

CHICKPEA SALAD

Ingredient	Students Per Class		
	10	15	20
Chickpeas, can	1	1 1/2	2
Large celery stalks	2	3	4
Granny Smith apples	1	1 1/2	2
Plain non-fat Greek yogurt	1/3 cup	1/2 cup	2/3 cup
Lemon juice	2 tsp	3 tsp	4 tsp
Mustard	2 tbsp	3 tbsp	4 tbsp
Other: Salt and pepper to taste.			

PREP BEFORE CLASS:

Wash celery stalks and apples and cut each into equal pieces based on the number of students.

Directions:

1. Demonstrate to students how to open the can of chickpeas with a can opener. Have a student volunteer help drain and rinse chickpeas.
2. Pour chickpeas into a bowl. Have a student volunteer roughly smash chickpeas with a mixing spoon or spatula. Sprinkle with a pinch of salt.
3. Distribute a piece of celery and apple to each student. Instruct students to dice celery and apple into small pieces. Add to chickpeas. Toss.
4. In a separate bowl, have students measure yogurt, mustard, and lemon juice. Whisk dressing together. Add salt and pepper to taste.
5. Pour dressing over salad mixture. Lightly toss to coat ingredients evenly.
6. Serve and enjoy!

DID YOU KNOW?

Celery is 95% water!

DID YOU KNOW?

Canned pumpkins are just as nutritious as fresh pumpkins!



SPICED PUMPKIN BUTTER

Ingredient	Students Per Class		
	10	15	20
Medjool dates*	2 cup	3 cup	4 cup
Pumpkin puree	1 cup	1 1/2 cup	2 cup
Cinnamon	4 tsp	6 tsp	8 tsp
Graham crackers	10	15	20

*If you cannot find dates not processed in the same facilities as nuts, swap with dried apricots or use raisins.



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

PREP BEFORE CLASS:

To soften dates, soak in water until needed for recipe. Prepare the blender.

Directions:

1. Drain dates after soaking. Remove any pits from dates.
2. Add dates to blender. Make sure they are pitted!
3. Demonstrate to students how to open the pumpkin puree with a can opener. Have a student measure puree and add to blender.
4. Blend dates and pumpkin until smooth. This may take several rounds of blending. Use a spatula to push down mixture from side of blender as needed.
5. Measure cinnamon and add to mixture. Mix.
6. Distribute a scoop of pumpkin butter and graham cracker to each student.
7. Have students spread mixture over their graham cracker. Enjoy!



SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Chickpeas, can
- Large celery stalks
- Granny Smith apples
- Medjool dates*
- Graham Crackers (NUT & SESAME FREE)
- Plain non-fat yogurt, 8 oz = 1 cup
- Lemon juice
- Mustard
- Pumpkin puree, 8 oz = 1 cup

Ingredients in the bin:


- Salt
- Pepper
- Cinnamon

*If you cannot find dates not processed in the same facilities as nuts, swap with dried apricots or use more raisins.

OBJECTIVES

- Explain what a pumpkin is and when it is harvested
- Describe the nutritional benefits of orange-colored produce
- Describe how and why foods are canned

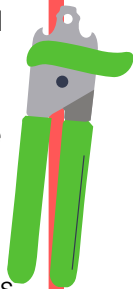
INTRODUCTION

 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?
- Today's Star Ingredient is pumpkin! What color are pumpkins? Pumpkins are orange in color which means we are going to discuss orange-color fruits and vegetables today!
- Can they guess why it is important to eat orange fruits and vegetables? What do they do for our bodies?
 - As you are completing the Spiced Pumpkin Butter recipe, discuss the Star Ingredient - pumpkin!
 - Ask students if they have ever had pumpkins before! If they have had pumpkin pie, have they tried other recipes with pumpkin? Although we often eat pumpkin as a dessert, it can also be turned into savory dishes, such as soups. We can also eat pumpkin seeds as a crunchy snack!
- What is the most popular way pumpkin is eaten? Pumpkin pie! When do we typically eat pumpkin? The pumpkin is a symbol of harvest time, marking the end of the growing season for many fall crops. Pumpkins are a popular crop in the fall season.
- Re-demonstrate the Star Technique when opening the can of pumpkin puree. Discuss the Cooking Pro fact described on the next page.

STAR TECHNIQUE: CAN OPENING

- How do we open cans? Using a can opener! Both handheld and electric ones can be found in a kitchen.
- How do you use a handheld can opener? Separate the handles of the can opener and place the cutting blade on the top edge of the can. Squeeze the handles together and turn the attached crank until the lid is open. Being extremely careful, pull the lid off of the can. Always ask an adult for help when using a can opener. Practice safety to prevent cutting your fingers!



STAR INGREDIENT: PUMPKIN

- What are pumpkins? Pumpkins are technically fruits, and are part of the winter squash family, Cucurbitaceae, which includes cucumbers and melons.
- How many colors of pumpkins are there? There are over 25 different varieties of pumpkin. They come in a range of colors, including red, yellow, orange, and green.
- Why are pumpkins good for us? Pumpkins contain a high amount of fiber, which is a compound that helps keep our digestive system healthy and functioning properly.
- Pumpkins also are rich in vitamin A, which is important for eye health, and antioxidants, which protect our bodies from cellular damage.



DEVELOPMENT

🕒 5-7 min

- Did you know? The orange and yellow pigment found in fruits and vegetables is called carotenoids!
 - Pumpkins are specifically packed with beta-carotene, a type of carotenoid, that is converted to vitamin A by our body.
 - Vitamin A is an antioxidant that helps to prevent cell damage by fighting off harmful molecules called free radicals.
 - Vitamin A provides anti-inflammatory properties which means it helps to reduce inflammation such as injury, infection, or irritation.
 - Vitamin A is important for our immune system, helps keep our eyes healthy by preventing night blindness and age-related issues, supports the reproductive system, and might lower the risk of some cancers.

- What are some other orange-colored fruits and vegetables?

- Oranges
- Apricots
- Mangoes
- Carrots
- Sweet potato
- Cantaloupe
- Orange bell peppers



COOKING PRO

How and why are foods canned? Canning allows food to be stored for a longer period of time. During this process, food is boiled in the can to kill all bacteria. The can is then sealed extremely tight to prevent any new bacteria from getting in. Because the food in the can is completely sterile, it does not spoil as fast as other foods.

What kinds of foods are found in cans? Fruits such as peaches, oranges, pineapples, etc. Vegetables such as corn, tomatoes, carrots, etc. Legumes such as chickpeas, black beans, green peas, etc. Soups such as chicken noodle and vegetable. Meat such as chicken, and seafood such as tuna.

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