According to The Federal Trade Commission, the fast food industry spends more than $5 million every day marketing unhealthy foods to children. A research brief by the Robert Woods Johnson Foundation found that nearly all (98 percent) of food advertisements viewed by children are for products that are high in fat, sugar or sodium. So, getting kids to eat more fruits and vegetables and make healthier choices can be a challenge.

Simply adding more fruits and vegetables to the school lunch menu without prior exposure often fails to get kids to try the new offerings. The saying, “If you build it, they will come,” doesn’t usually work when trying to change kids behavior. But if they build it, that’s another story.

Studies show that kids that actively engage in cooking are more likely to try new foods. Instead of being told what to eat, kids are in charge and take ownership and pride in creating the dishes themselves.

Chef in the Classroom: A Recipe for Success

Chef in the Classroom is a fun, hands-on program designed to get kids excited about eating fresh fruits and vegetables. The class can be as simple as making a salad with greens and raw veggies purchased from a local farmers’ market or grown in a school garden. Or it can be more involved, like making a butternut squash soup with kale chips on the side. The most important thing to remember is it must be fun and hands-on. It is not intended as a cooking demo. The students work as a team, guided by the chef instructor.

With each of these lessons, students will learn how to make a special dish featuring a locally grown fruit or vegetable. There are a variety of recipes to choose from for every month of the school year.

To learn more about how to get started at your school or after-school program, contact: Sandy McKelvey: sandy@hvfs.org

Now, let’s start cooking!
Lesson Plan for Savory Carrot Scones (for 24 students)

Objectives:

Students will learn:

- The importance of eating food that is locally grown and in season.
- What sustainable agriculture means.
- Fun Facts about carrots and their health benefits.
- Proper kitchen safety and knife skills.
- Food safety and personal hygiene rules.
- How to identify and use measuring units in baking.
- How to read a recipe (older kids – 3rd-5th graders)

Pre-Lesson Activities (optional)

Before the scheduled chef visit, prep the students on the featured vegetable using the Carrot Fun Facts flyer. Read one of the books on the attached list and ask the students to draw what a carrot looks like growing in a garden. If there is a school garden, take the students out to plant or harvest and eat carrots.

Breakdown of the Chef in the Classroom visit: (Total time, 60 minutes)

Set-up (10 minutes)

Two long tables
- One table for the dry ingredient station
- One table for the wet ingredient station

Chef and assistants arrive and set up wet and dry stations with cutting mats, mixing bowls, measuring tools and ingredients. Chef sets up induction burner for demo at the end of the class. Have pre-baked scones ready to serve for the end of class.

(This is a good time for kids to wash their hands.)
Introduction (5 minutes)

Chef introduces the recipe: Sweet Potato Muffins

Some key points to address:

Where are the ingredients from? – Talk about the local farm that grew the carrots. Where did the milk and eggs come from? What is flour? How is wheat grown?

Ask students if they have eaten carrots before? How were they prepared? Do they like them?

Go over the Carrots Fun Facts:

- Where do carrots come from?
- What are the health benefits?
- Why is it important to eat local, seasonal produce?
  - Community
  - Environment
- What does sustainable farming mean?

Cooking Rules, Kitchen Safety and Hygiene (5 minutes)

Go over the “Five Easy Cooking Rules.” Review personal hygiene rules when cooking and go over kitchen safety. Remember to work as a team. Never criticize and remind students not to “yuck someone’s yum.”

