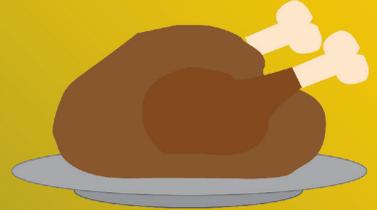


Week 1: Chicken Chicken Salad Pita pocket



Purpose To increase children's protein awareness, knowledge and opportunities to try new protein sources.

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

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

***“Why did the chicken wear a cape?
Because he was a super source of protein.”***

Ingredients

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

3/4 cup light mayonnaise
3/4 cup plain, fat-free yogurt
5 tablespoons lemon juice
salt and pepper to taste

5 cups cooked chicken, chopped
5 stalks celery, diced
5 green onions, minced
2.5 cups sliced red grapes
22 whole wheat pita pocket halves

Materials

For Chef Prep

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

For Kids' Cooking Demo

5 mixing bowls (1 per group of 5 plus demo)
5 whisks
5 spatulas (1 per group of 5 plus demo)
25 spoons (1 per student plus extra)
35 prep bowls with lids (7 per group of 5, plus demo)
1 hotel pan with lid (1 for pitas)
25 paper plates
napkins or paper towels, sanitary wipes
student handouts and crayons

Assembly

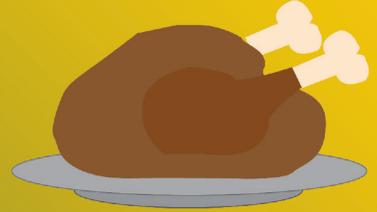
Ahead of time: Chef Prep

Cook and chop chicken (NOTE: canned chicken is safest and easiest to use). Season it with the salt and pepper. Cut celery, green onion and grapes. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 1/2 scoop light mayo, 5 of the prep bowls with 1/2 scoop yogurt, 5 of the prep bowls with 1 Tablespoon lemon juice; 5 of the prep bowls with 4 scoops (1 cup) cooked chicken, 5 of the prep bowls with 1 scoop celery, 5 of the prep bowls with 1/2 scoop green onion and 5 of the prep bowls with 2 scoops (1/2 cup) sliced grapes. Put the pita pockets in a hotel pan. Cover all of the bowls and pans 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 whisk, 1 spatula, 5 spoons, 5 plates, napkins or paper towel and each one of the 7 different bowls (1 with mayo, 1 with yogurt, 1 with lemon juice, 1 with chicken, 1 with celery, 1 with green onions and 1 with red grapes). Place a pita pocket half on each plate using tongs or a gloved hand. Each student gets a handout. Put crayons in the middle of the table.

DEMO: In the bowl, add the mayonnaise, yogurt, lemon juice and whisk together using the whisk. Add the chicken, celery, green onions and grapes to the dressing, then gently stir to coat using the spatula. Full each pita pocket half with 1/2 cup chicken salad using the individual spoons.



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. Chicken is a protein.
2. So why eat chicken?
Because it's low in fat and high in protein.
3. (Say catchphrase)
*"Why did the chicken wear a cape?
Because he was a super source of protein!"*

(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.

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

1. Hold up coloring activity.
2. Ask children to follow the directions on the activity.
3. 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. Chicken is a protein.
2. So why eat chicken?
Because it's low in fat and high in protein.
3. (Say catchphrase).
*"Why did the chicken wear a cape?
Because he was a super source of protein!"*