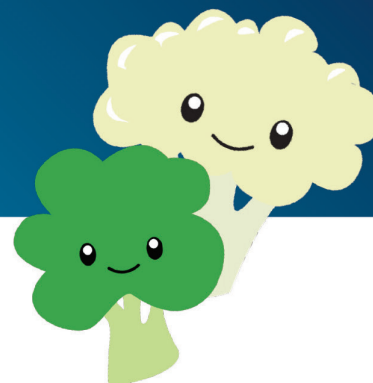


# Lesson 2: SALAD



**Purpose** To increase children's vegetable intake.

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

1. List the characteristics of and benefits of eating broccoli and cauliflower.
2. Make a vegetable 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  
"Super veggies are super heroes for our health!  
Broccoli and cauliflower can keep you healthy."***

★ = Star veggie

## Ingredients

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

2 lbs. broccoli ★  
2 lbs. cauliflower ★  
2 lbs. cucumbers  
2 lbs. carrots  
2 lbs. cherry tomatoes

2 lbs. salad greens (bagged lettuce works well)  
2.5 cups olive oil  
1-1/4 cups red wine vinegar  
2.5 packets (2.5 oz.) Italian dressing mix (need 1 tbsp./group)  
6.5 oz. croutons

## Materials

### For Chef Prep

1 cutting board  
1 chef's knife  
1 peeler (optional)  
1 portion scoop (=1/4 cup)  
2-3 bus tubs for dirty dishes  
foodservice gloves  
marker

### For Kids' Cooking Demo

20 prep mixing bowls (1 per group of 5, plus demo)  
5 clear dressing shakers (1 per group of 5, plus demo)  
25 paper dinner plates  
25 forks  
20 prep bowls with lids (3/group)  
11 salad tongs (1/group plus demo and veggies)  
6 half hotel pans with lids (1 per veggie)  
napkins/paper towels and sanitary wipes  
student handouts and crayons

## Assembly

### Ahead of time: Chef Prep

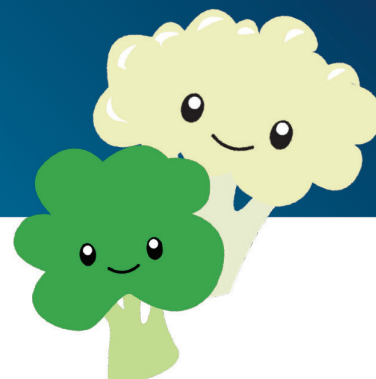
Set aside 1 large floret (or head if you have extra) of broccoli and cauliflower for demo. Chop broccoli, cauliflower, cucumbers and carrots into bite-sized pieces (roughly 1"). Put each vegetable in its own half hotel pan. Slice cherry tomatoes in half lengthwise and put in a half hotel pan. Cover with lids and label. Refrigerate or pack in coolers with ice until demonstration.

Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 2 scoops of olive oil; fill 5 of the prep bowls with 1 scoop of vinegar; fill 5 prep bowls with 1 Tbsp. Italian dressing mix; and fill 5 of the prep bowls with 2 1/2 scoops of croutons. Cover all of the bowls with lids. You can pack these in the bus tubs if needed.

### During Kids' Cooking Demo

**Set up** (before kids arrive): Each station, (1 for you and 4 groups of 5 students), needs: 1 mixing bowl, 1 clear salad dressing shaker, 5 plates, 5 forks, and 1 pair of tongs along with one of the 4 different prep bowls (1 with oil, 1 with vinegar, 1 with Italian dressing mix, & 1 with croutons). Set up veggies with plastic tongs on a separate table or at demo station. Each student gets a handout. Put crayons in the middle of the table.

**Demo:** Combine oil, vinegar, & seasoning into the dressing shaker and tighten lid. Shake well to mix dressing. Bring mixing bowl to the veggie station to choose veggies. Using the tongs, toss the salad ingredients with the dressing and then portion the salad out onto each plate on your team and top with croutons.



## 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. Broccoli and cauliflower are cruciferous vegetables (show whole broccoli and cauliflower)
2. They are also known as super veggies. So why eat broccoli and cauliflower?

***They are high in vitamin C so they help you stay healthy!***

3. Say catchphrase:

***"Super veggies are super heroes for our health!"***

***Broccoli and cauliflower can keep you healthy."***

**(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 where needed. Instruct groups to pick one member from each team to be in charge of selecting the veggies.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.
5. Let the selected "veggie student" come up and pick veggies while other team members are making dressing.

**(4 min)** *Coloring Activity (do this while students are eating their veggie boats)*

1. Hold up coloring activity.
2. Ask the students write the catchphrase in the bubble
3. Explain why broccoli and cauliflower are "super veggies."
4. Remind students to throw away dirty disposables and put dirty dishes into the bus tubs.

**(2 min)** *Review the following information with the students:*

1. Broccoli and cauliflower are cruciferous vegetables (show whole broccoli and cauliflower). They are also known as super veggies.
2. So why eat broccoli and cauliflower?

***They are high in vitamin C so they help keep you from getting sick.***

3. Say catchphrase:

***"Super veggies are super heroes for our health!"***

***Broccoli and cauliflower can keep you healthy."***