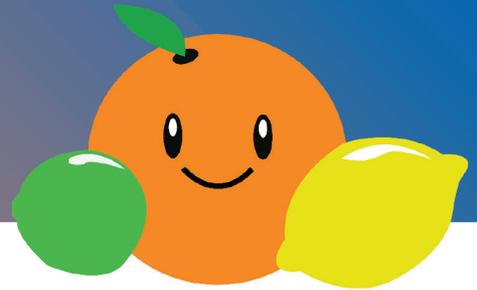


## Week 3: Citrus Citrus Salad



**Purpose** To increase children's confidence to try fruit.

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

1. List the characteristics of and benefits of eating citrus fruit.
2. Make a citrus fruit 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 "Feeling sick? That's OK! Vitamin C saves the day!" ."***

**Ingredients** 5 cups pink grapefruit segments  
(For 20 students=4 groups of 5 students & 1 demo) 7.5 cups mandarin oranges  
 10 tablespoons honey  
 1.25 cups chopped fresh mint leaves

### **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 paper plates (1 per student plus demo)  
 5 mixing bowls (1 per group plus demo)  
 5 plastic spatulas (1 per group plus demo)  
 25 plastic forks (1 per student plus demo)  
 napkins or paper towels  
 student handouts and crayons  
 sanitary wipes  
 20 prep bowls w/lids (4 per group of 5 plus demo)  
 5 serving spoons (1 per group plus demo)

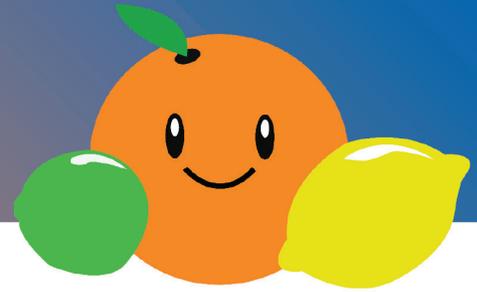
### **Assembly** **Ahead of time: Chef Prep**

Peel and segment grapefruit (or purchase already segmented grapefruit). Wash and chop mint. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 4 scoops (1 cup) of grapefruit segments each and fill 5 of the prep bowls with 6 scoops (1 1/2 cups) mandarin oranges. Using the tablespoon measure, fill 5 of the prep bowls with 2 tablespoons honey each. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 1 scoop mint 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 plastic forks, 1 serving spoon and each one of the 4 different prep bowls (1 with grapefruit, 1 with mandarin oranges, 1 with honey, and 1 with mint). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

**DEMO:** Add all ingredients to the mixing bowl and gently toss together. Use the serving spoon to serve on to plates.



## 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. Citrus fruits are a good source of vitamin C. (Show a whole citrus fruits.)
2. So why eat citrus fruit?

***Citrus fruits have vitamin C, which helps our bodies heal faster.***

3. (Say catchphrase)

***“Feeling sick? That’s OK! Vitamin C saves the day!”***

**(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. Color in the citrus fruit(s) that looks like a doctor/nurse.
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. Citrus fruits are a good source of vitamin C. (Show a whole citrus fruits.)
2. So why eat citrus fruit?

***Citrus fruits have vitamin C, which helps our bodies heal faster.***

3. (Say catchphrase)

***“Feeling sick? That’s OK! Vitamin C saves the day!”***