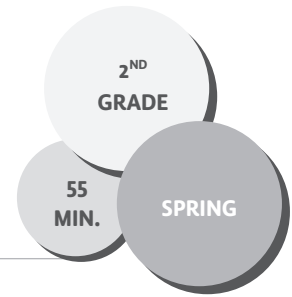


Rainbow Grain Salad

THEME: PREPARING HEALTHY FOOD



ESSENTIAL QUESTION

Why is it important to eat a variety of colorful foods?

LEARNING OBJECTIVE

✓ Students will be able to practice knife skills preparing vegetables for a grain salad.

LESSON DESCRIPTION

In this lesson, students learn knife safety and techniques, observe a demonstration, and practice chopping vegetables in groups for a rainbow grain salad.

MATERIALS

- Fruit and Vegetable Picture Cards (pp. 347–351)
 - Class set of knives
 - Small bowl and fork for each student
 - Portion of each of the vegetables set aside for demonstration
 - Big bowl of a pre-cooked grain such as quinoa, barley, brown rice, couscous, millet, teff, or bulgur wheat
 - Large spoon
 - Materials for cleanup
- Tray of the following for each group of 4–6 students:**
- 1 type of vegetable, portioned into 1 chunk for each student
 - Cutting mats
 - Group bowl for cut veggies
 - Container for compost

PREPARATION

- › Consider recruiting parent or community volunteers for this lesson to have extra eyes and helping hands for students working with knives.
- › Prepare four cups of cooked grains beforehand, following proper food safety guidelines about storing cooked food.
- › Wash all produce, and slice vegetables, so each student has something to work with.
- › Prepare trays for students and your own for demonstration.
- › Make a dressing for the grain salad.

FRUITS AND VEGGIES FROM THE RAINBOW

Red/Pink

Strawberry
Apple
Beet
Radish
Tomato

Orange

Clementine
Peach
Carrot
Bell pepper

Yellow/White

Golden beet
Parsnip
Turnip
Daikon radish
Corn

Green

Kale
Collards
Rainbow chard

More Greens

Celery
Cucumber
Zucchini
Cabbage

Blue/Purple

Purple cauliflower
Purple kohlrabi

Dressing Recipe

- ½ cup olive oil
- ¼ cup lemon juice
- 1 Tbsp finely chopped herbs (chives and parsley)
- ½ Tbsp minced garlic
- ½ Tbsp honey
- Salt, to taste

ACTION STEPS

1. Engage: Gather students in a circle, and tell them that today they'll be working with knives to create a delicious grain salad with vegetables that are every color in the rainbow. Pass out Fruit and Vegetable Sorting Cards to students in small groups, and ask them to create a rainbow. Ask, *Why do you think it's important to have a rainbow of colors in the foods you eat?* Field responses, and get to the idea that different colored vegetables have all the different vitamins and nutrients your body needs. **(5 min.)**

2. Knife Safety Demonstration (5 min.)

3. Model Vegetable Prep: Show students the vegetables they'll be adding to their grain salad, and model how to cut each type of vegetable. Be sure to go slowly. Exaggerate and highlight the proper techniques you want to see from them. Say things like, *See how I keep the tip on the cutting board the whole time, and I just rock the knife back and forth. See where my other hand is when I'm cutting.* Remind students that you'll be putting all the veggies into a salad, so you want the pieces to be pretty small. If your classroom has a document camera, project your demonstration so all students can easily see. Put your finished samples into small bowls, and give them to students for comparison when they're cutting. **(5 min.)**

4. Wash Hands Break! (5 min.)

5. Chopping Vegetables: Distribute trays to groups of students. You may want to pair students, and explain that each pair will have a chopper and a safety monitor, and they will be trading off halfway through. Circulate through

the room, guiding students to be safe and to use proper technique when needed. Give students a three-minute warning before having them clean their spaces. **(15 min.)**

6. Making the Salad: Call for attention at the front of the room where you have your bowl of grains, spoon, and dressing ready. Have a representative from each group deliver their cut veggies to you. You'll want about one and a half times the amount of veggies to grain. This should work out nicely to four cups of grain to six cups of vegetables, which may mean not using the entire portion of veggies that each group has cut. Toss the salad with dressing, and have a helper distribute it into bowls or tasting cups for each student. Have student helpers pass them out to classmates. During this process, ask students questions to build excitement and anticipation for what they're about to taste. **(10 min.)**

7. Tasting: Ask students to wait until each student has a sample before trying the salad. **(5 min.)**

REFLECTION

Have students discuss the following questions in small groups, then share with the class: **(5 min.)**

- *How might you change this recipe if you were making this at home?*
- *What other dishes could you add rainbow veggies to?*
- *What helpful hints would you share to teach another student how to use a knife?*
- *What makes you proud about using a knife? What do you feel like you still need to work on?*

ADAPTATIONS

Recipe: Have students apply their knife skills to make a rainbow smoothie or a vegetable soup. Or give students big crackers with hummus as a canvas for them to create rainbow veggie art!

