



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lesson 2: Salad Galore

## Quick Glance

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### In this lesson, campers will:

- ✓ Learn about the difference between fresh and processed vegetables
  - ✓ Identify the many benefits of fresh vegetables
  - ✓ Determine what vegetable colors have to do with healthy eating
  - ✓ Practice how to safely use a knife in the kitchen
  - ✓ Prepare a healthy salad with fresh vegetables and other healthy items
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### Tasks:

- ✓ Exploration of processed vs. fresh vegetables (whole foods)
- ✓ Examination of the nutritional elements and value of vegetables based on their color
- ✓ Connecting fresh vegetables to the Healthy Eating Plate
- ✓ Preparation of a vegetable salad

# Lesson 2: Soup or Salad or Both?

## About:

In this lesson, campers dive into the wonders of vegetables, and how these wonders increase when partnered with other types of whole foods. Campers explore vegetable groups and colors, with a look at their nutritional content. They build on their understanding of the **Healthy Eating Plate**. They practice known and learn new cooking skills as they prepare a salad using fresh vegetables, the second dish of their Frost Valley meal.

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## Achievement-Based Objectives:

At the end of this lesson, campers will have:

- Compared and contrasted processed vegetables with fresh vegetables and other whole foods
  - Identified the nutritional value of vegetables by their color
  - Determined the best ingredients for a healthy salad
  - Learned how to properly cut with a knife
  - Prepared a fresh, healthy salad
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## Lesson Focus:

Value of Fresh Vegetables; Vegetable Colors

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Grade Level	Time	Menu Item
4-8	60 minutes	Salad

## Materials and Prep:

- Make sure the following materials are prepared ahead of the class.
- Items to duplicate and/or enlarge are in **Lesson Docs** at the end of the lesson.
- Recipe ingredients and equipment/utensil materials are in the **Recipes** section at the end of the lesson.

Task	Items	Preparation
<p><b>Start</b></p>	<ul style="list-style-type: none"> <li>✓ <b>Doc 1:</b> What campers will learn</li> <li>✓ Self-adhesive chart paper</li> <li>✓ Markers</li> </ul>	<ul style="list-style-type: none"> <li>✓ Write and post the camper-friendly objectives on chart paper.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Talkin' Soup and Veggies</b></li> </ul>	<ul style="list-style-type: none"> <li>✓ Variety of fresh vegetables representing color groups</li> <li>✓ <b>Doc 2:</b> Colors</li> <li>✓ <b>Doc 3:</b> Vegetable Families</li> </ul>	<ul style="list-style-type: none"> <li>✓ Enough copies for each camper.</li> <li>✓ Vegetable Families is mostly for facilitator reference.</li> </ul>

# Procedures Part I

**Time: 10 Min.**

**What to Emphasize**

Eat lots of veggies every day. They contain different nutrients with lots of health benefits. The colors of veggies are not only eye catching, but they indicate different types of nutrients. So, choose a colorful variety of veggies!

It's best to eat fresh veggies, and even better if they are locally grown. Lots of veggies in the grocery stores are picked before they are ripe in order to be shipped. And that means they lose lots of their vitamins and minerals. During their travels, they are exposed to heat and light, which also break down nutrients.

Frozen veggies are a good option when the vegetable is not in season. Frozen vegetables are picked at peak ripeness, and therefore can be more nutrient rich than vegetables that are picked earlier, and have to travel long distances to the store. Make sure there are no preservatives or added sugar or salt in the ingredient list.

Canned veggies are also possible. But, veggies lose nutrients during the canning process, and often salt is added to keep flavor and prevent spoiling. Look for cans that read "no salt added" on the front or check the amount of sodium on the nutrition facts label.

Step	Task 1: Start Up
1	Welcome the campers back to Day 2 of <i>Incredible Edibles</i> . Ask campers whether they made any new food choices.
2	Share the camper-friendly objectives, listed on <b>Doc 1: What campers will learn.</b>
Step	Task 2: Talkin' Soup and Veggies
3	As you and campers prepare the kitchen area, ask campers to share their favorite vegetables. On a sheet of paper, group the vegetables by color, but don't label the groups with their corresponding colors.  <b>IF THERE IS TIME:</b> Campers can group vegetables at their cooking stations. (Good for younger campers.)
4	Ask some or all of the following discussion questions. As students respond, refer to the <b>What to Emphasize</b> sidebar to support answers (don't address veggie color yet): <ul style="list-style-type: none"> <li>• <i>How do you like to eat the vegetables? Raw? Cooked? From a can? From a bag?</i></li> <li>• <i>What's the difference between a fresh vegetable and those that come in a can? Which is usually healthier?</i></li> <li>• <i>What makes fresh vegetables so nutritious?</i></li> </ul>
5	Affirm responses, explaining that as campers learned in the first lesson, processed foods contain many ingredients that turn whole foods, such as a vegetable, into an unhealthy food, with additives, lots of salt, saturated fats, etc.
6	Return to the grouped veggies listed on the sheet. Ask the group to review the list and note what defines the grouped vegetables. Give campers a few minutes to think and respond.

