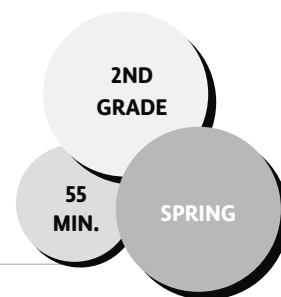


Rainbow Grain Salad

THEME: PREPARING NOURISHING FOOD



ESSENTIAL QUESTION

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

LEARNING OBJECTIVE

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

CONCEPTS

eat a rainbow ingredients knife safety

ENGAGING THE CLASSROOM TEACHER

- Prior to the lesson, discuss whether there are other adults, such as parent volunteers, who can supervise while students are using knives.
- During Action Steps 5 and 6, suggest that the teacher supervise as students are chopping vegetables. Have the teacher help groups take turns coming up and delivering their prepared ingredients to you.

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. This lesson is designed to be taught in conjunction with lessons Eat a Rainbow, Plant a Rainbow, and Rainbow at the Salad Bar.

MATERIALS

- Fruit and Vegetable Sorting Cards (p. 282–286)
- Set of knives
- Small bowl and fork for each student
- Portion of each of the vegetables set aside for demonstration
- Rainbow Grain Salad Ingredients (see recipe below)
- 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. (see recipe below).

FRUITS AND VEGGIES FROM THE RAINBOW

Red/Pink

Apple
Beet
Radish
Strawberry
Tomato

Orange

Bell pepper
Carrot
Clementine
Peach

Yellow/White

Corn
Daikon radish
Golden beet
Turnip
Yellow bell pepper

Green

Collards
Kale
Rainbow chard

More Green

Cabbage
Celery
Cucumber
Zucchini

Blue/Purple

Purple cauliflower
Purple kohlrabi

RAINBOW GRAIN SALAD DRESSING

Yield: About 25 servings, ¼ cup

Dressing

Two tablespoons lemon juice (1 lemon)
1 teaspoon minced garlic (about 1 clove)
1 teaspoon honey
Salt, to taste
¼ cup olive oil
1 tablespoon finely chopped herbs
(chives and parsley)

Whisk lemon juice, honey, garlic, and salt.
Slowly drizzle in olive oil and continue whisking
until well blended. Stir in herbs.

Grain Salad

3 cups cooked grain such as quinoa,
barley, brown rice, couscous, millet,
teff, or bulgur wheat
4 cups of a variety of fruits and
vegetables (such as one each from
the table below)
¼ teaspoon salt, or to taste

- Cook selected grain. Cool grain spread on a baking sheet and set aside.
- Meanwhile, prepare and chop fruits and vegetables into attractive, bite-sized pieces.
- Mix grain with assorted fruits and vegetables and toss with dressing. Taste and add just salt, or add more dressing if needed.

Example 1

3 cups cooked quinoa
1 clementine, segments sliced into thirds
1 cup diced yellow bell pepper
1 cup diced cucumber
1 cup shredded beet
6 tablespoons dressing, more to taste

Making Quinoa

1 cup quinoa
½ teaspoon salt

- In a small pot, bring 1 ½ cups water to a boil over medium high heat.
- Add quinoa and salt, stir, and reduce heat to a simmer.
- Cover the pan and cook for 12–15 minutes, or until all the water is absorbed.
- Fluff the quinoa with a fork, and leave the lid off the pan to allow any residual steam to escape.

Example 2

3 cups cooked millet
1 cup diced strawberries
1 cup diced carrot
1 cup diced yellow bell pepper
1 cup torn and massaged kale*
6 tablespoons dressing, more to taste

*coat kale with oil, then squeeze it for a couple minutes until tender

Making Millet

1 cup millet
½ teaspoon salt

- In a small pot, bring 2 cups water to boil over medium high heat.
- Add millet and salt. Return to a boil, then reduce heat to a simmer, cover, and cook until tender, 15–20 minutes.
- Drain off any remaining water, and fluff with a fork.

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. Hand-Washing 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.)**

Social and emotional learning

- *What makes you proud about using a knife? What do you feel like you still need to work on?*
- *Ask yourself: How did I work together with my classmates to make this dish?*

