

Preparing a Salad with Children

Tips for hands-on food prep

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Making a salad will teach students the basics of handling and preparing food safely.

Have all students wash their hands.

Demonstrate food preparation safety: Show students how to use a knife safely by cutting one fruit or vegetable and describing the technique.

- Create a flat surface by cutting the item in half.
- Place the flat side down so it will not move. Hold the item with your non-dominant hand, with your fingers curled under for protection.
- Hold the knife with your dominant hand and slowly press the tip of the knife into the item, then pull it down and toward you in a slicing fashion.
- Have a student volunteer try the technique while the other students watch. After knives, demonstrate vegetable peelers and any other tools students will be using.

It is important for students to understand that tools are not toys. The more the students respect the tools, the less likely they are to cause accidents. Students should also treat the person holding the tool with as much respect as the tool.

- Give them plenty of room to work, as bumping into a person using a knife can be dangerous.
- Students might crowd in close, excited for their turn, but making the person using the tool “special,” requiring that they have space, leads to safer food preparation.
- Students using tools could be required to stand, while all other students must stay seated.
- Demonstrate any other salad preparation tasks.

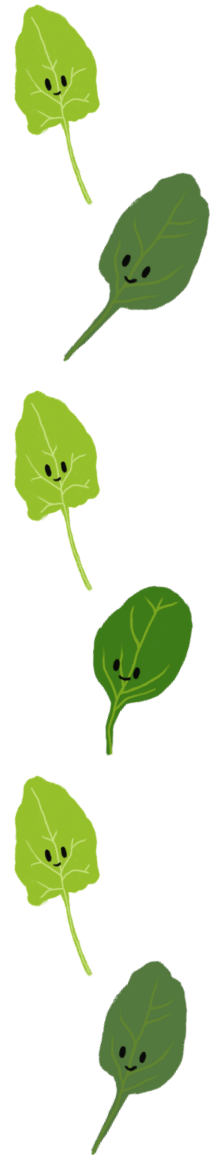
Assign students to stations and make a salad! Students may rotate jobs so everyone can try everything.

- Station One—Clean the fruits and vegetables by rinsing them in a sink or dunking them in a large bowl or bin full of water, and shaking off the dirt.
- Station Two—Dry and prepare the leafy greens by placing them in a salad spinner and spinning off the water. Alternately, pat the leaves dry with clean towels. Once the leaves are dry, students can tear them into smaller pieces and add them to the salad bowl.
- Station Three—Using the vegetable peeler for any items that need peeling (i.e.: carrots or cucumbers).
- Station Four—Students use knives to slice any produce that needs chopping. This station can be broken into more stations by produce type.
- Station Five—Students will make a salad dressing by putting the ingredients into a jar with a lid, and shaking to combine.

Once all the leafy greens are in the large bowl, pass it to each station for the students to add their ingredients.

Have students clean up their station. If your school garden has a compost pile, you can assign one or two students to collect the compost and take it to the pile. Students should also wash dishes and wipe off tables and desks.

Serve each student some salad on a paper plate so the class can try their creation! Review the parts of the plant in the salad while they are eating.



Kid's Smoothie Recipe

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Ingredients

- 2 Granny Smith apples (cored and cut into chunks)
- 1 banana
- A large handful of fresh spinach
- 1/3 cup plain Greek yogurt (optional)
- 1 cup cold water or liquid of your choice (juice, milk, almond milk, soy milk, oat milk, etc.)

Instructions

Have all students wash their hands.

This recipe calls for 5 helpers. Assign 5 students each of the following tasks. The rest of the students can be passing out cups and napkins for the taste test when the smoothie is completed.

- 1 - Peel a banana
- 2 - Core an apple and cut into chunks
- 3- Grab a handful of spinach and throw into blender
- 4- Pour liquid of your choice into blender
- 5- Pour 1/3 cup plain Greek yogurt into blender

The 5 ingredients can be poured in the blender and blended for 3-4 minutes or until smooth.

Recipe link: <http://www.thebusybaker.ca/2015/08/green-apple-spinach-smoothie.html>



Spinach Pesto and Pasta Recipe

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Serves 6 - Total Time: 20 min

Ingredients

- 1 pound fettuccine
- ¼ cup walnuts
- 2 cloves garlic
- ½ pound baby spinach (about 10 cups)
- ⅓ cup olive oil
- ½ cup grated Parmesan
- kosher salt and black pepper
- 1 tablespoon grated lemon zest

Materials:

- Medium sized pot
- Food processor
- Measuring utensils



Instructions

Have all students wash their hands.