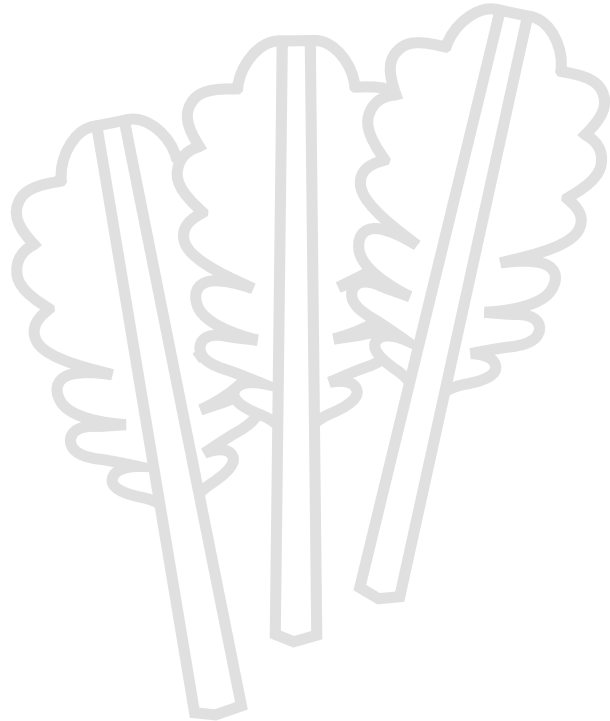
Extension: Read *Rainbow Stew* by Cathryn Falwell.

ACADEMIC CONNECTIONS

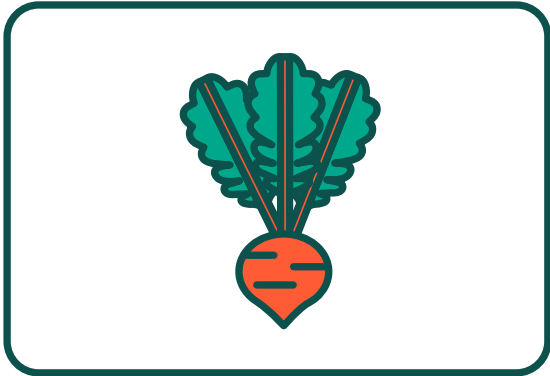
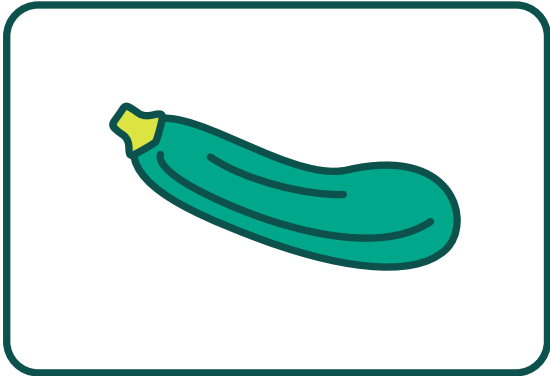
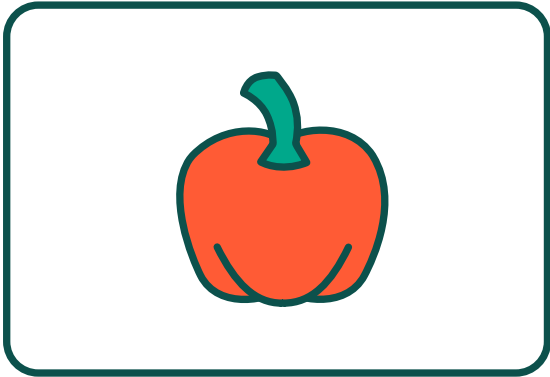
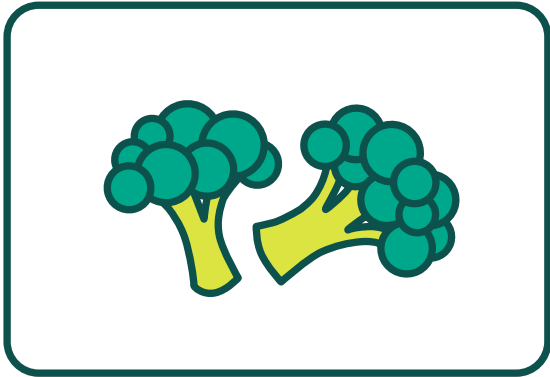
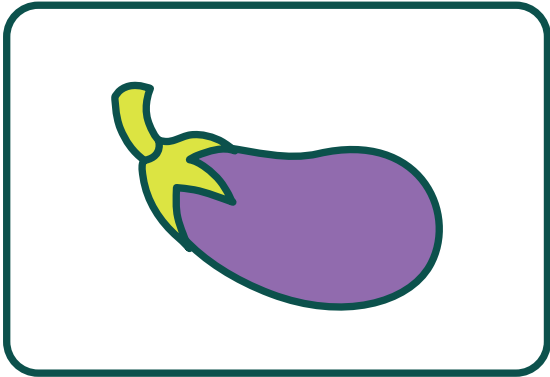
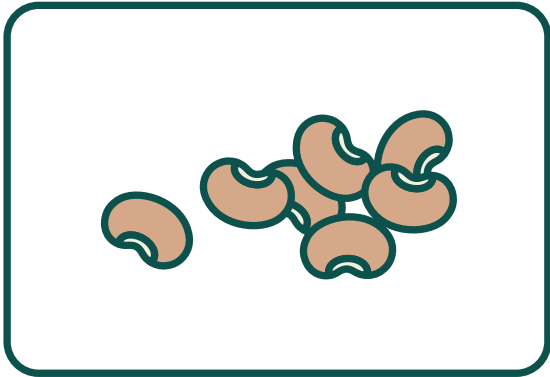
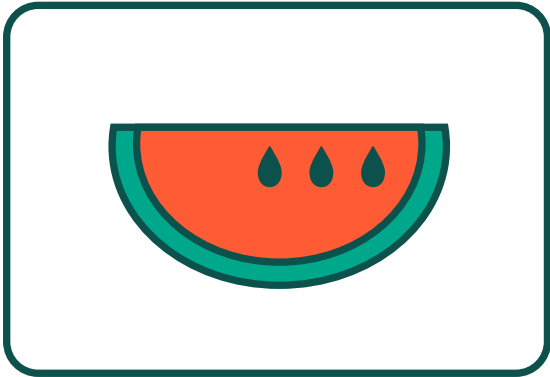
English Language Arts Common Core State Standards

