

Grade 3: Lunch to Go

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
- What a healthy meal and snack constitutes. *Student Nutrition Programs: Nutrition Guidelines*. Available at www.children.gov.on.ca/NR/CS/BestStart/EN-NutritionGuidelines.pdf

Recipes required

- Raisin Apple Tortilla Roll Ups
- Pita Pocket Surprise
- Vegetable Cheese Wraps

Food required

- apple
- low-fat cream cheese
- liquid honey
- raisins
- 6-inch (15 cm) whole wheat tortillas
- ground cinnamon
- granulated sugar
- whole wheat pita
- hummus
- spinach
- carrot
- cucumber
- tomato
- shredded cheddar cheese
- red pepper
- orange or yellow pepper
- leaf lettuce

Equipment and materials required

- knife and cutting board
- bowls
- spoons
- butter knives or spreaders
- vegetable peeler
- grater
- plates or napkins for serving sandwiches



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.
- Discuss what the students usually eat for lunch. Ask them what kinds of vegetables and fruit they would have at lunch. Explain that a complete lunch includes foods from at least three of the four food groups in *Canada's Food Guide* and should include a Food Guide Serving from the Vegetable and Fruit and Milk and Alternative groups.
- Ask how many students help make their own lunch. Explain that helping to make lunch often means you have more say in what is included. Ask students to think about how they can get more vegetables and fruit at lunch in the ways they like them. Talk about ideas for packed lunches and lunches at home. Some ideas are:
 - Help your parents put together the grocery list. Ask them to add the vegetables and fruit you enjoy the most.
 - Go grocery shopping with your parents and help choose vegetables and fruit for your lunches
 - Help make vegetables and dip
 - Help make a fruit salad
 - Try individual canned fruit, applesauce or a box of raisins
 - Add vegetables like lettuce, spinach, tomato and cucumber to sandwiches
 - Have vegetable soup
- Arrange students into small groups with an adult helper. Explain that each group will have their own 'Sandwich Counter' where they will prepare a different sandwich recipe. Have students read through the recipe and follow it as they help with each step. **To avoid injury, only adults should use sharp knives. Adults should provide assistance with graters and vegetable peelers.**
- When students have finished at their 'Sandwich Counter' have each small group discuss and write down other creative sandwich ideas on the *Paint Your Plate!* activity sheet.
- Cut each sandwich into small pieces. Give each child a taste of each sandwich. Give copies of the recipes to students to take home to share with their parents.
- Ensure students participate in clean up (eg, tidying up work areas, throwing out garbage, washing and drying dishes, wiping tables and counters, storing leftover food).

Activity:

Creative Sandwich Counter

Make a different sandwich for each day of school.

Choose a bread	Choose a filling	Choose a vegetable or fruit
<input type="checkbox"/> Whole wheat bread <input type="checkbox"/> Pumpernickel bread <input type="checkbox"/> Pita <input type="checkbox"/> Tortilla <input type="checkbox"/> Bagel <input type="checkbox"/> English muffin <input type="checkbox"/> Flat bread <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Turkey <input type="checkbox"/> Roast beef <input type="checkbox"/> Egg <input type="checkbox"/> Hummus <input type="checkbox"/> Peanut butter <input type="checkbox"/> Cheese <input type="checkbox"/> Tuna <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Tomato slices <input type="checkbox"/> Lettuce <input type="checkbox"/> Banana <input type="checkbox"/> Cucumbers <input type="checkbox"/> Avocado <input type="checkbox"/> Grated carrots <input type="checkbox"/> Apple slices <input type="checkbox"/> _____ <input type="checkbox"/> _____

My Sandwich	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	



Raisin-Apple Tortilla Roll-Ups

Ingredients:

1	1	apple
25 mL	2 tbsp	low-fat cream cheese, softened
10 mL	2 tsp	liquid honey
125 mL	½ cup	raisins
4	4	6-inch (15 cm) whole wheat tortillas
1 mL	¼ tsp	ground cinnamon
2 mL	½ tsp	granulated sugar

Preparation:

1. Use a knife to core and finely chop the apple.
2. Measure out cream cheese and honey and combine them in a small bowl. Measure out raisins and stir in. Stir in apples. Divide cream cheese mixture evenly among tortillas and spread using a butter knife or spreader. Sprinkle with cinnamon and sugar.
3. Roll up tortillas and secure with toothpicks, if necessary. Place seam side down, one at a time, on a plate. Optional: Microwave each roll on Medium (50%) for 1 minute or until warmed through.

Makes 4 Roll-Ups

Preparation Time: about 10 minutes

Equipment:

- knife and cutting board
- bowls
- spoon
- butter knife or spreader

Canada's Food Guide Servings:

1 roll-up is 1 GRAIN PRODUCTS serving and ½ VEGETABLES AND FRUIT serving

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Pita Pocket Surprise

Ingredients:

2	2	whole wheat pita
125 mL	½ cup	hummus
250 mL	1 cup	spinach
1	1	carrot, shredded
250 mL	1 cup	cucumber, diced
1	1	tomato, sliced



Preparation:

1. Cut the pita in half so two “pockets” are formed. Divide hummus evenly among each pita pocket and spread inside the pocket using a butter knife or spreader.
2. Peel the carrot with a vegetable peeler and shred using a grater. Dice the cucumber and slice the tomato using a knife and cutting board.
3. Stuff each pita pocket with spinach, carrot, cucumber and tomato.

Makes 4 half pitas

Preparation Time: about 10 minutes

Equipment:

- knife and cutting board
- vegetable peeler
- grater
- butter knife or spreader

Canada’s Food Guide Servings:

1 pita pocket (half a pita) is 1 GRAIN PRODUCTS serving and 1 VEGETABLES AND FRUIT serving



*Paint your plate.
Create a masterpiece.*

Vegetable Cheese Wraps

Ingredients:

4	4	6-inch (15 cm) whole wheat tortillas
25 mL	2 tbsp	low-fat cream cheese, softened
125 mL	½ cup	shredded cheddar cheese
125 mL	½ cup	red pepper, cut into strips
125 mL	½ cup	orange or yellow pepper, cut into strips
250 mL	1 cup	dark green lettuce (e.g. romaine)

Preparation:

1. Divide cream cheese evenly among tortillas and spread using a butter knife or spreader. Top with shredded cheese.
2. Slice peppers into long strips with a knife and cutting board. Arrange on tortilla. Top with lettuce.
3. Roll up tortillas. Place seam side down, one at a time, on a plate.

Makes 4 wraps

Preparation Time: about 10 minutes

Equipment:

- knife and cutting board
- grater
- butter knife or spreader

Canada's Food Guide Servings:

1 wrap is 1 GRAIN PRODUCTS serving,
1 VEGETABLES AND FRUIT serving and
½ a MILK AND ALTERNATIVES serving