1. Bring a pot of water to a boil and cook the pasta according to the directions.
2. Drain the pasta and return it to the pot.
3. Have 2 student helpers measure out the walnuts and garlic and add them to the food processor. Pulse the walnuts and garlic until chopped.
4. Have 4 more student helpers measure out and pour the spinach, oil, ¼ cup parmesan cheese, and ¼ tsp. of salt and pepper into the food processor. Puree until smooth, scraping down the sides of the processor bowl as necessary.
5. Add the pesto to the pasta and toss to combine.
6. Have 2 more student helpers sprinkle with the lemon zest and remaining ¼ cup of parmesan before serving.

Spinach Soup Recipe

Serves: 8 - Total time: 30 minutes

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Ingredients

- 2 tablespoons olive oil
- 10 ounces fresh spinach
- 2 cloves garlic, finely minced
- 1/2 medium onion, chopped
- 4 tablespoons (1/2 stick) butter
- 1/4 cup all-purpose flour
- 3 cups whole milk
- 2 teaspoons kosher salt, or more to taste
- 1/2 teaspoon cayenne pepper, or more to taste
- Freshly ground black pepper

Materials:

- Large skillet
- Blender
- Large soup pot
- Measuring utensils



Instructions

Have all students wash their hands.

1. In a large skillet, the teacher can heat the olive oil over medium heat.
2. Assign 2 students to measure the spinach and garlic. Add these two ingredients to the skillet and cook, stirring constantly until the spinach is wilted, 2 to 3 minutes.
3. Add the mixture to a blender and pour in 1/4 cup hot water and pulse until pureed. Set aside.
4. Assign one student to chop the onion very carefully, showing the student the correct technique for properly chopping.
5. Assign another student to measure out the correct amount of butter and add the butter and onion to the large soup pot.
6. Cook the onions in the butter over medium heat until the onions begin to soften.
7. Assign one student to sprinkle the flour over the top and stir to combine. Cook for about 2 minutes.
8. Assign another student to pour in the milk and stir.
9. Three more helpers can add in the salt, cayenne, and black pepper. Stir to combine all the ingredients and cook over medium heat for 5 minutes, stirring constantly.
10. Pour in the pureed spinach, then cook until thickened, another 3-5 minutes.
11. Check the seasonings, adding more salt, black pepper, or cayenne as needed. Serve warm.

Recipe link: <http://www.foodnetwork.com/recipes/ree-drummond/spinach-soup.html>

 **GEORGIA ORGANICS**

Farm to School

Cooking

🕒 30 min

farmtoschool.georgiaorganics.org

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Spinach and Artichoke Quesadilla

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Recipe

Ingredients

- 1/4 TBS oil
- 8 ounces artichoke hearts, drained and chopped
- 6 ounces baby spinach leaves
- 4 ounces cream cheese
- 1 cup shredded mozzarella cheese
- 1/4 cup shredded Parmesan cheese
- 8 flour tortillas



Instructions

1. Using a large skillet, cook 8 tortillas as directed on the package (just heat on each side for about 60 seconds).
2. Heat the oil in a large pot over medium-high heat.
3. Assign a student helper to chop the artichoke hearts. Add in the artichoke pieces and cook for one minute.
4. Reduce heat to medium, and assign another helper to measure and add the spinach.
5. Cook until wilted, turning often.
6. Assign 3 more helpers to mix in the cream cheese, mozzarella, and Parmesan cheeses, and let melt entirely while stirring.
7. Season with salt and pepper to taste. Remove from heat.
8. Assign a student to pass out a tortilla to each student at their table.
9. Spread about 1/4 cup of the mixture on 4 of the tortillas, then top with the remaining tortillas.
10. Each student can then stand in a line with their quesadillas to give to the teacher to cook one by one.
11. Heat a large skillet over medium heat, add each quesadilla, and heat for 1-2 minutes per side, until crisp, careful not to burn.
12. Remove from skillet and repeat for each child's quesadilla.
13. Cut into quarters to serve.

Recipe link: <http://domesticsuperhero.com/2016/01/20/spinach-artichoke-quesadillas/>