



REMARKABLE RAINBOW: QUESADILLA & FRUIT SALAD

BLACK BEAN AND VEGGIE QUESADILLA

Ingredient	Students Per Class		
	10	15	20
Red bell pepper	1	1 1/2	2
Zucchini or yellow squash	1	1 1/2	2
Black beans, 15 oz can	1	1 1/2	2
Whole wheat tortillas 	5	8	10
Monterey jack cheese, shredded	1 cup	1 1/2 cup	2 cup
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp
Other: Salt and pepper to taste.			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

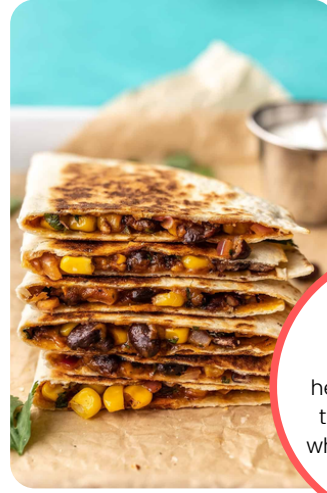
Wash pepper, zucchini or squash. Open, drain and rinse black beans. Cut tortillas in half. Preheat the oven to 350°F. Line baking tray with foil and grease with olive oil.

Directions:

1. Cut bell pepper, zucchini or squash into equal pieces based on the number of students and give a piece to each student.
2. Instruct students to dice veggies and collect everything in a large bowl.
3. Have students help you add olive oil, black beans, salt, and pepper to the bowl and mix together.
4. Have students assemble their quesadillas by adding veggie mix inside their tortilla, topping with shredded cheese, and folding in half.
5. Arrange tortillas on a baking sheet in a single layer and roast for 8-12 min. Monitor closely to prevent burning; cooking times may vary.
6. Let quesadillas cool for 2 minutes and enjoy!

DID YOU KNOW?

Black beans are prized for their high protein and fiber content!



DID YOU KNOW?

Yogurt provides healthy bacteria for the digestive tract which can affect the entire body!

GREEK YOGURT FRUIT SALAD

Ingredient	Students Per Class		
	10	15	20
Greek yogurt	1 1/2 cup	2 1/4 cup	3 cup
Oranges	2	3	4
Green apple or pear	1	1 1/2	2
Bananas	2	3	4
Honey	2 tbsp	3 tbsp	4 tbsp
Vanilla extract	2 tsp	3 tsp	4 tsp
Other: Cups for serving.			

PREP BEFORE CLASS:

Wash all fruits, and peel the orange. Cut and divide all fruit into equal pieces.

Directions:

1. Pass one plastic cup and one piece of each fruit to each student.
2. Instruct students to cut fruit into smaller pieces. Students can add their individual fruits to their cups.
3. Add Greek Yogurt, honey, and vanilla extract, and mix well.
4. Top each student's fruit cup with Greek yogurt mixture. Have them stir together if desired.
5. Enjoy!

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SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Red bell pepper
- Zucchini or yellow squash
- Black beans, 15 oz can
- Whole wheat tortillas (NUT & SESAME FREE)
- Monterey jack cheese, shredded

- Greek yogurt
- Oranges
- Green apple or pear
- Bananas

Ingredients in the bin:

- Salt
- Pepper
- Olive oil
- Honey
- Vanilla extract
- Cups for serving

OBJECTIVES

- List a health benefit black beans
- Understand why we should try to "eat the rainbow," or have a diversity of fruits and vegetables in our diet.
- Demonstrate how to dice fruit and vegetables



STAR INGREDIENT: BLACK BEANS

- Black beans are a type of legume grown in pods.
- What body system do you think black beans are good for? Digestion! Black beans are high in fiber which helps us move food through the body.
- Black beans are high in a nutrient that we usually get from animal sources. Can you guess what that is? Protein!
- Black beans are a good source of antioxidants which help our immune system.
- Beans, peas, and lentils are in the vegetable family!

INTRODUCTION

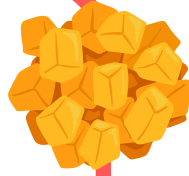
🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Are there any ingredients they are not familiar with?
- Discuss that today we are going to "eat the rainbow." Key Qs:
 - Does anyone know what it means to "eat the rainbow"?
 - Why is it important to "eat the rainbow"?
- "Eat the rainbow" means consuming a variety of fruits and vegetables in your daily diet, which come in many shapes, sizes, and colors. Why? Different fruits and vegetables contain different vitamins and antioxidants that help keep us healthy.
- What color fruits and vegetables are we using in the recipe today?
 - Red from the red bell peppers
 - Orange from oranges
 - Yellow from the bananas and/or yellow squash
 - Green from green apple/pear and/or zucchini
 - Blue/purple from black beans
 - Although black beans may appear black to the eye, they actually consist of darker shades of blue and purple, which create the perception of black in their appearance!



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STAR TECHNIQUE: DICING



- Dicing means to cut an ingredient into small cubes or squares that are about the size of the tip of your thumb or dice that you use in a board game.
- Which tools do you use to dice? Knife, cutting board.
- What types of food do you dice? Fruits, veggies, meats
- Why do we dice ingredients? Dicing ingredients makes it easier to mix them into recipes and allows the too cook more quickly.



COOKING PRO

A chef is never restricted by the recipe in front of them! What other beans could you substitute in these recipes? Pinto beans, kidney beans, refried beans, etc.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Black Bean & Veggie Quesadillas, discuss the Star Ingredient.
- As you are completing the Greek Yogurt Fruit Salad, discuss the Star Technique.
- Why is it important to “eat the rainbow”?
 - Did you know that each color of fruits and vegetables is packed with specific vitamins and minerals?
 - Eating fruits and vegetables of different colors helps you get a variety of vitamins, minerals, and nutrients that are important for staying healthy. It’s like giving your body a mix of everything it needs to work well and stay balanced.
 - That is why it is important to eat a variety of fruits and vegetables.
- What would happen if we did not eat a variety of fruits and vegetables every day?
 - Not eating enough fruits and vegetables may make it harder for our bodies to work at their best because they provide essential vitamins, minerals, and fiber that support various bodily functions, such as digestion, immune function, and overall energy levels.
- At your next meal, make it a point to try a fruit and vegetable of a different color. Consider how these foods provide nutrients and minerals that our bodies need to stay healthy and function properly!



END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal