

Grade 1: Discover New Vegetables and Fruit

What you need to know

- Section 2.2. Teacher Background
- Section 2.3. What You Need to Know in the Classroom: Primary Grades
- Section 2.9. Cooking Safely with Students
- Background preparation information on vegetables and fruit: Colour It Up... Go for More Vegetables and Fruit : *A-Z Vegetable Guide* available at www.colouritup.ca or from the Canadian Produce Marketing Association's website at www.cpma.ca/en_heav_vegetables.asp and www.cpma.ca/en_heav_fruits.asp
- Background information on seasonal availability of fruit available at Foodland Ontario website at www.foodland.gov.on.ca

Recipes required

- Around the World Vegetables and Fruit
- Cheesy Dip
- Dilly Dip

Recipes required

- An assortment of vegetables and fruit. Include dark green and orange vegetables. Try to include at least one less common vegetable or fruit. Refer to the recipe, Around the World Vegetables and Fruit, for examples of vegetables and fruit. When possible, choose local fruit or Ontario produce that is in season. The Vegetables and Fruit Seasonality Guide from www.foodland.gov.on.ca/availability.htm can help you choose vegetables and fruit in season. Use canned fruit in water or in its own juice as a lower cost alternative to fresh fruit. Use frozen vegetables as a lower cost alternative to fresh vegetables.
- Low-fat cottage cheese
- Plain yogurt
- Old white cheddar cheese
- Low-fat mayonnaise
- Garlic powder
- Dried dill weed

Equipment and materials required

- knives and cutting boards
- vegetable peelers
- platters
- cheese grater
- bowls
- spoons
- small cups to serve dip

Adult helpers required

- 1 per 5-6 students

Instructions

- Discuss kitchen safety and safe food handling practices that apply to this activity. Emphasize the safety rules must be followed at all times. Highlight kitchen safety and safe food handling practices throughout the activity.
- Make sure that all leaders and students have an opportunity to wash their hands with soap and water prior to food preparation and eating. Discuss the four steps for handwashing.
- Demonstrate the dip recipes. Ask three or four student to help with preparation (eg, measuring, spooning into bowl, stirring). **To avoid injury, only adults should use the cheese grater.**
- Show the students the vegetables and fruit and ask them to identify each one. Discuss what to look for when selecting fresh vegetables and fruit (eg, ripeness, freshness). Ask the following:
 - Where does your family buy vegetables and fruit?
 - Does your family grow any vegetables and fruit?
 - Where do you find vegetables and fruit in the grocery store?
 - Where do you store vegetables and fruit when you get home?
- Demonstrate how each vegetable and fruit is prepared (eg, washing, peeling, cutting). Ask two or three students to help prepare each vegetable and fruit. Ask adult helpers to cut vegetables and fruit into bite-sized pieces. **To avoid injury, only adults should use vegetable peelers and knives.**
- Arrange students into small groups with an adult helper. Provide each group with a bowl of vegetable and fruit pieces. Have students arrange the vegetables and fruit on a platter with bowls of dip.
- Give each child a serving of dip. Encourage students to taste all of the different vegetables and fruits. Ask the following:
 - Were there any vegetables or fruits that you had not tried before?
 - How many different colours were on the vegetable and fruit platters?
 - How many dark green vegetables did you try?
 - How many orange vegetables or orange fruit did you try?
 - Why is it good to eat colourful vegetables and fruit?
 - Did you like the vegetables better with the dip?
 - What are some other ways to eat vegetables?
- Involve students in clean up (eg, tidying up work areas, throwing out garbage, washing and drying dishes, wiping tables and counters, storing leftover food). Give copies of the recipes to students to take home to share with their parents.

Note: Refer to Section 2.6 *Vegetables and Fruit Busy Box* for ideas on preparing vegetables and fruit in a creative and appealing way.

Around the World Veggies and Fruit

Veggies

Ingredients:

Choose a variety of interesting vegetables to make a vegetable platter:

- asparagus
- beans, green or wax
- broccoli
- broccoflower
- carrots
- cauliflower
- celeriac (celery root)
- cucumber
- fennel
- jicama
- mushrooms
- peppers (red, yellow, orange, green)
- radishes
- snow peas
- turnip
- cherry or grape tomatoes
- zucchini



Preparation:

1. Wash vegetables under cool tap water. Place them on a clean cloth or paper towels to dry.
2. Using a knife and cutting board, remove any stems or parts that you cannot eat (brown spots, leaves, etc.). Where needed, remove the outer skin with a knife or vegetable peeler. Cut vegetables into bite-size pieces suitable for dipping.
3. Arrange vegetables on a round platter.
4. Serve with vegetable dip or low fat creamy salad dressing.

Equipment:

- knife and cutting board
- vegetable peeler
- platter

Canada's Food Guide Servings:

½ cup (125 mL) cut-up vegetables is
1 VEGETABLES AND FRUIT serving



HINT: Some vegetables such as asparagus and green or yellow beans are more appealing when they are blanched. Blanching means partly cooking a vegetable by boiling it for a short time.

Instructions: Put washed and cut asparagus or beans in a large pot of boiling water and cover. Blanch for 3 minutes. Quickly plunge the vegetables into ice-cold water to stop the cooking process. Drain well. The colour and texture of these vegetables will be nicer for dipping.

Fruit

Ingredients:

Choose a variety of interesting fruit to make a fruit platter:

- apples
- bananas
- blackberries
- blueberries
- cantaloupe
- cherries
- grapefruit
- grapes
- guava
- kiwi
- lychee fruit
- mango
- oranges or tangerines
- papaya
- passion fruit
- peaches or nectarines
- pears
- pineapple
- plums
- pomegranate
- prickly pear (cactus pear)
- raspberries
- strawberries
- ugli fruit
- watermelon



Preparation:

1. Wash fruit under cool tap water and pat dry with a clean cloth or paper towels.
2. Using a knife and cutting board, remove skins that you cannot eat. Cut fruit into bite-size pieces suitable for dipping.
3. Serve with yogurt or fruit dip.

Equipment:

- knife and cutting board
- platter

Canada's Food Guide Servings:

½ cup (125 mL) cut-up fruit is
1 VEGETABLES AND FRUIT serving

HINT:

Toss apples, bananas and pears in orange juice or lemon juice to keep them from turning brown.



Paint your plate.
Create a masterpiece.

Veggie Dips

Cheesy Dip

Ingredients:

125 mL	½ cup	low-fat cottage cheese
125 mL	½ cup	plain yogurt
125 mL	½ cup	shredded old white cheddar cheese
50 mL	¼ cup	low-fat mayonnaise

Preparation:

1. Prepare the dip by putting the cottage cheese, yogurt, cheese and mayonnaise in a medium-size bowl. Mix together thoroughly with a spoon.
2. Serve as a dip with vegetables.

Makes 1 ½ cups

Preparation Time: about 5 minutes

Equipment:

- cheese grater
- bowl
- spoon



Dilly Dip

Ingredients:

125 mL	½ cup	plain yogurt
50 mL	¼ cup	low-fat mayonnaise
2 mL	½ tsp	garlic powder
2 mL	½ tsp	dried dill weed



Preparation:

1. Prepare the dip by putting the yogurt, mayonnaise, garlic powder and dill weed in a medium-size bowl. Mix together thoroughly with a spoon.
2. Serve as a dip with vegetables.

Makes 1 ¼ cups

Preparation Time: about 5 minutes

Equipment:

- bowl
- spoon