Check for understanding

- *How might you change this recipe if you were making this at home?*

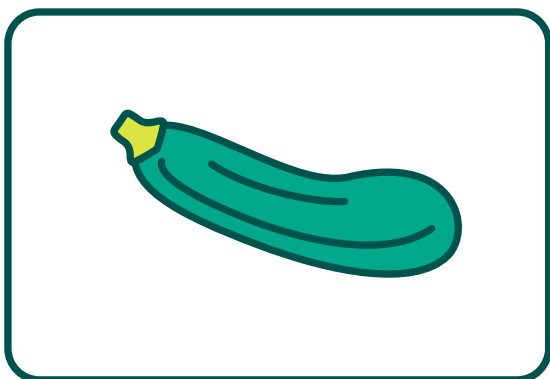
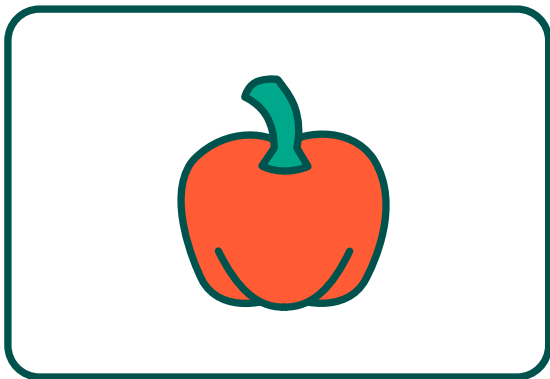
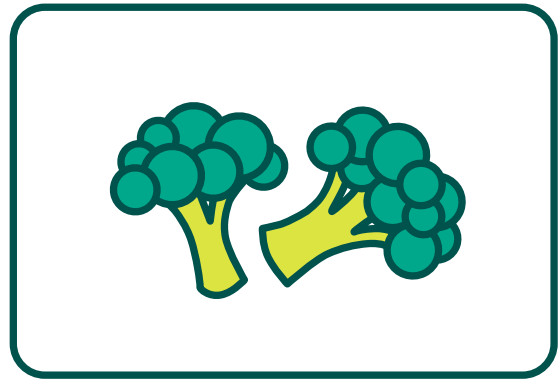
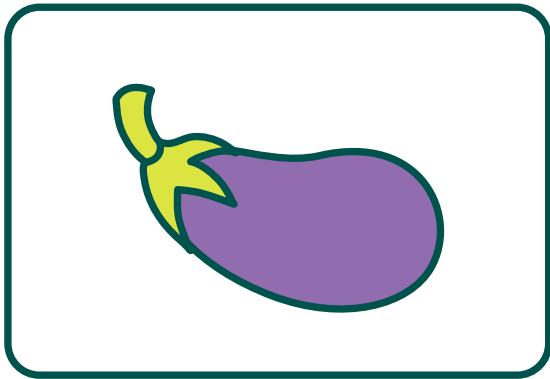
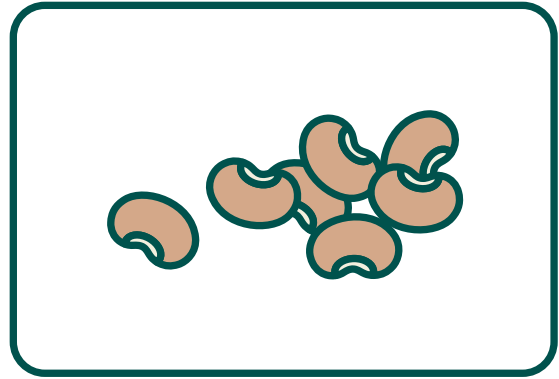
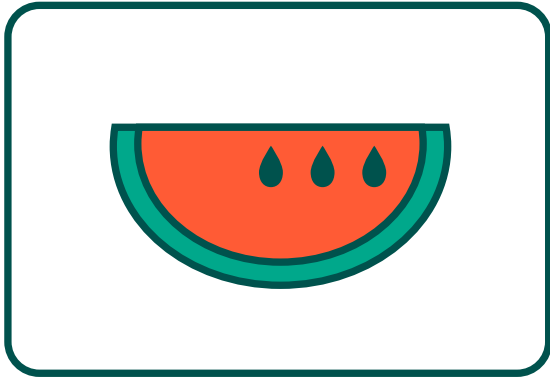
- *What other dishes could you add rainbow veggies to?*
- *What helpful hints would you share to teach another student how to use a knife?*

ADAPTATIONS

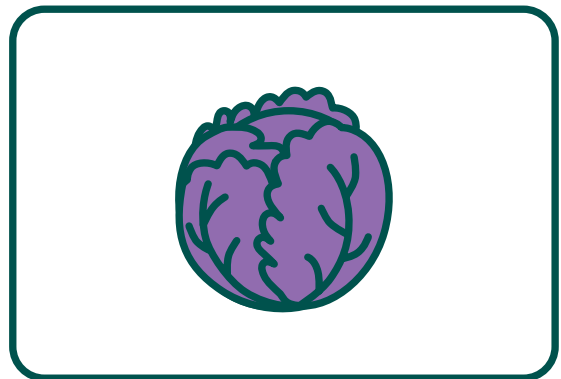
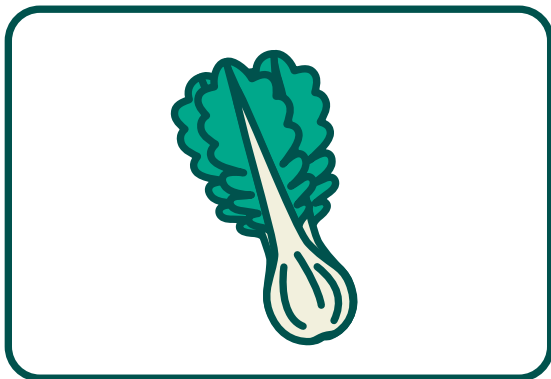
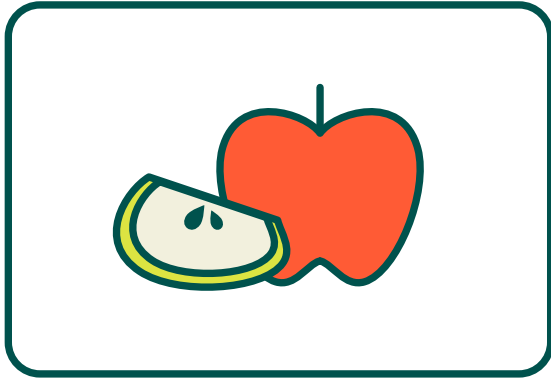
Recipe Variations: Have students apply their knife skills to make a rainbow smoothie (see lesson Rainbow Smoothie for a recipe), a rainbow vegetable soup (see lesson Stone Soup), etc. Or give students big crackers with hummus as a canvas for them to create rainbow veggie art!

