Kale Salad!

Description
Students learn about the nutrients found in kale salad and follow a recipe.

Guiding Question
How can we eat local food through the winter in Maine?

Big Idea
The food we eat gives our body the nutrients it needs to stay healthy.

Learning Objectives:
→ Students will be able to list nutrients found in kale salad and what part of the body the nutrient helps.
→ Identify kale as a food grown in Maine.

Vocabulary:
Superfood – has LOTS of nutrients
Local – We can grow it in our garden in Maine. It doesn’t have to travel far to get to us.
Vitamin C - Helps the body fight infection (shield with hands)
Calcium – Builds strong bones and teeth (smile and knock bones)
Antioxidants - Antioxidants help the body clean out free radicals and prevent cancer (light saber motion)
Fiber – Keeps you full and moves food through the digestive track (rub stomach)
Vitamin K – Important for bones and tissue development
Fat – Keeps joints lubricated (stretch and spin arms)
Vitamin A – Keeps vision healthy (make sunglasses)

Materials:
☐ Ingredients
☐ Cutting boards
☐ Knives
☐ Measuring cups
☐ Plastic bags
☐ Large salad bowls
☐ Bowls
☐ Forks
☐ Copies of recipe (Appendix A)
☐ Knife safety poster (Appendix B)
☐ Compost bucket
**Engage (5 mins)**
The ingredients in our salad: kale, apples, carrots, and sunflower seeds, are all local products of Maine! They are multi colored and therefore we know we are getting lots of different nutrients. The dressing is also very healthy! Olive oil is a healthy fat (spin arms), lemon juice boosts the body’s immune system, and garlic keeps us from getting sick.

**Explain: Introduction for Students (5 mins)**
Review previous lesson. Today we will get to learn about another exciting vegetable that is grown in our school garden: Kale. Kale is a SUPERFOOD! That means it has LOTS of nutrients that our body needs. Who remembers the nutrients we learned about last week? Let’s make the movements for the nutrients that kale has: Vitamin A (make sunglasses), Vitamin C (shield with hands), Antioxidants (light saber), Calcium (smile and knock bones), and Fiber (rub stomach). Our recipe also has apples (which have lots of fiber – rub stomach) and carrots (which are high in Vitamin A – make sunglasses) in it. So we are doing a good job of eating the rainbow! Today we will learn to cook from a recipe and we will get to eat what we make.

**Learn Knife Skills (10 mins)**
Explain that we will get a chance to chop vegetables today. That means we need to use knife safety. Ask for some behaviors that are appropriate when using knives. Then go over the poster. Demonstrate safe knife positions and cutting techniques (flat side down, fingers curled back, rock the knife).

K – For kindergarten skip this step, and pre-cut apples, carrots, and garlic for them. They can rip up kale, measure out ingredients, and mix them together.

**Cooking Station (if possible, 3 stations of cooking same recipe):**

**Prepare (5 mins)**
Have students read over recipe and discuss any questions or vocab words that they do not know. Look at the measuring cups and spoons and discuss the name of each one. Point out that some of the measurements are represented in fractions. Ask: What is the difference between a cup, tablespoon, and a teaspoon? (different sizes). Why do we have measurements? (So we can follow recipes).

**Cook (10 mins)**
Have students tear 5 leaves of kale into small pieces and put into a plastic bag while one other student chops garlic. Have students take turns adding lemon juice, olive oil, garlic, salt and pepper. Seal bag and let everyone massage for 10 seconds and then put kale into larger salad bowl. Delegate chopping carrot and apples. Make sure you watch students carefully and help them with knife skills. Add apples and carrots to the large salad bowl. One student adds a sunflower seeds. Mix it all up, then distribute to students.

**Eat and Clean Up (10 mins)**
Enjoy! Have students empty their scraps and uneaten food from their bowls into the compost bucket and stack dirty bowls.

**Evaluation**
Place sticker on “I like it board” and give them an “I tried it” sticker. Review why the ingredients are healthy.

**Common Core Standards**

- Science 3.LS4.3 Construct an argument with evidence that in a particular habitat some organisms can survive well, some survive less well, and some cannot survive at all
- Math 3.MD.2 Measure and estimate liquid volumes. Add, subtract, multiply, or divide to solve one-step word problems involving masses or volumes that are given in the same units by using drawings to represent the problem
**Massaged Kale Salad**

**Ingredients**
- 1 bunch curly kale
- 1 medium apple
- 1 carrot
- 1 garlic clove
- Handful of sunflower seeds
- 3 tablespoon olive oil
- 3 tablespoon lemon juice
- Salt and pepper to taste

**Materials**
- 1 gallon zip-lock bag
- Large mixing bowl
- Cutting board and knives
- Set of measuring spoons

**Directions**
1. Strip kale from stem and rip into bite size pieces. Then place into the plastic bag.
2. Mince garlic
3. Add olive oil, lemon juice, garlic, salt, and pepper into zip-lock bag with kale
4. Massage for about 1 minute
5. Slice carrots and apples thinly using knife safety skills
6. Combine dressed kale, apples, carrots, and sunflower seeds into mixing bowl
7. Mix salad together
8. Taste and season with extra salt and pepper if necessary
9. Enjoy!
Kale Salad

Ingredients

1 bunch curly kale
1 medium apple, chopped
1 carrot, chopped
1 garlic clove, minced
Handful of sunflower seeds
3 tablespoon olive oil
3 tablespoon lemon juice
Salt and pepper to taste

Directions:
Strip kale from stem and rip into bite size pieces, then place into plastic bag. Add olive oil, lemon juice, garlic, salt, and pepper and massage. Add carrots, apples, and sunflower seeds. Mix and enjoy!
Knife Safety Poster 1

- Securely hold the knife
- Anchor the cutting board
- Finger tips are curled back
- Yes on the knife
- Take your time
- Our knife is always on the cutting board
Using Knives Safely

Cut your food without cutting yourself.

1. Curl your fingers toward your palm like a *claw* when you hold the food.

2. Cut any round foods in half. Lay the *flat* side down on the cutting board.

3. Point the *tip* of the knife *downward* toward the cutting board.

4. Slide the knife down and back up like a *saw*. Don't just push down.