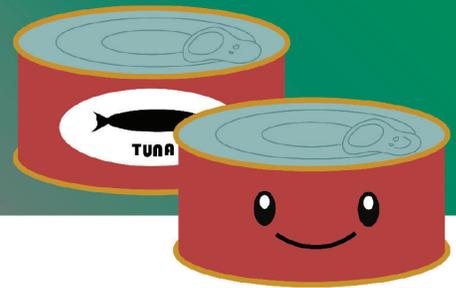




Week 4: Tuna Tuna Salad Bites



Purpose To increase children’s 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 tuna.
 2. Make a protein snack.
 3. Students will be able to state the catchphrase of the day to share with family and friends.

“Blub blub! Tuna makes your heart go lub dub!”

Ingredients

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

- | | |
|---------------------------------|--|
| 1.25 cups fat-free plain yogurt | 2.5 cups chunk light tuna in water, drained |
| 1.25 cups light mayonnaise | salt and pepper to taste |
| 5 tablespoons lemon juice | 75 whole grain crackers |
| 1.25 cups diced red bell pepper | 2.5 cups grape tomatoes, sliced in half lengthwise |
| 1.25 cups diced celery | |

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
- blender or food processor
- teaspoon measure

For Kids’ Cooking Demo

- 25 paper plates (1 per student plus demo)
- 5 spatulas (1 per group of 5 plus demo)
- 5 mixing bowls (1 per group of 5 plus demo)
- 35 prep bowls w/lids (5 per group of 5 plus demo)
- 25 plastic spoons (1 per student plus demo)
- napkins or paper towels
- sanitary wipes
- student handouts and crayons
- 5 salad tongs

Assembly

Ahead of time: Chef Prep

Dice the red bell pepper and celery. Drain tuna. Slice grape tomatoes lengthwise. Using the ¼ cup portion scoop, fill 5 of the prep bowls with 1 scoop of yogurt each and 5 of the prep bowls with 1 scoop of mayonnaise each. Using the tablespoon measure, fill 5 of the prep bowls with 1 tablespoon lemon juice each. Using the ¼ cup portion scoop, fill 5 of the prep bowls with 1 scoop of celery and 1 scoop of red bell pepper each; and 5 of the prep bowls with 2 scoops of tuna (1/2 cup) each. Sprinkle the salt and pepper over the tuna. Put 15 crackers in a container and using the ¼ cup portion scoop, fill 5 of the prep bowls with 2 scoops of tomato halves each. 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

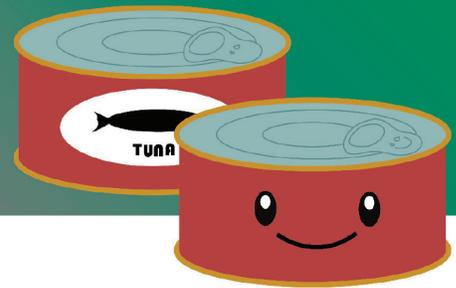
Set up (before kids arrive): Each station (1 for you, and 4 groups of 5 students each) needs: 5 paper plates, 1 mixing bowl, 1 spatula, 5 spoons, napkins or paper towel, 1 pair of salad tongs and each one of the 7 different prep bowls (1 yogurt, 1 with mayo, 1 with lemon juice, 1 with celery and bell pepper, 1 with tuna, 1 with crackers, and 1 with tomatoes). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

DEMO: In a small bowl, whisk together yogurt, mayonnaise and lemon juice. Add the bell pepper, celery, tuna, salt and pepper and gently stir to coat. Scoop tuna salad on top of each of the crackers, then top with a grape tomato slice.



Nutrition Education: Proteins

Week 4: Tuna Tuna Salad Bites



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. Tuna is a source of protein. (Show can of tuna)
2. So why eat tuna?

Tuna has omega-3 fatty acids which keep your heart healthy!

3. (Say catchphrase)

"Blub blub! Tuna makes your heart go lub dub!"

(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 write the catchphrase in the bubble.
3. Have children color in tuna fish and draw a healthy heart on the tuna.
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. Tuna is a source of protein. (Show can of tuna)
2. So why eat tuna?

Tuna has omega-3 fatty acids which keep your heart healthy!

3. (Say catchphrase)

"Blub blub! Tuna makes your heart go lub dub!"