Literacy Extension: Read *Rainbow Stew* by Cathryn Falwell about kids picking vegetables from their grandfather's garden to make a colorful stew.

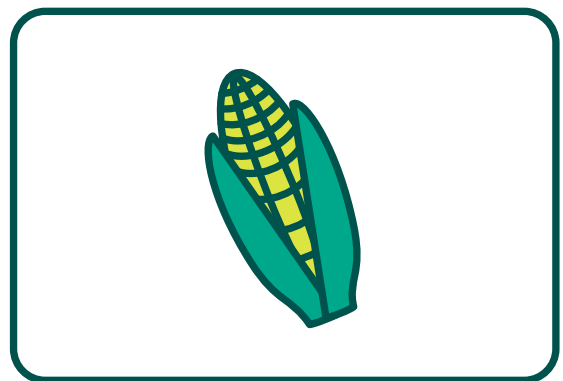
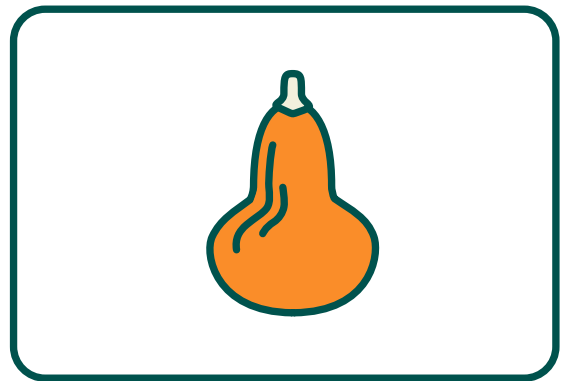
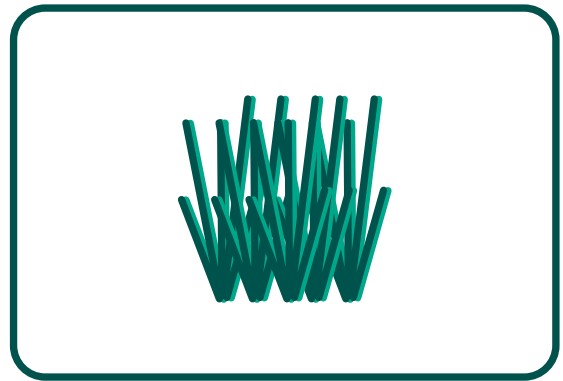
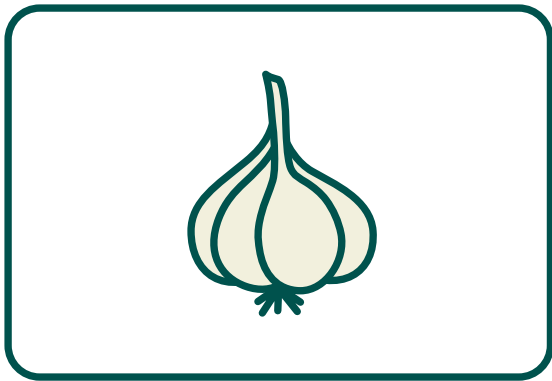
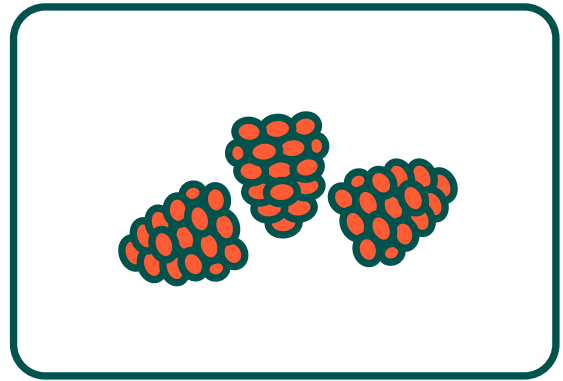
Fruit and Vegetable Picture Cards



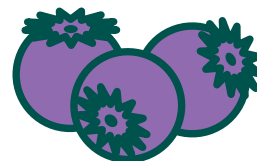
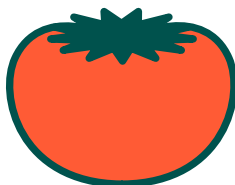
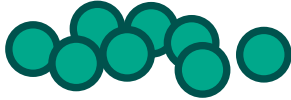
Fruit and Vegetable Picture Cards



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