

Lesson 2: Garden Fresh Pasta Salad



Purpose To increase children's whole grain intake.

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

1. List the characteristics of and benefits of eating whole grain pasta.
2. Make a whole grain 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
"All aboard the whole grain train! First stop: fuel!"***

Ingredients 2 pkg. (16 oz.) whole wheat shaped pasta (bow-tie, penne, shells, etc.)
(For 20 students=4 groups of 5 students & one demo) 5 cups broccoli florets, chopped
 2 red bell peppers, chopped
 2.5 cups halved cherry tomatoes
 2.5 cups Italian salad dressing
 3/4 cup chopped basil or parsley
 3/4 cup grated Parmesan cheese
 whole wheat kernels for demo

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

5 mixing bowls (1 per group of 5, plus demo)
 5 whisks (1 per group of 5, plus demo)
 35 prep bowls w/lids (8 per group of 5 plus demo)
 25 plastic forks (1 per student of 5 plus demo)
 25 paper plates
 5 serving spoons
 napkins or paper towels and sanitary wipes
 student handouts and crayons

Assembly

Ahead of time: Chef Prep

Set aside whole wheat kernels to show students. Cook pasta according to package directions. Drain and cool. Wash and chop the vegetables. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 12 scoops (3 cups) of cooked pasta; 5 of the prep bowls with 4 scoops of broccoli ; 5 of the prep bowls with 2 scoops of red bell pepper; 5 of the prep bowls with 2 scoops of cherry tomatoes; 5 of the prep bowls with 2 scoops of Italian salad dressing; 5 of the prep bowls with 2 tablespoons basil or parsley and 5 of the prep bowls with 2 tablespoons Parmesan cheese. 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: 1 mixing bowl, 1 whisk, 5 forks, 5 paper plates, napkins or paper towel and each one of the 8 different prep bowls (pasta, broccoli, red bell pepper, cherry tomatoes, Italian dressing, herbs and cheese). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

DEMO: Whisk the Italian salad dressing, basil or parsley and cheese in the mixing bowl with the whisk. Add the pasta, broccoli, red bell pepper and tomato and toss well to coat with dressing.

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Estimated Time 15 min

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. Whole grain pasta is made from whole grain. (Show whole wheat.)
2. So why eat whole grain pasta?

Whole grain pasta helps us fuel up with energy because it has B vitamins!

3. (Say catchphrase)

"All aboard the whole grain train! First stop: fuel!"

(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. Read the instructions with the children on the coloring page.
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. Whole grain pasta is made from whole grain. (Show whole wheat pasta.)
2. So why eat whole grain pasta?

Whole grain pasta helps us fuel up with energy because it has B vitamins!

3. (Say catchphrase).

"All aboard the whole grain train! First stop: fuel!"