

Grade 7: Orange Veggies

What you need to know

- Section 2.2. Teacher Background
- Section 2.3. What You Need to Know in the Classroom: Intermediate Grades
- Section 2.9. Cooking Safely with Students
- Understand the benefits of orange vegetables as discussed in *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators*, pg. 11-14. Available free at www.healthcanada.gc.ca/foodguide or from your local public health unit/department.
- Background nutrition and preparation information on vegetables and fruit:
 - Canadian Produce Marketing Association's website at www.cpma.ca/en_hear_fruits.asp

Recipes required

- Creamy Sweet Potatoes
- Savory Microwave Stuffed Squash
- Carrot-Orange Soup

Food required

- sweet potatoes
- low-fat yogurt
- acorn squashes
- margarine
- brown sugar
- allspice
- cinnamon
- nutmeg
- ginger
- salt
- pepper
- onions
- carrots
- chicken stock or vegetable stock
- orange juice
- milk

Equipment and materials required

- stove
- microwave
- knives and cutting boards
- baking pan, large pot or microwave safe dish
- spoons
- bowls
- potato mashers or forks
- large sauce pan
- blender
- paper plates and plastic forks for serving



Adult helpers required

- 1 per 8-10 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.
- Show students the orange vegetables that will be used in the recipe (eg, sweet potatoes, squash, carrots). Discuss what to look for when selecting these vegetables. Explain how to wash, peel and prepare these vegetables. Discuss knife safety.
- Discuss the benefits of orange vegetables. Remind students that *Canada's Food Guide* recommends that we eat at least one orange vegetable each day. Explain that orange vegetables are rich in carotenoids such as beta-carotene, which the body converts to vitamin A. Talk about the different functions of carotenoids and vitamin A in the body:
 - Vitamin A helps maintain vision in dim light
 - Vitamin A helps keep skin healthy
 - Vitamin A helps keep the immune system stay strong
 - Foods rich in carotenoids can help reduce the risk of some cancers.
- Discuss stove and microwave safety.
- Arrange students into small groups with an adult assigned to supervise. Explain that each group will prepare a different orange vegetable recipe. Have students read through the recipe and follow it as they help with each step. **To avoid injury, adults must supervise use of the stove, microwave and use of sharp knives.**
- During cooking time ask students to think of other ways they could prepare the orange vegetable in their recipe. Ask them to create their own recipe using the vegetable. Have them list ideas on the *Paint Your Plate!* activity sheet. (This activity could be completed as homework).
- When students have finished making their recipe ask someone from each group to explain what they made and how they made it to the rest of the class.
- Let students taste each orange vegetable recipe. 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: What can you do with an orange vegetable?

Your orange vegetable _____

List all of the ways you can cook your orange vegetable

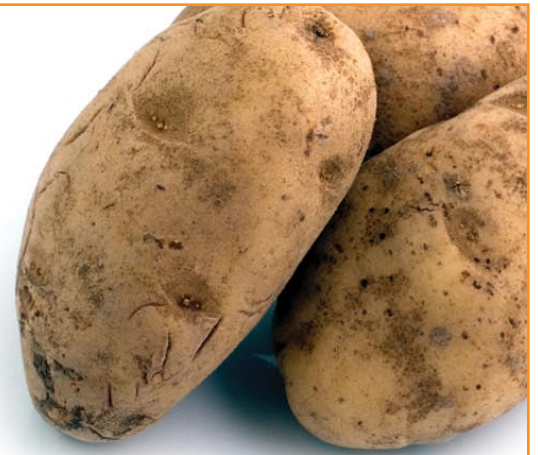
Create your own recipe using your orange vegetable



Creamy Sweet Potatoes

Ingredients:

4	4	large sweet potatoes
125 mL	½ cup	low-fat yogurt
50 mL	¼ cup	brown sugar
2 mL	½ tsp	ground ginger
2 mL	½ tsp	ground cinnamon
2 mL	½ tsp	salt



Preparation:

1. Cook sweet potatoes using **one** of the following cooking methods:
 - Pierce unpeeled sweet potatoes with a fork and place in a shallow baking pan. Bake at 400°F until very tender, about 1 hour.
 - Boil unpeeled sweet potatoes in a large pot until very tender, about 35 to 45 minutes.
 - Pierce unpeeled sweet potatoes with a fork and place on a microwave safe dish. Microwave on high until very tender, about 15 minutes.
2. When sweet potatoes are cooked enough to handle, cut lengthwise and scoop out potato with a spoon. Mash in a bowl using a potato masher or fork. Mix in yogurt, brown sugar, ginger cinnamon and salt.

Makes 3 cups

Preparation Time: about 20-60 minutes
(depending on cooking method)

Equipment:

- baking pan, large pot or microwave safe dish
- knife
- spoon
- bowl
- potato masher or fork

Canada's Food Guide Servings:

½ cup creamy sweet potatoes is
1 VEGETABLE AND FRUIT serving

Is a sweet potato the same as a yam?

Sweet potatoes have reddish-brown skins with deep-orange, sweet flesh. Sweet potatoes are often called yams but the true yam is a white, starchy, much less nutritious vegetable.



Savory Microwave Stuffed Squash

Ingredients:

2	2	small acorn squashes
25 mL	2 tbsp	butter or margarine
15 mL	1 tbsp	brown sugar
1 mL	¼ tsp	pepper
1 mL	¼ tsp	allspice
1 mL	¼ tsp	cinnamon
1 mL	¼ tsp	nutmeg or ginger



Preparation:

1. Pierce the whole squash with a fork. Microwave each squash on high for 8 to 12 minutes. Turn once, part way through. Let stand 5 to 10 minutes.
2. Cut cooked squash in half crosswise. Remove seeds with a spoon and discard. Scoop out the squash pulp with a spoon, leaving a ½ inch (1 cm) rim next to the skin.
3. In a large bowl, stir pulp with butter or margarine, brown sugar, pepper, allspice, cinnamon, and nutmeg or ginger. Mash with a potato masher or a fork.
4. Spoon squash mixture back into the shells and serve.

Makes 4 cups

Preparation Time: about 25 minutes

Equipment:

- fork
- knife
- spoon
- bowl
- potato masher or fork

Canada's Food Guide Servings:

½ cup squash is 1 VEGETABLE
AND FRUIT serving



Carrot-Orange Soup

Ingredients:

25 mL	2 tbsp	butter or margarine
125 mL	½ cup	chopped onions
1 L	4 cups	sliced carrots
1 L	4 cups	chicken stock or vegetable stock
125 mL	½ cup	orange juice
2 mL	½ tsp	nutmeg
1 mL	¼ tsp	pepper
250 mL	1 cup	milk

Preparation:

1. In a large saucepan, heat butter or margarine over medium-high heat. Add onions and cook for 4 to 5 minutes or until softened. Add carrots and stock and bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until carrots are very soft. Stir in orange juice, nutmeg and pepper.
2. In a blender, blend carrot mixture in batches until smooth.
3. Return soup to pan; stir in milk. Simmer over very low heat for 2 to 3 minutes or until heated through.

Makes 7 cups

Preparation Time: about 30 minutes

Equipment:

- large sauce pan
- knife and cutting board
- spoon
- blender

Canada's Food Guide Servings:

1 cup carrot-orange soup is
1 VEGETABLE AND FRUIT serving

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