

# Lesson 3: VEGGIE BOATS



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

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

1. List the characteristics and benefits of eating cucumbers.
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  
"Cucumbers are cool! Eat cucumbers to think better in school."***

★ = Star veggie

**Ingredients**

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

6 cucumbers ★  
7 celery stalks  
7 bell peppers

20 oz. hummus spread  
24 oz. lite cream cheese  
6.25 oz. sunflower seeds  
6.25 oz. raisins or dried cranberries

**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 bowls with lids (1 per group of 5 plus demo)  
25 disposable butter knives  
25 paper dinner plates  
6 salad tongs  
3 half hotel pans with lids for veggies  
25 disposable spoons  
napkins/paper towel and sanitary wipes  
student handouts and crayons

**Assembly**

**Ahead of time: Chef Prep**

Save one whole cucumber for demo. Cut remaining cucumbers lengthwise and then into sixths and scoop out the seeds so that there is a central groove down each spear. Cut bell peppers into fourths, removing rib and seeds. Lastly, cut celery stalks into fourths. Put each veggie into its own half hotel pan and cover with lids.

Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 2 and 1/2 scoops lite cream cheese; fill 5 of the prep bowls with 2 scoops hummus; fill 5 of the prep bowls with 2 scoops sunflower seeds; and fill 5 of the prep bowls with 2 scoops raisins or dried cranberries. Cover all 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 for the groups of 5 children) needs: 5 plates, 5 butter knives, 5 spoons and all 4 of the different prep bowls (1 with cream cheese, 1 with hummus, 1 with sunflower seeds and 1 with raisins or dried cranberries). 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:** Choose which veggie stalks you will use as "boats" and, using tongs, add them to your plate. Using a butter knife, smear either lite cream cheese or hummus spread (your choice!) across your veggie boat so that the top is a smooth surface. Add sunflower seeds and raisins (or dried cranberries) for toppings and enjoy!



## 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. Cucumbers belong to the gourd family. (Show whole cucumber.)
2. So why eat cucumbers?

***They have B Vitamins. B is for Brain! It helps you think!***

***They are also high in Vitamin C, which helps keep you from getting sick.***

3. (Say catchphrase)

***"Cucumbers are cool! Eat cucumbers to think better in school."***

**(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.
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 groups who are quietest first go up and choose veggies for their boats. Only allow one group at a time to select veggies.

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

1. Hold up coloring activity.
2. Ask the students to follow the directions.
3. Explain why cucumbers help you think in school.

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

1. Cucumbers belong to the gourd family.
2. So why eat cucumbers?

***They have B Vitamins. B is for Brain! It helps you think!***

***They are also high in Vitamin C, which helps keep you from getting sick.***

3. (Say catchphrase).

***"Cucumbers are cool! Eat cucumbers to think better in school."***