

## **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