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 together 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!*
Kale Salad and Kale Chips Lesson Plan

(For 24 students)

Objectives:

Students will learn:

- The importance of eating food that is locally grown.
- What sustainable agriculture is.
- Fun Facts about kale and its health benefits.
- Proper kitchen safety and personal hygiene rules.
- Measurement and conversions.
- 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 Kale Fun Facts flyer. Read one of the books on the attached list and ask the students to draw what kale looks like growing in a garden. If there is a school garden, take the students out to plant or harvest and eat kale.

Breakdown of the class:

Set-up (10 minutes)

- Two long tables put together.

Chef and assistants arrive and set up food prep stations with cutting mats, child-safe knives, bowls, graters, and other tools needed for the recipe. Chef sets up demo area with chef’s knife, dehydrator, and all the ingredients for the recipe.

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

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Introduction (5 minutes)

Chef introduces the recipe: Kale Salad with Maple Citrus Dressing and Kale Chips

Key points to address:

- Where are the ingredients from? – If anything came from the school garden, highlight that. If not, talk about the local farm that grew the kale, carrots, and apples. Ask kids if they know where maple syrup comes from.
- Ask kids if they have eaten kale before. How was it prepared? Do they like it?

Go over the Kale Fun Facts:

- Where does kale come from?
- What are the health benefits?
- Why is it important to eat local, seasonal produce?
  - Health
  - 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 talk about safe cutting skills. Demonstrate how to slice the apples. Assistant will prep the apples by coring them and cutting in half to make it easier for the kids to slice. Demonstrate how to use the grater. Show the kids how to rip the kale into small pieces and discard the tough stems.

Explain that just like in a real commercial kitchen, everyone will have a task to do; they will be working as a team with the head chef supervising them. Assign tasks to each student and have them go to their station around the two tables.
Stations:

4 kids Ripping kale into small pieces and massaging with olive oil and salt
4 kids Ripping kale into large pieces for chips and massaging with olive oil and salt
4 kids Shredding carrots
4 kids Slicing apples
2 kids Squeezing lemon juice
2 kids Squeezing orange juice
1 kid Measuring and mixing maple syrup
1 kid Measuring and mixing mustard
1 kid Measuring and mixing olive oil
1 kid Adding salt and pepper and mixing

Preparation (20 minutes)

Chef and assistants are hands-on helping the kids with their tasks. When the kale group finish the massaging, they take the large pieces of kale for the chips to the dehydrator and place them on the trays, then turn on the machine. (The kale chips will be read in 2-3 hours.) The kale for the salad is taken up to the chef’s work station. When everyone is finished with their tasks, they can take turns whisking the dressing and help 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 the chef demonstrates how to open and seed a pomegranate. The chef dresses the salad, adding any needed seasoning like salt and pepper, then plates the salads with the pomegranate seeds and pumpkin seeds on top. Assistants pass them out.

Ask for volunteer helpers to hand out forks and help serve. As students taste their culinary creation, ask them to summarize how it was prepared. What were the ingredients? What did they 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. (If this is part of your program.)

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
Five Easy Cooking Rules
Book Titles related to Kale
Harvest Chart
Recipe
Kale Fun Facts
**Supplies List**

**Tools and Equipment:**

- 2 long tables
- 24 cutting mats
- 3 large bowls
- 3 medium bowls
- 3 small bowls
- 6 child-safe knives
- 1 liquid cup measure
- Set of measuring spoons
- 1 whisk
- 4 graters
- Salad tongs
- Paper towels
- 24 plates and forks
- Food Dehydrator

**Ingredients:**

- Kale
- Apples
- Carrots
- Pomegranate seeds
- Pumpkin seeds
- Orange
- Lemon
- Maple syrup
- Olive oil
- Mustard
- Salt and pepper
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!
Books about Kale

To build excitement about eating kale 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.

**Captain Kale and the Super Foods** by Amy Roth (Happy House Press, 2013)
Every kid would love to be a Superhero! Well, they can... right in their own homes by becoming friends with The Superfoods and becoming a Superkid! This story is about a boy who is very unhealthy and one night he witnesses Captain Kale and the Superfoods battling with Sneaky Snack Cake and all the junk food in his pantry. They are in a battle over his health! He learns how important it is to eat healthy nutritious fruits and vegetables and how much it improves his health. Now he is strong and well and is telling all his friends how to become a Superkid!

**Green Power: Leaf and Flower Vegetables** by Meredith Sayles Hughes (Lerner Publications, 2001)
Describes the history, growing requirements, uses, and food value of various leafy green vegetables and vegetable flowers, including cabbage, broccoli, artichokes, spinach, Belgian endive, and lettuce. Includes recipes. (Ages 10+)

**How Groundhog’s Garden Grew** by Lynne Cherry (Blue Sky Press, 2003)
Little Groundhog learns how to plant and tend to his own food garden through every season. From seed-gathering to planting, harvesting, and eating home-grown fruits and vegetables, children join Little Groundhog in learning about the gardening process. (Ages 4-8)
Pride from A(pples) to Z(ucchini)

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**

- Asparagus
- Beans, Dry
- Beans, Lima
- Beans, Snap
- Beets
- Beet Greens
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Herbs
- Kale
- Leeks
- Lettuce
- Mustard Greens

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.

Pride for all seasons.

1-800-554-4501 www.prideofny.com
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Chef in the Classroom presents...

Kale Salad
with Maple Citrus Dressing

A large bunch of kale, stems and ribs removed
Carrot shavings
Local Mutsu apples, thinly sliced
Pomegranate seeds
Pumpkin seeds, toasted (pepitas)

6 Tbs. fresh orange juice
2 Tbs. fresh lemon juice
1 Tbs. maple Syrup
½ tsp. mustard
¼ cup olive oil
½ tsp. salt
Black pepper to taste

Directions:
Remove stems and ribs from kale. Rip kale into small, bite-size pieces and place in a large bowl. Add a pinch of salt and a little olive oil to coat. Massage kale until it softens and starts to turn a darker color.

In a large bowl combine freshly squeezed orange juice, lemon juice, maple syrup, mustard, olive oil and salt. Whisk until emulsified. Add dressing to the bowl of kale and massage further.

Top with carrot shavings, green apple slices, pomegranate seeds and pumpkin seeds.
Chef in the Classroom

presents...

Kale

Also known as borecole most likely originated from the Dutch boerenkool meaning farmer's cabbage.

In One Cup of Cooked Kale:

– At least six times your daily requirement for vitamin K, which helps with blood clotting and reducing inflammation. It helps with healing if you get injured playing sports, for instance.

– 354% of your daily requirement for vitamin A, which is essential in maintaining healthy skin and vision. So eating kale may help keep the doctor away.

– Almost all of your daily requirement for vitamin C, which promotes healing and fights infection.

Bet you thought you could only get vitamin C from citrus fruits!

Just the Facts

Kale comes from the wild cabbage plant that originated in Asia Minor. Curly leafed and flat leafed varieties of cabbage already existed in Greece in the fourth century BC. Kale was brought to the United States in the 17th century by English settlers.

Kale, cabbage, kohlrabi, cauliflower, broccoli and Brussels sprouts are all members of the same species of plant, Brassica oleracea.

There are many varieties of kale. Some are curly, some are flat. Some have red, twisting stalks. There is even dinosaur kale!

Walking Stick kale can grow up to six feet tall!

Kale is versatile. You can eat it boiled, steamed, or sautéed in a little olive oil. It is great in a vegetable stir-fry over brown rice, or made into soup.

Kale is available in NY from August through December.

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

Did you know?

Many varieties of kale and cabbage are grown for their ornamental leaves. The leaves can be white, red, pink, lavender, blue or violet. Ornamental kale is as edible as any other variety.

Kale Chips

The next time you crave potato chips, try baked kale chips instead. Pull the leaves off the stems, toss with a little olive oil, salt, and pepper, then spread the leaves in a single layer on a cookie sheet – bake in the oven at 275° until the kale is crispy – about 5-10 minutes.