

Lesson 4: VEGGIE WRAPS



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 bell peppers.
 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 "Eat the stoplight! Red, yellow and green for a healthy body and healthy skin."

★ = Star veggie

Ingredients 2.5 lbs. red, orange yellow and green bell peppers ★
(For 20 students=4 groups of 5 students & one Demo) 2 lbs. carrots

2 lbs. celery stalks
2 lbs. cucumbers
32 oz. lite veggie cream cheese
25 8" whole grain tortillas

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

25 paper dinner plates
25 disposable butter knives
5 prep bowls (with lids)
8 salad tongs
4 half hotel pans with lids for veggies
napkins/paper towels and sanitary wipes
student handouts and crayons

Assembly

Ahead of time: Chef Prep

Set aside one of each color bell pepper for demo. Remove seeds and ribs from remaining bell peppers. Slice very thinly into strips and put into a hotel pan with a lid. Shred carrots and put into a hotel pan with a lid. Thinly slice celery and cucumber and place each veggie in its own hotel pan with a lid. Using the 1/4 cup portion scoop, fill the 5 prep bowls with 2 scoops of lite veggie cream cheese. Cover all bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in a cooler with ice until demonstration.

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 whole grain tortillas, 5 butter knives, and 1 prep bowl with veggie cream cheese. 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: Using the butter knife, get some lite veggie cream cheese and spread it in a smooth layer across your whole grain tortilla. Be sure to spread it all the way to edges! Use the salad tongs to choose which of the veggies you want to include in your wrap. Arrange them so they are evenly scattered around the tortilla. Fold the left and right sides of your tortilla in, so they are almost touching in the center. Slowly roll up the bottom side up to meet the top, and enjoy your veggie wrap!



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. Bell peppers can be red, green, orange, yellow, purple, white and gold.
(Show assorted colors of bell peppers.)
2. How do bell peppers taste?

They are sweet and crunchy, not spicy.

3. Say catchphrase.

“Eat the spotlight! Red, yellow and green for a healthy body and healthy skin.”

(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.
5. Let groups who are done with mixing and portioning out their dips in to their personal dip cups first go up and choose veggies for their cups. Only allow one group at a time to select veggies.

(4 min) *Coloring Activity (Do this while students are eating their dip cups.)*

1. Hold up coloring activity.
2. Ask the students to follow the directions.
3. Review what colors bell peppers can be.

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

1. Bell peppers can be red, green, orange, yellow, purple, white and gold
(Show assorted colors of bell peppers.)
2. How do bell peppers taste?

They are sweet and crunchy, not spicy.

3. So, why eat bell peppers?

They have Vitamin A to keep your skin healthy!

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

4. Say catchphrase.

“Eat the spotlight! Red, yellow and green for a healthy body and healthy skin.”