Beet Hummus!

Description
Students learn about the nutrients found in beets and chickpeas and make 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:
- Use safe knife skills
- Follow a recipe
- Name the nutrients in beets and chickpeas

Vocabulary:
- **Potassium** – Balances fluids in the body (stretch arms and balance)
- **Fiber** – Keeps you full and helps food move through the digestive tract (rub stomach)
- **Protein** – Builds muscles (flex muscles)

Materials:
- Recipe Appendix A
- Ingredients
- Small bowls for ingredients
- Bowls to make hummus in
- Immersion blenders
- Measuring cups
- Cutting boards
- Knives
- Compost bucket
Introduction to Lesson (5 mins)

Today we are going to make a party dip to celebrate the end of our cooking series. It is a bright pink hummus! The hummus is made of chickpeas which has lots of protein (*flex muscles*). The beets add a bright color and lots of potassium (*stretch and balance arms*) and fiber (*rub stomach*). And our vegetables that we will use to dip add varied nutrients – we can tell because we will be eating so many different colors!

Engage: Stations (30 mins)

*Station 1: Make humus*
Assist students to follow the recipe and blend together all ingredients to make beet hummus

*Station 2: Chop dipping veggies*
Using safe knife skills, students will chop cucumbers and carrots to dip in the hummus

*Station 3: Eat and vote*
Students will demonstrate nutrients found in humus. They will get to eat what they have made and vote on if they want it in the cafeteria. Give everyone an “I tried it” sticker

Evaluation: Exit Ticket (5 mins)

Write one thing you learned during cooking classes. Younger students can draw a picture of their favorite fruit or vegetable they tasted.
Beet Humus!

Whole Foods Recipe

Ingredients:

- 1 small cooked, peeled beet, roughly chopped
- 1 (15-ounce) can chickpeas, drained and rinsed
- 3 tablespoons tahini
- 1 garlic clove, chopped
- 2 tablespoons lemon juice
- 1/8 teaspoon fine sea salt
- Pinch cayenne pepper

Directions:

Combine all ingredients in a food processor and process until very smooth, 2 to 3 minutes, stopping occasionally to scrape down the sides of the bowl.
Beet Humus
Whole Foods Recipe

**Ingredients:**
- 2 small (3-ounce) cooked, peeled beets, roughly chopped
- 2 (15-ounce) cans no-salt-added chickpeas, drained and rinsed
- 1/3 cup tahini
- 2 garlic cloves, chopped
- 1/4 cup lemon juice
- 1/4 teaspoon fine sea salt
- Pinch cayenne pepper

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