### Veggie Colors

The colors of veggies indicate the types of nutrients they contain, and how they are healthy for the body. One way to look at vegetables is as a "rainbow" that can be on the Healthy Eating Plate.

Green veggies promote healthy eye development, cell growth, and overall balance in the body.

Orange veggies have beta-carotene, which turns into Vitamin A. This vitamin is great for healthy skin, the immune system, eye health and vision.

Red veggies have nutrients that include Vitamin C and potassium. Red veggies are good for the heart

White veggies support healthy bones and the circulatory system...and are good for the heart.

Violets help boost motor skills, eye development, and the immune system.

Yellow veggies have Vitamin C, which supports the entire immune system.

Step	Task 2: Talkin' Soup and Veggies
7	Several campers will note colors. Affirm that response and probe with the group what the colors suggest. Some campers might say nutrition, vitamins, etc. Affirm, explaining that veggie colors determine their nutritional value.
8	Distribute <b>Doc 2: Colors</b> . Walk through the groupings Focus on colors, briefly describing the healthy elements. (For younger campers, explain what each color means in terms of nutrition.)  <b>OPTIONAL:</b> Briefly discuss vegetable families ( <b>Doc 3: Vegetable Families</b> ) Or, provide as a handout or post it in the classroom for camper reference.
9	Ask campers to look at the <b>Healthy Eating Plate</b> to see what portion is dedicated to vegetables. Ask why vegetables have a larger place (myriad vitamins and minerals, minimal fats, low in calories, fiber-all of which help maintain the health of the body).
10	Tell campers they will be creating a nice vegetable-based salad as the second dish of their Frost Valley meal.

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## Procedures Part II

Time: 45 Min.

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Step	Task 3: Cooking
11	Introduce the selected recipe to the campers. If you prepared a sample dish, show it to the campers. Point out serving size. Use the <b>Serving Size</b> diagram from the overview packet.
12	Focus on the key ingredient, referring to the nutritional items noted in the recipe. Follow the Cook n' Chat to probe with campers what they know about the ingredient. Provide basic background.
13	Ask students to match the recipe item to the <b>Healthy Eating Plate</b> .
14	Show campers how to properly use a knife. Refer to the knife skills section in the overview packet. Begin cooking, continually modeling tasks where appropriate.
15	After the cooking is done, and the dish is ready to go, campers try it out (they can also assist in clean up if there is time) and then "critique" it using the <b>Doc 6: Critique Cards</b> . Ask students to raise the card that best represents their take on the recipe. If time permits, they can discuss their choices and offer suggestions for making the dish more to their liking.
16	<b>CLOSING:</b> Ask campers: <i>What is something new you learned about vegetables that might have an effect your food choices?</i>

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## RECIPES

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### **The Core Value Mix-It-Up Salad**

This is a fun recipe because the campers get to create a unique salad, using the veggie variety they learned about earlier in the lesson, and choosing veggies, if preferred, to match the first letter of each of Frost Valley's core values. If possible, use produce from Frost Valley's garden or from Farm Camp. If not possible, use fresh locally grown produce. Campers also add other Healthy Eating Plate items that make the salad even healthier. The supplemental ingredients and some vegetables are pre-prepared in salad-bar fashion. Campers can select several fresh vegetables from the color/group varieties discussed... There is also a Caesar salad dressing recipe. (Good for younger campers.)

### **Summer Couscous Salad**

This is an easy salad that partners a healthy whole grain with fresh veggies, reinforcing categories on the Healthy Eating Plate.

## Cook 'n' Chat

### **About the salad ingredients**

This salad is an example of how a variety of colorful vegetables, along with smaller amounts of carbohydrates, protein and healthy fat can make for a hearty, healthy meal.

### **What's healthy about it?**

All vegetables contain a wide variety of vitamins and essential minerals.

The majority of our daily calories should come from carbs, around 50-80%, with variation, depending on the individual. What you want to limit are the refined carbs. Overall, carbs are good for quick energy to help our bodies move and help us think. Fiber in whole fruits, veggies, and grains also keep us full longer.

Protein helps our bodies grow and build strong muscles, hair, nails, skin, and a powerful immune system. Protein digests slowly to help keep us full.

Healthy fat is good for absorbing vitamins, protecting our organs, and storing energy.

