

Week 1: Cheese

Cheese and Veggie Kabobs



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 cheese.
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 "Show me your smile! Say cheese!"

Ingredients 3 pint cherry tomatoes
 (For 20 students=4 groups of 5 students & plus one demo) 3 medium cucumbers, cut into bite sized wedges
 3 (8-ounce) packages ciliegine fresh mozzarella cheese balls (little cherry sized)
 42 bamboo skewers, 6 inch size

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

For Kids' Cooking Demo

25 paper dinner plates (1 per student plus demo)
 40 bamboo skewers
 15 prep bowls w/lids (5 per group of 5 plus demo)
 5 salad tongs
 napkins or paper towels
 sanitary wipes
 student handouts and crayons

Assembly

Ahead of time: Chef Prep

Cut the cucumbers into bite sized wedges. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 2 scoops of cherry tomatoes; 5 of the prep bowls with 2 scoops of cucumber and 5 of the prep bowls with 2 scoops of cheese. Wrap the skewers in plastic wrap. 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, 10 skewers; 1 pair of salad tongs and each one of the 3 different prep bowls (1 with tomato, 1 with cucumbers, 1 with cheese). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

Demo: Thread one tomato onto a skewer, then thread a cheese ball, then thread cucumber wedge, then another cheese ball, then another tomato to make a kabob. Repeat for remaining skewers.



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. Cheese is a good source of calcium.
2. Inform students that there are low-fat options.
3. So why eat cheese?

Because it's a good source of calcium, which keeps our bones (including our teeth) strong.

4. Say catchphrase.

"Show me your smile. Say cheese!"

(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 smiling cheese block.
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. Cheese is a good source of calcium.
2. So why eat cheese?

Because it's a good source of calcium, which keeps our bones (including our teeth) strong.

3. Say catchphrase.

"Show me your smile. Say cheese!"