netdna-ssl.com/wp-content/themes/sprung-total/videos/Hooray4Healthy-Hydration.mp4>

### Lesson 1B:

- Hooray 4 Fruits and Veggies  
<https://v46txmln01auxz025uzhgfnq-wpengine.netdna-ssl.com/wp-content/themes/sprung-total/videos/Hooray4Healthy-FruitsVegetables.mp4>

### Lesson 2A:

- Where Does Yogurt Come From?  
<https://www.youtube.com/watch?v=yNxiQEu3C6Q>

### Lesson 3B:

- The Science of Spiciness  
<https://ed.ted.com/lessons/the-science-of-spiciness-rose-eveleth>

### Lesson 4A:

- A Brie(f) History of Cheese  
<https://ed.ted.com/lessons/a-brie-f-history-of-cheese-paul-s-kindstedt>

### Lesson 4B:

- Food Allergies  
<https://www.youtube.com/watch?v=yqBw4tdRw9I>

### Lesson 5A:

- Hooray for healthy Grains  
<https://v46txmln01auxz025uzhgfnq-wpengine.netdna-ssl.com/wp-content/themes/sprung-total/videos/Hooray4Healthy-WholeGrains.mp4>

### Lesson 5B:

- Virtual Dairy Farm Video  
<https://www.youtube.com/watch?v=EOAavg4ftFk&feature>

### Lesson 6B:

- Are you Smarter Than a Food Label?  
[https://www.youtube.com/watch?v=DjFVOZ\\_ALuM](https://www.youtube.com/watch?v=DjFVOZ_ALuM)

## Suggested Activities

### Lesson 1A:

- Kitchen Tour 15-20 minutes
  - 1) Walk kids to school kitchen in single file line
  - 2) Walk into kitchen and generate discussion
  - 3) Open freezer and let kids walk in ask questions such as “What kinds of foods do you keep in your freezer at home?”
  - 4) Open cooler/refrigerator and let kids walk in and ask questions such as “What kinds of foods do you keep in your refrigerator at home?”
  - 5) Show kids 3 compartment sink (if there is one) and ask “Who would like to clean up when we are done?”
  - 6) Show kids the ovens and the back of tray line
  - 7) End tour

### Lesson 1B:

- Garden Tour 15-20
  - 1) If your school has a garden line kids up and walk out to school garden
  - 2) Walk around the garden and ask kids what they see and if they have a garden at home
  - 3) Ask kids “what three things do you need to make a seed grow?” Answers: Water, Sun, annnnnd (most kids rarely guess this third one)-patience!
  - 4) End Tour

### Lesson 2A:

- Bone Bank Activity  
Demonstrates the amount of calcium in the body at different ages  
Gather: 10 pounds white flour, plastic bags of various sizes, measuring cups
  - 1) Label the smallest bag newborn, label the next smallest bag child, label the next bag 15-year-old or teenager, label the largest bag adult, and finally label the largest bag of the adult with osteoporosis.
  - 2) Show students the bag of flour for the newborn. Ask how much calcium is in the skeleton of a newborn? 25g. Why does a newborn’s skeleton have such a small amount of calcium? At birth, the skeleton is small and is not well mineralized and there is not a lot of calcium in the bones.
  - 3) Next, show the bag of the child which is about ten-years old. Ask how much is the average skeletal calcium for a 10-year old? 400g. During childhood, the skeleton grows and mineralization increases (the amount of calcium in the bone increases) and bones grow larger and stronger.
  - 4) Next show the bag of the 15-year-old/teenager and ask how much is the average skeletal calcium for a teenager about 15 years old? 900g.
  - 5) Show the bag of flour for the adult and ask if the amount of calcium for the adult is greater than for the 15-year-old and why? Accept all answers. Humans continue to

build up bone up to age 30.