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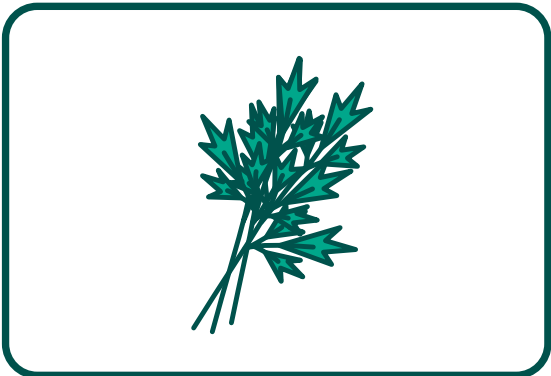
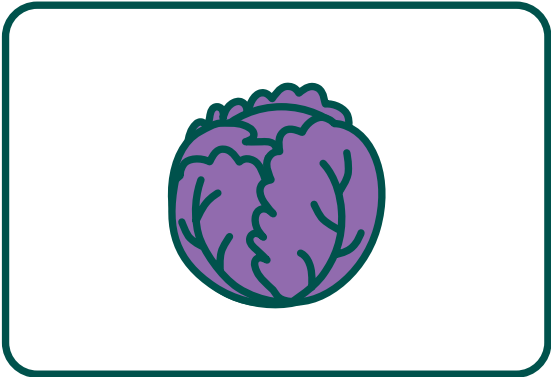
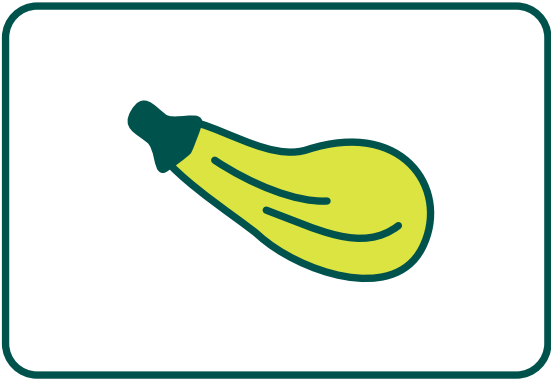
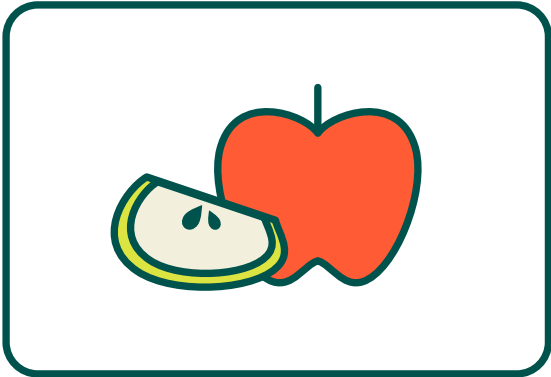
Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 3 topics and texts*, building on others' ideas and expressing their own clearly.



