

Lesson 1: DIP CUPS



Purpose To increase children's vegetable intake.

Goals By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of eating carrots.
2. Make a vegetable snack.
3. Students will be able to state the catchphrase of the day to share with family and friends.

***This lesson will be evaluated by student responses to
"Carrots are good for your eyes.
Have you ever seen a rabbit wearing glasses?"***

**★ = Star veggie
Ingredients**

(For 20 students=4 groups of 5 students & one Demo)

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|---|---|
| 1 bunch whole carrots with tops ★
(for demo purposes only) | 2.5 cups non-fat, plain Greek yogurt |
| 2 lb. whole carrots | 1 1/4 cup low-fat mayonnaise |
| 2 lb. celery stalks | 1.1/4 cup skim milk |
| 2 lb. assorted bell peppers | 2.5 oz. (5 tablespoons) ranch dressing powder |
| 2 lb. cucumbers | |

Materials

For Chef Prep

- 1 cutting board
- 1 chef's knife
- 1 peeler (optional)
- 1 portion scoop (=1/4 cup)
- 2-3 bus tubs for dirty dishes
- foodservice gloves
- marker

For Kids' Cooking Demo

- 5 mixing bowls (1 per group of 5, plus demo)
- 5 spatulas (1 per group of 5, plus demo)
- 25 plastic cocktail cups (1 per student, plus extra)
- 25 spoons (1 per student, plus extra)
- 20 prep bowls with lids (4 per group of 5, plus demo)
- 4 salad tongs (1 per container of veggies)
- 4 half hotel pans with lids (1 per veggie)
- napkins/paper towels and sanitary wipes
- student handouts and crayons

Assembly

Ahead of time: Chef Prep

Cut carrots, celery, peppers, and cucumbers into sticks measuring 1/2" x 1/2" x 3". (Save 1 carrot to demonstrate cutting and save whole carrots with tops for showing during demonstration.)

Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 2 scoops non-fat, plain Greek yogurt; 5 of the prep bowls with 1 scoop low-fat mayonnaise; 5 of the prep bowls with 1 scoop skim milk; and 5 of the prep bowls with 1 tbsp. ranch dressing powder. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

During Kids' Cooking Demo

Set up (before kids arrive): Each station (1 for you, and 4 groups of 5 students each) needs: 1 mixing bowl, 1 spatula, 5 cocktail cups, 5 spoons, napkins or paper towel and each one of the 4 different bowls (1 with yogurt, 1 with mayonnaise, 1 with milk and 1 with ranch powder). Set up veggies with plastic tongs on a separate table or at demo station. Each student gets a handout. Put crayons in the middle of the table.

DEMO: Combine mayonnaise, yogurt, skim milk and ranch flavor powder in mixing bowl. Use spatula to mix. Use spoon to portion ranch dip into plastic cocktail cup. Then use salad tongs to place veggies into your cup, arranging ends of veggies in the ranch dip at the bottom of the cup. Feel free to double dip in your own personal dip cup!



Nutrition Lesson Script

Estimated Time 15 minutes

Lesson *Facilitators will introduce themselves and introduce the topic.*

(2 min) *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Carrots are root vegetables. (Show whole carrots with tops.)
2. So why eat carrots?

They help keep your eyes healthy because they have Vitamin A!

3. (Say catchphrase)

“Carrots are good for your eyes.

Have you ever seen a rabbit wearing glasses?”

(7 min) *Demonstration and Hands on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the “helper” to assist in the culinary activity.
3. Read the instructions step by step and have the “helper” demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.
5. Let groups who are done with mixing and portioning out their dips in to their personal dip cups first go up and choose veggies for their cups. Only allow one group at a time to select veggies.

(4 min) *Coloring Activity (Do this while students are eating their dip cups.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Explain why the one carrot is blurry and the other is not.
4. Remind students to throw away trash, recycle disposables when possible and put dirty dishes into the bus tubs.

(2 min) *Review the following information with the students:*

1. Carrots are root vegetables (show whole carrots).
2. So why eat carrots?
They help keep your eyes healthy because they have **Vitamin A!**
3. (Say catchphrase).

“Carrots are good for your eyes.

Have you ever seen a rabbit wearing glasses?”