Review of recipe and tasks to be done (5 minutes)

Introduce the recipe and ingredients. Demonstrate the proper way to hold a knife and safe cutting skills. Demonstrate how to use the grater. Explain the units of measurement they will be using. Explain that the kids will be separated into two groups: wet and dry. Assign tasks to each student and have them go to their station around the two tables.
Stations:

Wet ingredients: 12 kids

1 kid cracking and beating egg
1 kid measuring milk
2 kids grating cheese
4 kids chopping scallions
4 kids grating carrots

Dry ingredients: 12 kids

2 kids measuring flour
4 kids measuring baking powder
1 kid measuring salt
4 kids rubbing butter in flour mixture
1 kid adding salt and cayenne pepper at the end

Everyone cuts out one biscuit

Preparation (20 minutes)

Chef and assistants will be hands-on helping the kids with their tasks. When all the wet and dry ingredients are ready, kids can take turns cutting out the biscuits and helping to clean work surfaces and tools. If the school has a compost pile, ask for volunteers to put all veggie scraps and eggshells into a bucket.

Serving and tasting (10 minutes)

Students go back to their seats and chef does a demo making the honey glaze.

Ask for volunteer helpers to hand out napkins and help serve. As students are tasting their culinary creation, ask them to summarize how it was prepared. What were the ingredients? What did we do first?
Wrap up and Clean up (5 minutes)

What was the kids’ response? Ask for a thumbs up, down, or sideways to get a sense of how they liked it. Those that didn’t like it, ask why? – Too bland, too salty, not sweet enough, too strong. Ask what they would do differently? – Add this, take out that.

Prompt students to come up with a fancy name for their dish. Let them know that they will be taking the recipes home and encourage them to share the recipes with their families. Remind them that this dish will be served in a school-wide taste test.

Encourage kids to ask the chef questions about learning to become a chef, what it’s like working in restaurants, favorite dishes to cook, etc.

Always remember your goal:

*Get kids excited about eating fresh fruits and vegetables and trying new, wholesome foods. And most important of all, make sure they have fun making healthy choices!*

Supporting Documents

- Supplies list
- Harvest Chart
- Recipe
- Five Easy Cooking Rules
- Carrot Fun Facts
- Book Titles related to carrots
Supplies List

Tools and Equipment:

- 2 long tables
- 24 cutting mats
- 1 large mixing bowl
- 3 medium bowls
- 1 liquid cup measure
- Set of dry measuring cups
- Set of measuring spoons
- 1 whisk or fork
- 1 large mixing spoon
- 4 graters
- 1 rubber spatula
- 2 biscuit cutters
- Cookie sheet with baking paper
- Paper towels
- Paper napkins for serving
- Induction burner
- Small saucepan

Ingredients:

- Flour
- Baking powder
- Salt
- Butter
- 1 egg
- Milk
- Cheddar cheese
- 1 bunch of scallions
- Carrots
- Cayenne pepper
- Honey
Books about carrots

To build excitement about eating carrots and cooking with the Chef, choose one or more of these book titles to read to your students. This can occur during library special or in the classroom before the chef’s visit.

The Carrot & Other Root Vegetables by Millicent Selsam (Morrow, 1971) Describes the growth, fertilization, and harvesting of various root vegetables: carrots, radishes, turnips, beets, and sweet potatoes. (Grades 3+)

The Carrot Seed by Ruth Krauss (Harper Festival, 1993) When a little boy plants a carrot seed, everyone tells him it won’t grow. But when you are very young, there are some things that you just know, and the little boy knows that one day a carrot will come up. So he waters his seed, and pulls the weeds, and he waits... (Grades P-3)

Carrot Soup by John Segal (Margaret K. McElderberry Books, 2006) Take one rabbit, patiently growing carrots. Add his friends – Mole, Dog, Cat, Duck, and Pig. Mix all ingredients together for a superdelicious surprise! (Grades P-3)

Carrots by Inez Synder (Scholastic Library Publishing, 2004) Shows young readers how the vegetable is grown, picked, and winds up in people’s hands, ready to eat. (Grades K-2)

Carrots Grow Underground (How Fruits and Vegetables Grow) by Mari Schuh (Capstone Press, 2011) Simple text and photographs describe how carrots grow underground. (Ages 4-8)

The Giant Carrot by Allan Manham (Orchard Books, 2011) When brilliant gardener Jack tries to pull up a giant carrot he gets more than he bargained for, but luckily all his friends are on hand to help ...This fun-filled tale is brought to life by the illustrator of the bestselling Secret Fairy series. (Ages 4-7)

The Giant Carrot by Jan Peck (Dial; 1st Edition, 1998) An adaptation of a Russian folktale. Little Isabelle surprises her family with her unique way of helping a carrot seed grow and of getting the huge vegetable from the ground. Includes recipe for carrot pudding. (Ages 4-8)

Tops & Bottoms by Janet Stevens (Harcourt Children's Books, 1995) Hare solves his family’s problems by tricking rich and lazy Bear in this funny, energetic version of an old slave story. With roots in American slave tales, “Tops & Bottoms” celebrates the trickster tradition of using one’s wits to overcome hardship. (Grades K-2)

The Very Big Carrot by Satoe Tone (Eerdmans Books for Young Readers, 2013) When six rabbits find a giant carrot, they’re not sure exactly what they should do with it. They have all sorts of grand and adventurous ideas. After they have exhausted their ideas, they find that they are rather hungry... and they may have forgotten the most obvious solution of all. (Ages 3-7)

Hudson Valley Farm to School 2014, This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. You are welcomed to use this for non-commercial educational purposes. We only ask that you credit Hudson Valley Farm to School as your source. For more lesson plans, visit: www.hvfs.org. To learn how to start a Chef in the Classroom program at your school, contact: sandy@hvfs.org.
**Just Enough Carrots** by Stuart Murphy (HarperCollins, 1997) Elephants, rabbits, and birds shop in this funny grocery store. Can you guess what the little rabbit wants more of? Munchy, crunchy carrots, of course! And fewer of? Squirmy worms and chewy peanuts (yuck!). So why is his mother buying all those cans of worms? (Ages 4-8)

**Oliver's Vegetables** by Vivian French (Hodder Children's Books, 1995) Do you like chips? Oliver does, in fact, he won't eat anything else - until he plays a game with his grandpa. Whatever vegetable Oliver finds in the garden, he must eat. On Monday, he pulls up carrots, on Tuesday, it is spinach ...This is an excellent book for parents with slightly fussy children and it introduces the days of the week. (Ages 3-7)

**The Princess and the Peas and Carrots** by Harriet Ziefert (Blue Apple Books, 2012) Most of the time, Rosebud is Good Princess Rosebud, but she can become Princess Fussy. This new rendition of "The Princess and the Pea" features a little girl who needs certain things to be 'just so. (Ages 4-8)
Your guide to harvest times and availability for the incredible diversity of New York State produce.

Today more than ever, New York consumers are demanding close-to-home freshness in everything they buy. And very few places even come close to New York State for the variety and quality of its farm-fresh produce. As the Program dedicated to advancing New York agriculture, we take a lot of Pride in New York State fruits and vegetables – and the Pride of New York members who produce them.

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Vegetables continued on other side

The above periods are approximate. Harvest periods may begin a week to ten days earlier during a warmer-than-usual year. A cool spring will delay crop maturity. Call farms for exact dates of harvest.
### VEGETABLES

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- **Onions**
- **Parsnips**
- **Peas**
- **Peppers**
- **Potatoes**
- **Pumpkins**
- **Radishes**
- **Rhubarb**
- **Spinach**
- **Squash, Summer**
- **Squash, Winter**
- **Swiss Chard**
- **Tomatoes**
- **Turnips**
- **Turnip Greens**
- **Zucchini**

### FRUITS

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- **Apples**
- **Blackberries**
- **Blueberries**
- **Cantalopes**
- **Cherries, Sweet**
- **Cherries, Tart**
- **Currants**
- **Grapes**
- **Peaches**
- **Pears**
- **Plums**
- **Prunes**
- **Raspberries**
- **Strawberries**
- **Watermelon**

The above periods are approximate. Harvest periods may begin a week to ten days earlier during a warmer-than-usual year. A cool spring will delay crop maturity. Call farms for exact dates of harvest.
Savory Carrot Scones!