- 6) Show the bag of flour with the adult with osteoporosis and ask why is the amount of skeletal calcium less? The bones are weak and have cracks and breaks. Remember during teen years, 45% of more of the body's total skeletal mass is formed. The higher your peak bone mass, the more bone you have "in the bank" and the less likely you are to develop osteoporosis as you age. Not getting enough vitamin D (which helps absorb calcium) in your diet may lead to a lower peak bone mass and accelerated bone loss later

Lesson 3B:

- Spice Smelling Activity  
Cumin, chili powder, pepper, oregano, plastic bag, marker to label bags
  - 1) Place a TSP of each spice into plastic bag and label
  - 2) Have students close their eyes and hold spice under their nose.
  - 3) Have each student smell the spice and ask what the spice smells like and if they have a strong smell

Lesson 6A:

- Grocery Store Printouts  
Print and hand out two fun handouts for students to do with their families for friends



<https://www.theproducemoms.com/wp-content/uploads/2019/01/grocery-store-bingo-tpm.pdf>



<https://www.theproducemoms.com/wp-content/uploads/2019/01/grocery-store-scavenger-hunt.pdf>

## Suggested Physical Activities

### Lesson 1A:

- Thirst Quenching Quiz

T/F Quiz about water. If student thinks statement about water is true, they do 5 toe touches. If student thinks statement about water is false, they do 5 fast marches.

True or False?

- When doing any type of exercise, you should drink a sports drink instead of water False:  
Water is the best drink to have when physically active

True or False?

- You should drink 3-4 glasses of water every day.  
False: You should try to drink at least 8 glasses of water every day

True or False?

- Flavored bottle water is a healthier choice than plain or tap water?  
False: Most flavored bottled water contains a lot of sugar-check your labels

True or False?

- If you have been physically active for more than an hour, a glass of low-fat milk will help you stay hydrated the same way a sports drink will  
True: Milk contains the same minerals that are added to sports drinks to help you stay hydrated

### Lesson 1B:

- Colorful Fruits and Veggies Game

1. Have kids form a circle
2. Say a color (red, green, white, blue/purple, yellow/orange) and have kids say a fruit or veggie that is that specific color
3. If they cannot think of a fruit or veggie they run around the circle and sit back down
4. Keep going until all colors have been mentioned

### Lesson 2B:

- Guacamole Dance Video  
<https://family.gonoodle.com/activities/guacamole>  
Play video and have kids dance along!