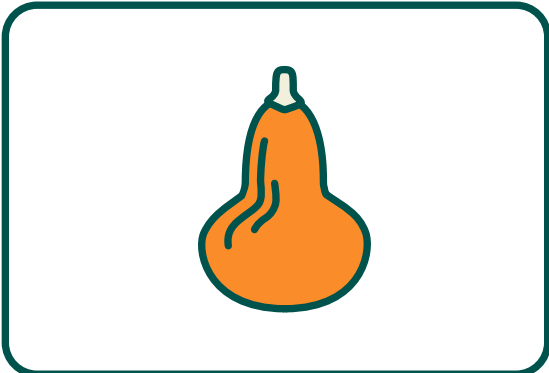
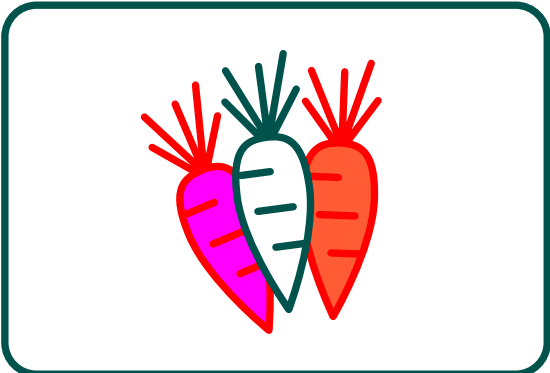
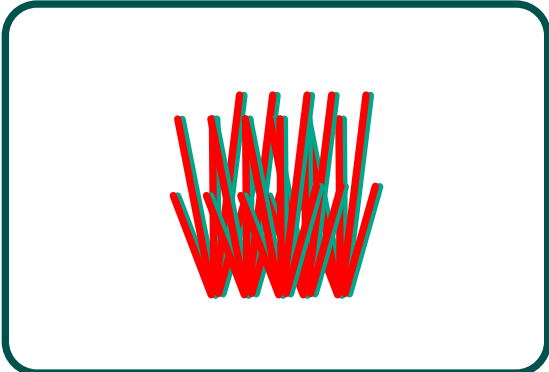
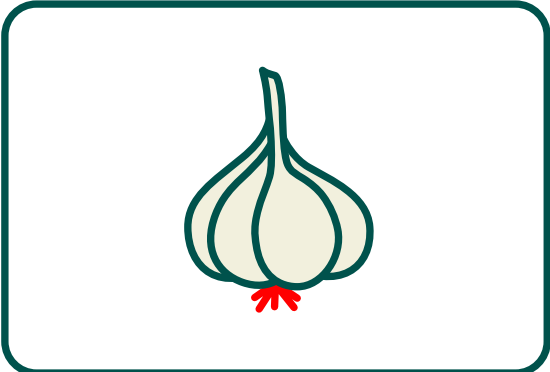
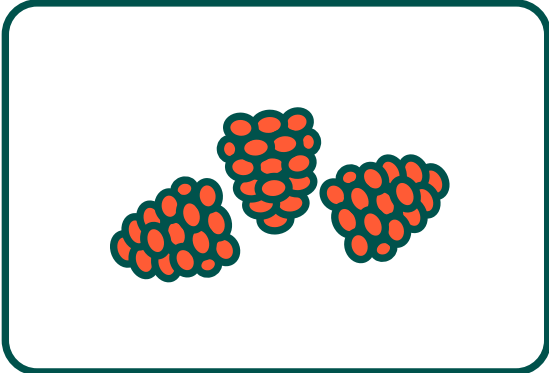
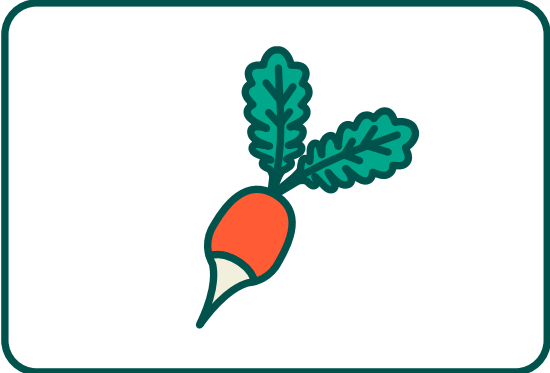
Fruit and Vegetable Picture Cards



