

Week 3: Yogurt

Yogurt Spinach Dip with Veggie dippers



Purpose To increase children's knowledge of and confidence to try new dairy foods.

Goals

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

1. List the characteristics of and benefits of eating yogurt.
2. Make a dairy 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
"Build up your tummy armor by eating yogurt!"***

Ingredients

(For 20 students=4 groups of 5 students & plus 1 demo)

- 2.5 cups low-fat, plain Greek yogurt
- 10 tablespoons light mayonnaise
- 1.25 cups frozen chopped spinach, cooked, cooled and squeezed dry
- 5 tablespoons vegetable dip mix or ranch dressing powder
- 5 cup assorted vegetable sticks for dipping (such as carrot, celery, cucumber and bell pepper)

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

- 25 plastic cocktail cups (1 per student plus demo)
- 25 plastic forks (1 per student plus demo)
- 15 prep bowls w/lids (5 per group of 5 plus demo)
- 5 salad tongs (1 per group plus demo)
- napkins or paper towels
- sanitary wipes
- student handouts and crayons
- 25 plastic spoons (1 per student plus demo)
- 5 mixing bowls (1 per group plus demo)
- 5 whisks (1 per group plus demo)

Assembly

Ahead of time: Chef Prep

Thaw, cook, drain and squeeze dry the spinach. Using a ¼ cup portion scoop, measure 2 scoops of yogurt into 5 prep bowls each; 2 tablespoons of mayo into 5 prep bowls each; 1 scoop of prepared spinach into 5 prep bowls each; 1 tablespoon vegetable or ranch dip mix into 5 prep bowls each and 4 scoops of vegetables (1 cup) into 5 prep bowls 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 plastic cocktail cups, 5 forks; 5 spoons; 1 pair of salad tongs and each one of the 5 different prep bowls (1 with yogurt, 1 with mayo, 1 with spinach; 1 with dip mix and 1 with vegetables). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

Demo: Whisk together the yogurt, mayo, spinach and dip mix until incorporated. Put the dip in a cup with a spoon and serve with assorted vegetables for dipping with a fork.



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. Yogurt is a good source of probiotics.
2. Inform students that there are low-fat options.
3. So why eat yogurt?

Because it has probiotics, which build up good bacteria in your stomach.

4. Say catchphrase.

“Build up your “tummy armor” by eating yogurt!”

(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 dip cups.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Color the yogurt container. Add a cape, mask and other things to make it a superhero!
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. Yogurt is a good source of probiotics. (Show whole _____.)
2. So why eat yogurt?

Because it has probiotics, which build up good bacteria in your stomach.

3. Say catchphrase.

“Build up your “tummy armor” by eating yogurt!”