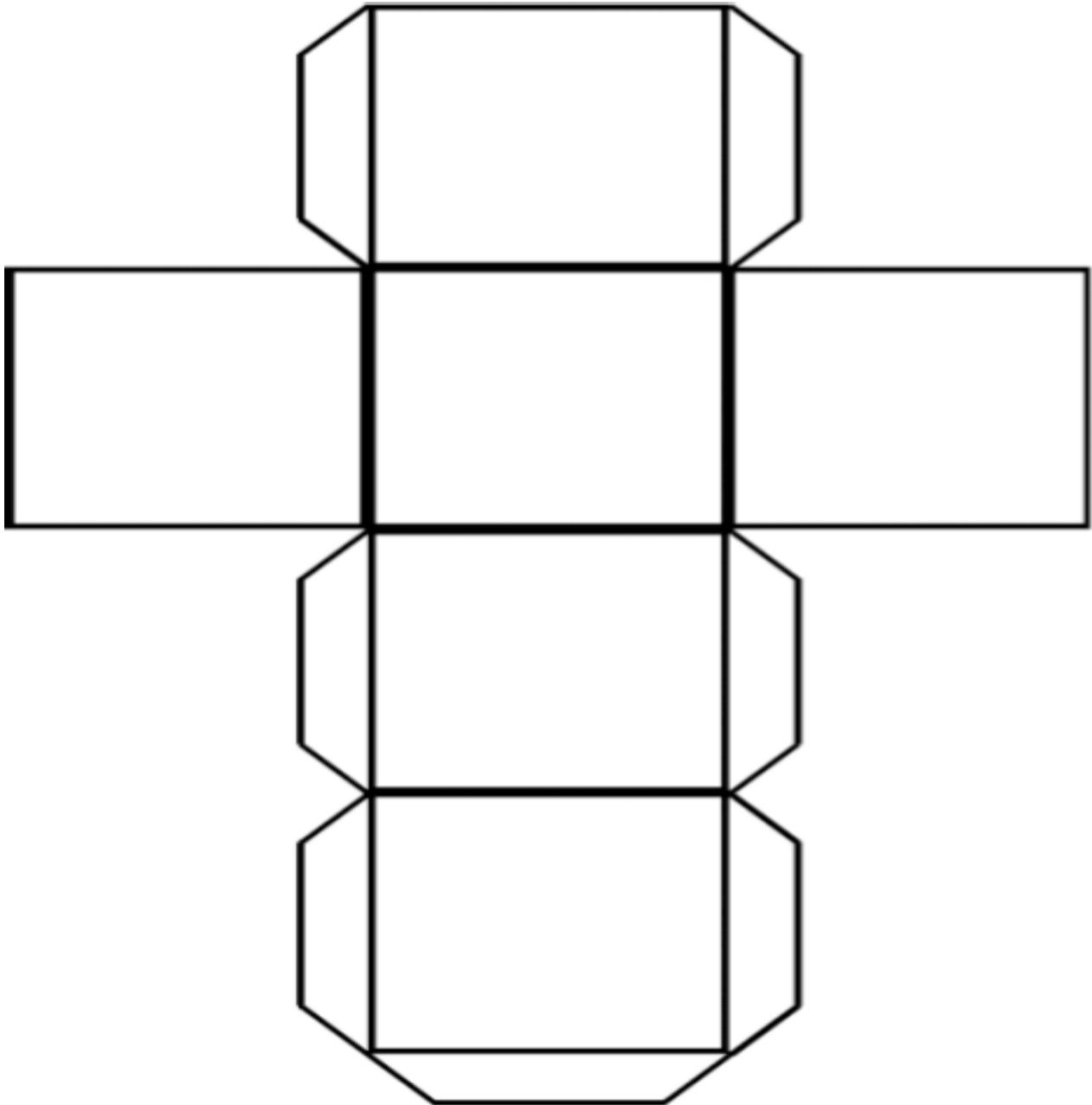
### Lesson 3A:

- Move to Learn: Eat Right for Health Video  
<https://www.youtube.com/watch?v=y-DIJyQtic>  
Play this super fun video and have kids follow along!

### Lesson 3B:

- Activity Cube  
Create your own activity cube!  
See cube cut out on next page  
1. Print out 2 activity cube templates

2. On one cube write different physical activities in each panel (jumping jacks, pushups, squats...)
3. On the other cube write numbers in each panel. 1-10 is recommended
4. Fold and tape or glue each cube to form a square
5. Roll each cube as if they were dice. The faceup panels will show you the amounts and the physical exercise the students will do
6. Have the students take turns rolling the dice and leading the exercise for the class
7. Keep going until all students have rolled the cubes



**3<sup>rd</sup> grade and up Pre and Posttest (please circle which one)**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Questions about Cooking	Circle the answer that best describes how you feel.		
1. I know how to follow a recipe to make something to eat.	Yes	No	Not Sure
2. I know how to make changes to a recipe.	Yes	No	Not Sure
3. I know how to use measuring cups and spoons.	Yes	No	Not Sure
4. I know how to use knives safely.	Yes	No	Not Sure
5. I know how to handle hot pots and pans safely.	Yes	No	Not Sure
6. I know how to keep my cooking area clean to stop spreading germs.	Yes	No	Not Sure
7. I give my family ideas for healthy meals or snacks.	Yes	No	
8. I eat breakfast this many times per week (in 7 days).	0	1-6	7
9. I like to make myself something to eat when I'm at home.	Yes	No	Not Sure
10. Please list all of the MyPlate food groups you know: a. _____ b. _____ c. _____ d. _____ e. _____			

1-2 grade Pre and Posttest (please circle which one)

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

<b>Do You Like to Help in the Kitchen?</b>	  
<b>Do You Like to Try New Foods?</b>	  
<b>I Eat Breakfast on School Days</b>	  
<b>I Always Wash My Hands Before Eating</b>	  