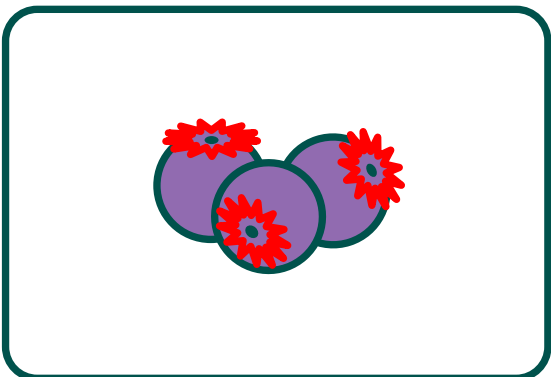
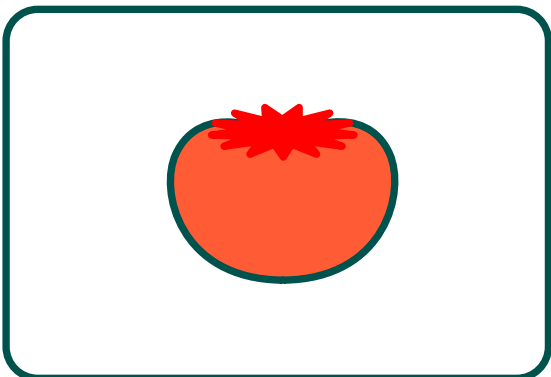
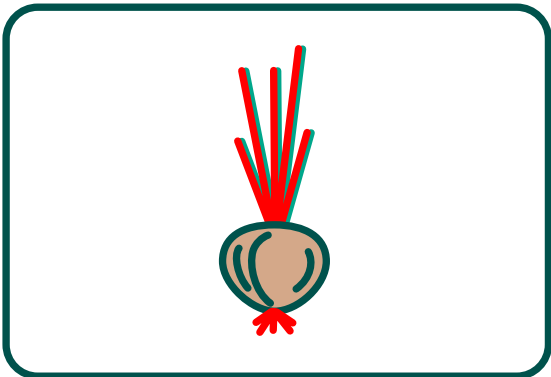
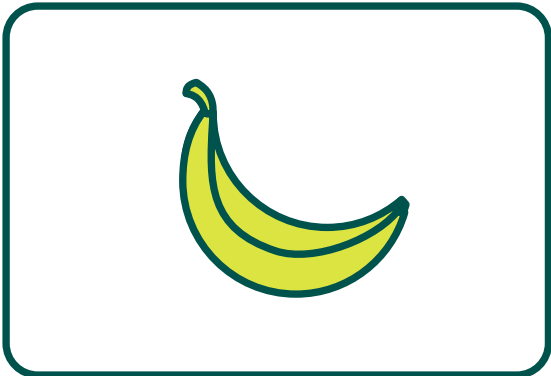
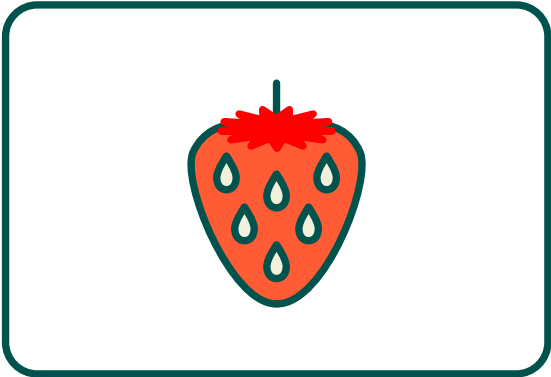
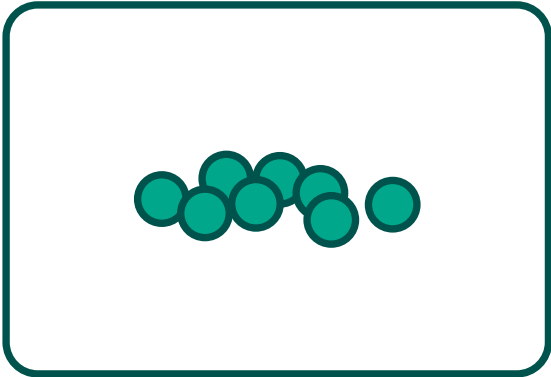
Fruit and Vegetable Picture Cards



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