### **Healthy Eating Plate**

This salad has all of the recommended food groups.

### **Bagged vs. fresh salad**

Bagged salad has some nutritional benefit, yet not as much as fresh ingredients and sacrifices freshness and taste. Bagged salads are usually more expensive than fresh salad ingredients.

### **Salad trivia**

The salad has been around since ancient times. It is named for the Latin word for salt (sal) with which greens were seasoned.

## **The Core Value Mix-it-Up Salad**

Set this up like a salad bar, with lots of fresh veggies, matching, where possible, the first letter of each Frost Valley core value. In this lesson, campers practice their knife skills.

### **Ingredients**

Use a range of colorful veggies. See chart on following page for other possibilities. These are just examples. The selection is broad. Select a variety from each category for the salad bar. Many will have to be prepared beforehand. Have other uncut vegetables so that campers can slice, chop, etc.

### **Instructions**

Cooking teams can discuss first what they would like in the salad, and decide which items would satisfy parts of the Healthy Eating Plate.

## **Caesar Salad Dressing**

(eggless)

### **Ingredients**

3/4 cup extra virgin olive oil  
3 tablespoons red wine vinegar  
1 teaspoon  
Worcestershire sauce  
1/2 teaspoon salt  
1/4 teaspoon mustard powder  
1/2 teaspoon minced garlic

### **Instructions**

Place dressing ingredients into a blender (yes all at once), put the lid on your blender, and blend until smooth.

Sprinkle lemon juice on the salad after dressing it. And then add a bit of parmesan cheese and ground black pepper to taste.

**Source:** Food.com

<http://www.food.com/recipe/caesar-salad-no-anchovies-no-eggs-59149>



## Salad Bar Ingredients

Carbohydrates	Protein	Healthy Fat
<p>Fruits: apples, pears, orange, cranberries, grapefruit, watermelon, berries</p> <p>Vegetables: tomatoes, cucumbers, bell peppers, zucchini, corn, peas, asparagus, artichoke hearts, sun dried tomatoes, mushrooms, broccoli, green beans, potatoes, carrots, celery, eggplant, beets, squash, lettuce &amp; greens</p> <p>Whole Grains: brown rice, wild rice, bulgur, whole wheat couscous, wheat berries, barley, orzo, quinoa</p>	<p>From Plants:</p> <ul style="list-style-type: none"> <li>• Beans: chick pea, black, red, white, edamame (soy)</li> <li>• Lentils</li> <li>• Peas (green, black-eyed)</li> <li>• Tofu</li> <li>• Quinoa</li> <li>• Nuts</li> </ul> <p>From Animals:</p> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Fish: tuna, salmon</li> <li>• Lean meats, like grilled chicken</li> <li>• Low-fat cheese</li> </ul>	<p>Oils: olive, canola, walnut, flax</p> <p>Nuts &amp; Nut Butters (peanuts, almonds, walnuts, pecans, cashews, pistachios)</p> <p>Seeds (sunflower, sesame, pumpkin)</p> <p>Tahini</p> <p>Avocado</p> <p>Olives</p>

Created by Annette Slonim

**Adapted from:** Kaiser Permanente's Thrive Program, found at <http://virginiafarmtotable.org/health/a-palette-of-healthy-fruits-and-vegetables/>

## Cook 'n' Chat

### **About couscous**

Couscous is a coarsely ground pasta that is typically made from semolina, a type of wheat.

Couscous granules are made by rolling and shaping moistened semolina wheat and then coating them with finely ground wheat flour

### **What's healthy about it?**

Whole wheat couscous has a moderate amount of protein (6-7 grams per 1 cup), and a good amount of dietary fiber, a nutrient found in carbohydrates that is not digested, and commonly found in fruits, vegetables, whole grains, and legumes (beans and peas). Fiber supports a healthy digestive system. Whole wheat couscous also contains small amounts of iron, magnesium, and vitamin B-6.

### **Healthy Eating Plate**

Whole wheat couscous fulfills the whole grain recommendation, especially if it is made from whole wheat. Couscous is a pasta made from a whole grain. Even if it's a pasta, whole wheat couscous fulfills the ¼ plate recommendation. It's the small portion that keeps the carb amount in moderation.

### **Couscous trivia**

Scholars debate whether couscous originated in West Africa or North Africa (Berber), but it is widely considered to be a Moroccan specialty.

**Source:** About.com Home Cooking  
<http://homecooking.about.com/od/foodhistory/a/couscoushistory.htm>

## **Summer Couscous Salad** by Annette Slonim

### **Ingredients**

#### *For the salad*

- 1 ½ cups water, boiled
- 1 ½ cups whole wheat couscous
- ¼ cup red onion, finely chopped
- 1 cup grape tomatoes, sliced in half
- 1 medium cucumber, 1" dice
- 1 cup peas, fresh or thawed if frozen, or drained and rinsed if canned
- 1 can chick peas, drained and rinsed
- 1 cup crumbled feta cheese

#### *For the dressing*

- ¼ cup olive oil
- Juice of 1 large lemon
- 1 small garlic glove, minced
- 3 tablespoons minced fresh herbs (parsley, basil, or mint, or a mix of all three)
- Salt & Pepper to taste

### **Instructions**

1. Bring water to a boil in a small saucepan. Stir in couscous and remove from heat. Cover and let stand until water is absorbed, 5-10 minutes. Fluff with a fork and let cool.
2. In a large bowl, mix together the red onion, grape tomatoes, cucumber, peas, chickpeas, and feta cheese.
3. In a small bowl, mix together the lemon juice, garlic, and herbs. Slowly whisk in the olive oil, allowing the dressing to emulsify. Season with salt and pepper to taste.
4. Combine couscous with salad mixture, mixing gently. Combine ingredients for the dressing. Pour dressing over salad, toss and serve. Serves 8.

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## **LESSON DOCS**

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**Doc 1: What campers will learn**

**Doc 2: Veggie Colors**

**Doc 3: Vegetable Families**

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## Doc 1: What campers will learn

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Reproduce the following on a sheet of self-adhesive chart paper. Post so campers can see the list. Modify accordingly.

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You, the campers, will learn:

- ✓ About the many benefits of fresh vegetables
  
- ✓ What vegetable colors have to do with healthy eating
  
- ✓ How to safely use a knife in the kitchen
  
- ✓ How to prepare a healthy salad or soup (or both) with fresh vegetables


## Doc 2: Colors

Use the reproducible chart on the following page. Use some of these vegetables for the salad recipe.

<b>Beautiful Blues</b> for a good memory & healthy aging	<b>Gorgeous Greens</b> for good vision, strong bones and strong teeth	<b>Wonderful Whites</b> for a healthy heart and lower cholesterol	<b>Youthful Yellows &amp; Oranges</b> for a healthy heart, good vision & powerful immune system	<b>Raving Reds</b> for a healthy heart and good memory
Eggplant Purple asparagus Purple cabbage Purple carrots Purple peppers Potatoes (purple fleshed)	Asparagus Broccoli Brussels Sprouts Chinese Cabbage Cucumbers Green Beans Green Cabbage Green Onions Green Peppers Leafy Greens (Kale, Chard, Collards) Lettuce Peas Snow Peas Sugar Snap Peas Zucchini	Cauliflower Garlic Kohlrabi Onions Potatoes (white fleshed) White Corn	Butternut Squash Carrots Sweet Corn Sweet Potatoes Yellow Beets Yellow Peppers Yellow Potatoes Yellow Summer Squash Yellow Tomatoes	Beets Radishes Red Peppers Red Onions Rhubarb Tomatoes

**Adapted from:** Kaiser Permanente's Thrive Program  
<http://virginiafarmtotable.org/health/a-palette-of-healthy-fruits-and-vegetables/>

## Doc 3: Vegetable Families

<p><b>Allium Vegetables</b></p> <table border="1"> <tr><td>Garlic</td><td>Chives</td></tr> <tr><td>Leeks</td><td>Shallot</td></tr> <tr><td>Onion</td><td>Asparagus</td></tr> </table>	Garlic	Chives	Leeks	Shallot	Onion	Asparagus	<p><b>Brassica vegetables (cruciferous or cabbage)</b></p> <table border="1"> <tr><td>Bok choy</td><td>Cabbage</td></tr> <tr><td>Broccoli</td><td>Cauliflower</td></tr> <tr><td>Brussels sprouts</td><td>Chinese cabbage</td></tr> <tr><td>Collard greens</td><td>Kohlrabi</td></tr> <tr><td>Mustard greens</td><td>Rapeseed oil (canola)</td></tr> <tr><td>Rutabaga</td><td>Turnip</td></tr> </table>	Bok choy	Cabbage	Broccoli	Cauliflower	Brussels sprouts	Chinese cabbage	Collard greens	Kohlrabi	Mustard greens	Rapeseed oil (canola)	Rutabaga	Turnip	<p><b>Other cruciferous vegetables</b></p> <table border="1"> <tr><td>Arugula</td><td>Daikon radish</td></tr> <tr><td>Horseradish</td><td>Radish</td></tr> <tr><td>Wasabi</td><td>Watercress</td></tr> </table>	Arugula	Daikon radish	Horseradish	Radish	Wasabi	Watercress
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