

GREEN BEAN FRIES

Ingredient	Students Per Class		
	10	15	20
Green beans	1 lb	1 1/2	2 lb
Mayonnaise	1/3 cup	1/2 cup	2/3 cup
Parmesan cheese, grated	1/3 cup	1/2 cup	2/3 cup
Panko breadcrumbs	1/2 cup	3/4 cup	1 cup
Ketchup (for dipping)	1/3 cup	1/2 cup	2/3 cup

Other: Salt and pepper to taste.

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Preheat oven to 425°F. Line baking sheet with foil, grease it with oil. Wash green beans and pat dry.

Directions:

1. Distribute green beans to students and have them cut off the ends.
2. Have students measure mayonnaise, parmesan cheese, salt, and pepper and add to a small bowl. Give each student a chance to help stir until well combined.
3. Pass plastic spreading knives to each student with some of mayo and cheese mixture and have students spread it over their green beans.
4. Scoop slightly less than 1 tbsp of breadcrumbs onto each student's plate and have them roll beans covered in mayo in crumbs.
5. Place beans onto the baking sheet and bake 10-12 minutes or until lightly browned.
6. Serve green beans with remaining mayonnaise mixture or ketchup. Enjoy!



DID YOU KNOW?

Green beans can grow on a bush or a vine.



DID YOU KNOW?

Kiwifruit was named after the fuzzy brown kiwi bird that is native to New Zealand.

GREEN SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Cold water	2 1/2 cup	3 3/4 cup	5 cup
Baby spinach	2 cup	3 cup	4 cup
Kiwi	1	1 1/2	2
Green apple	1	1 1/2	2
Bananas	2	3	4
Honey	3 tbsp	4 1/2 tbsp	6 tbsp

Other: Cups for serving.

PREP BEFORE CLASS:

Cut apple into quarters and remove core. Peel kiwi and divide bananas equally. Prepare the blender.

Directions:

1. Pass out a piece of apple, kiwi, or banana to each student. Have students cut whatever fruit they have into smaller chunks.
2. Measure water and spinach into blender along with chopped fruit and honey.
3. Puree until smooth.
4. Pour smoothie from blender, dividing evenly among plastic cups.
5. Enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Green beans
- Mayonnaise
- Parmesan cheese, grated
- Panko breadcrumbs (NUT & SESAME FREE)
- Ketchup
- Baby spinach

Ingredients in the bin:

- Salt
- Pepper
- Honey
- Cups for serving

OBJECTIVES


- Describe why green fruits and veggies are important to include in our diet
- Demonstrate how to bread green beans
- Discuss kiwi fruit and why we might consider it a superfood

COOKING PRO

What other ingredients could we add to our smoothie? A smoothie can be very different colors depending on the ingredients.

What fruits could you use to make a yellow smoothie? What about a purple smoothie? How about a red smoothie?

INTRODUCTION

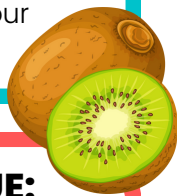
 2-3 min

- 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. Have they previously had all of these ingredients, or is there a new item?
- Can they notice anything in particular about the color of today's ingredients? Do the fruits and veggies have a color that ties them together?
 - Answer: Green!
- Can they list the green fruits and vegetables that we are using for today's recipes?
 - Green beans
 - Baby spinach
 - Green apples
 - Kiwi
- Can they guess why it is important to eat green fruits and vegetables? What do they do for our bodies? What sort of vitamins or minerals are in green fruits and vegetables?
 - Discuss the Star Ingredient as you are completing the Green Smoothie.



STAR INGREDIENT: KIWI

- Kiwis are a superfood! They have more nutrients than many common fruits. Kiwis are high in fiber, Vitamin C, E, and K, and potassium.
- Which do you think has more Vitamin C, an orange or a kiwi? A kiwi has twice the amount of Vitamin C of an orange!
- The kiwi has a fuzzy peel. Many people don't eat it but it can be eaten.
- Kiwis were first grown in New Zealand. They are named after Kiwi Birds, because both are brown and fuzzy.
- Kiwis are known to help you sleep better, so eat a kiwi as your midnight snack!



STAR TECHNIQUE: BREADING

- Breading means to coat something with a batter, dough, or breadcrumbs, by using water, egg, milk, or a condiment to help the coating stick.
- What tools do you use to bread? Hands, spatula, bowls
- What types of food do you bread? Fries, fish, chicken, veggies, various appetizers (mozzarella sticks, mushrooms etc.)
- Do you fry or bake things that are breaded? Typically, you fry the things that have been breaded but it is much healthier to bake them! They can get just as crispy and delicious in the oven, with less fat or oil.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Green Bean Fries, discuss the Star Technique: Breading.
- Did you know the green pigment found in green fruits and vegetables is called chlorophyll?
 - Chlorophyll in plants helps to capture energy from sunlight during photosynthesis.
- Why are green fruits and vegetables beneficial for us? Let's discuss some of the green produce we are using in today's recipe:
 - Green beans:
 - Green beans pack a punch with potassium, a key mineral our bodies need to stay on track. It helps with nerve function, muscle contraction, and keeps our hearts beating smoothly.
 - Eating plenty of potassium-rich foods like green beans can also balance out the effects of too much sodium, helping to keep our blood pressure in check.
 - Green apples:
 - Did you know that green apples have more iron than red apples? Red apples are just as nutritious but in other ways which we will get into in a future lesson plan. Iron is an important mineral and its main function is to help red blood cells carry oxygen from our lungs to the rest of our organs.
 - Did you know that unlike animal sources of iron, our bodies cannot completely absorb the iron found in plants? Here's a helpful tip - pair plant sources of iron like green apples with vitamin C sources like oranges, lemons, bell peppers, etc.
- Ask students if they can name other fruits and vegetables that are green in color?

- Green grapes
- Green peas
- Okra
- Pears
- Gourd
- Lettuce



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