

Superhero Snack! 4-5 year olds



Overview: The class will follow a recipe and prepare kale pesto. The class will taste the pesto. The class will make a graph based on their like or dislike for the pesto. The students will discuss why kale helps keep your body healthy.

Georgia Early Learning and Development Standards:

- PDM2.4a: Helps prepare nutritious snacks and meals.
- CD-MA3.4a: Uses mathematical terms to describe experiences involving measurement.
- CD-MA2.4d: Describes data from classroom graphs using numerical math language.
- CLL1.4a: Listens and responds on topic to conversations and group discussions for an extended period.

Objectives:

- Students will help prepare and taste pesto.
- Students will use measuring cups and measuring spoons to prepare pesto.
- Students will make a graph determining how the class felt about the pesto.
- Students will discuss the findings from the graph.

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Materials:

- Pesto ingredients (put into a box as a “package” for special delivery)
 - 2 cups of torn kale
 - ½ cup of parsley
 - ½ cup of olive oil
 - ½ clove of garlic (optional)
 - Juice of half a lemon
 - 1/3 cup of roasted sunflower seeds*
 - ½ cup of parmesan cheese*
 - Crackers or bread
- Cutting board
- Bowl
- Food processor
- Measuring cups
- Measuring spoons
- Small bowl
- Lemon squeezer
- Recipe
- Chart paper and marker
- Circle cut outs for graph
- tape
- Markers
- Letter from a super hero (teacher created) that includes:
 - Greeting to the class
 - Share that kale pesto is his/her favorite snack
 - He/she would like to share his/her recipe with the class!

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Lesson Plan

Engage (whole group): 15 minutes

- Pretend there is a special delivery at your classroom door.
- “Answer” the door and find a package addressed to your class.
- Show the students the package and show them the address label with the room number/teacher name/etc on it.
- Open the box and read the letter inside to the students.
- Ask the students to think about why the kale pesto may help the super hero stay strong and healthy. [Answers can include that kale is good for your brain (antioxidants), helps the super hero have good vision (beta carotene), and eating lots of vegetables like kale helps keep the superhero from getting sick (phytonutrients).]
- Ask the students if they would like to make the super hero food, so they can be strong too!
- Review the recipe and items in the box with the students.

Explore (small groups/at table): 10-15 minutes

- Have the students help you prepare the pesto (see recipe).
- Let the students try the pesto on a cracker or bread.
- Encourage the students to try it!
- Give each child a circle and have them color it green if they liked the pesto or color it purple if they'll try it again another time.

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Explain (whole group): 10 minutes

- Make two columns on the chart paper: I liked it and I'll try it again later
- Have students place their feedback circle on the graph and tape each circle to the graph.
 - Option A: As the students come back to the carpet, have them stick their green or purple circle on the graph with the columns: "Yes! I liked it!" or "I'll try it again another time."
 - Option B: Have students come to the carpet first and then call them individually to place their face cut out under the appropriate column.
- Ask students to describe how the pesto tasted or looked. Some examples may include salty, green, and bitter.
- Ask the students if they would try it again or make it with their families.

Extend (whole group): 15 minutes

- Look over the data from the graph.
- Have students count the green and purple circles.
- Compare the numbers and determine which column had the most and least circles.
- Review how foods with kale help the super hero to be healthy and strong.
- Discuss what was healthy in the pesto and ask how they know.
- Discuss why bodies need nutritious foods like kale to grow and be strong.
- As a class, write a letter to the super hero about preparing and trying the pesto. (Share this letter with us on Facebook or Instagram @GeorgiaOrganics and #kickitwithkale)

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Super Kale Pesto

Serves 10-12 for a taste test

Ingredients:

- 2 bunches of kale,
- ½ cup of parsley
- ½ cup of olive oil
- Juice of half a lemon
- ½ clove of garlic (optional)
- 1/3 cup of roasted sunflower seeds*
- ½ cup of parmesan cheese*
- Crackers or bread

* Potential allergens, can be eliminated

Instructions:

1. Have children and adults wash hands.
2. Tear leaves off of the stem and have children tear kale leaves into smaller pieces by hand. Ask students to put kale into a measuring cup until you have two cups of shredded kale.
3. Place kale and parsley in food processor.
4. Have a student assist with squeeze half a lemon into food processor.
5. Have students assist with measuring sunflower seeds, garlic, olive oil, and cheese and putting into the food processor.
6. Once lid is securely on the food processor, select one or two students to press the blend button. Blend until thoroughly mixed.
7. A teacher or adult can scoop out pesto and place in bowl.
8. Serve the pesto on a cracker for each child to try.