2 cups all-purpose flour
1 tablespoon plus 1 teaspoon baking powder
½ teaspoon salt
1 tablespoon butter
1 egg and milk to fill 1 cup
½ cup of grated cheddar cheese
½ cup of scallions, finely chopped
1 cup carrots, grated finely
¼ teaspoon salt
¼ teaspoon cayenne pepper

1. Preheat oven to 425 F. Lightly flour a baking tray or line with baking paper.
2. Place the flour, baking powder and salt into bowl and mix. Rub butter in with your fingers.
3. Beat the egg in measuring cup and then fill with milk to make a cup. Add to flour. Then add the cheese, scallions and carrots, salt and cayenne pepper. Mix till combined but don’t over mix.
4. Lay the dough out on a floured surface. (It will be sticky so make sure you have a well floured surface.) Knead lightly and pat to ½ inch high dough. Cut with biscuit cutter or floured glass.
5. Cook for 12-15 minutes until lightly browned on top. Makes 24 mini scones

Honey Glaze (optional)

¼ cup of butter
1 tablespoon honey

Melt butter in pot over medium heat. Add honey and whisk. Allow to simmer and cool. Brush glaze on cooked scones before serving.
Five Easy Cooking Rules

1. Start each class with:
   • Washed hands
   • Long hair tied back and behind shoulders
   • Long sleeves pulled up

2. Practice safety in the kitchen
   • Follow chef’s rules for safe knife handling
   • When at the stove always practice safety

3. Help teammates; never criticize

4. Every student must try the dishes prepared (unless there is a food allergy)
   • It is okay if you don’t like a dish, but no use of “gross” or “yuck” allowed. Don’t “yuck someone’s yum.”
   • If you don’t like the dish, use other words to explain why: too spicy, too sweet, not enough salt, unusual texture, aroma, etc.

5. When the chef is speaking, this is the only voice to be heard
   • No calling out
   • Raise hand before talking
   • Do not talk while another person is speaking

Bring a positive attitude and willingness to participate.

And most of all, have fun cooking!
Chef in the Classroom presents...

Carrots

The origin of the word comes from Middle French “carotte,” from Latin “carōta,” originally from the Indo-European root ker- (horn), due to its horn-like shape.

Easy, Kid-Friendly Recipe

Braised Carrots

Carrots, cut into thin sticks
1 tablespoon of butter
1 tablespoon of maple syrup
Salt and pepper to taste

Place carrot sticks into a medium-sized skillet. Add water just barely covering the carrots. Add butter and maple syrup. Cook on medium high for a few minutes until the carrots become slightly tender. Remove the carrots and cook the liquid on high until it thickens into a syrup. Pour over carrots. Add salt and pepper to taste.

Another day, another carrot...

Wild wabbits do not eat carrots; you have been watching too much Bugs Bunny!

Hudson Valley Farm to School

For more fun facts, go to: www.hvfs.org

Carrot Fun Facts

Carrots were first cultivated in the Iranian Plateau (an area which covers Afghanistan, Pakistan, and Iran) almost 5,000 years ago.

The first cultivated carrots were purple and yellow. Today, you can get orange, purple, white, red or yellow carrots.

The longest carrot ever recorded was nearly 17 feet long.

European ladies once used carrot tops to decorate their hats.

Carrots have the highest content of beta carotene (Vitamin A) of all vegetables. A ½ cup of carrots provides more than 200% of the Recommended Daily Allowance of Vitamin A.

Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.

Carrots are harvested in New York State from July through December. They can be stored and available until mid April.

Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.

Pick up some local, fresh carrots next time you visit the Farmers’ Market!

Knock Knock
Who’s there?
Carrot
Carrot who?
Don’t you carrot all about me?