



## Taste All the Colors with the Super Crew

Grades: K-8

### Designed for:

Kids Cook Monday by SuperKids Nutrition Inc.



### Time Allotted for the Lesson:

Approximately 45 Minutes

### Overview:

**The lesson will focus on the benefits of eating a variety of colors. Students will discuss different kinds of healthy foods and learn how to use MyPlate to eat a varied diet. Afterwards, students will have the opportunity to prepare lettuce wraps from different colors of vegetables.**

### Instructional Objectives:

#### Nutrition information

- ✓ Students will state the importance of eating a variety of colorful health foods in their diets.
- ✓ Students will identify the Super Crew® kids' favorite foods and the benefits of each color of food.
- ✓ Students will identify the five food groups listed in MyPlate, and identify the food groups of the foods discussed in class.

#### Self-assessment

- ✓ Students will identify their favorite fruits and vegetables based on color and self-assess their current intakes of all different colors of these foods

#### Health Behavior Change:

- ✓ Students will be able to name at least one benefit of eating a variety of different colors of fruits and vegetables, and understand what it means for their overall health
- ✓ Students will be able to taste a variety of vegetables in order to increase the likelihood of them tasting new foods at home.

#### Culinary skills

- ✓ Students will identify the different colors of fruits and vegetables in a recipe and develop a taste for them.
- ✓ Students will learn how to prepare Colorful Lettuce Wraps

#### Self-efficacy/ Action plan

- ✓ Students will receive supplemental material on tracking their progress of eating fruits and vegetables of all different colors throughout the week.



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**Lettuce Wraps**

- 1 bag of shredded carrots
- 2 heads of romaine lettuce
- 2 whole red peppers (roasted glass jar pepper optional)
- 1 can (15 oz) of corn
- 1 can (15 oz) of black beans
- Buy or make balsamic vinaigrette dressing or ranch dressing

**Balsamic vinaigrette dressing****(Optional):**

- olive oil (8 oz)
- balsamic vinegar (small bottle)
- honey (small bottle)
- whole garlic
- salt
- dry mustard
- ground pepper

- Knives for cutting peppers
  - Plastic knives for children
  - Can opener
  - Measuring spoons (1 tbsp, ¼ tsp, and ½ tsp)
  - Measuring cups (½ cup and ¼ cup)
  - Bowls
  - Spoons
  - Small serving bowls
  - Mincer (optional)
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**Instructional Procedures**

*Engage your audience!*

Please see the accompanying PowerPoint slides for more details.

1. Begin the lesson by saying that we are going to make Colorful Lettuce Wraps, and discuss the importance of eating a variety of colors with the Super Crew Kids. The instructor will begin the lesson by introducing the importance of eating a variety of colors with the Super Crew Kids (*Slides 1 to 3*).
  - a. Introduce Super Crew (show images of all the Super Crew characters on PowerPoint slides):
    - The Super Crew gets their super powers from their favorite color of healthy food.
    - Eating lots of different colors can make you healthy and give you a lot of energy like the Super Crew.
2. Briefly discuss the seven colors represented by the Super Crew characters that reflect the ingredients featured in the recipe. Introduce the Super Crew character that likes each color, his or her power and favorite foods of that color. See slides for details on how to present.
  - a. Green Foods with Jessie (*slide 4*):
  - b. White/Beige Foods with Carlos (*Slide 5*):
  - c. Red Foods (*Slide 6*)
  - d. Yellow Foods (*slide 7*)
  - e. Orange Foods (*slide 8*)

- f. Black and Purple Foods (*slide 9*)
  - g. Brown Foods (*slide 10*)
    - Answer to Question: A kind of nut that looks like a heart and a brain is a walnut.
  - h. All the colors! (*slide 11*)
3. Aim for all the colors (*slide 12*)
- Instructor will describe the importance of eating a variety of colors
  - Different colors of fruits and vegetables have their own special vitamins and minerals that make you feel good, look good, and give you a lot of energy. They make you healthy, protect your heart, and keep you smart! Eat a variety of fruits and vegetables so you can get all of these vitamins and minerals.
4. Super Crew Tracker (Handout: *The Super Crew Colorful Food Tracker*:  
[http://www.superkidsnutrition.com/pdf/Super\\_Crew\\_Colorful\\_food\\_tracker.pdf](http://www.superkidsnutrition.com/pdf/Super_Crew_Colorful_food_tracker.pdf))
- Use the Super Crew Color tracker activity to have students color in which colors of foods they ate today. Then encourage them to continue the tracker for the rest of the week!
5. Let's Practice MyPlate with Colors (Slide 13)
- a. Instructor will illustrate how different colors of foods fit into MyPlate guidelines
  - b. Optional Activity: Using a poster board of MyPlate, invite kids to come up and put laminated images of different colors of foods on the correct food group.
  - c. Discuss the five food groups on MyPlate based on the image on the slide.
    - What are some examples of different colors of food in the vegetable group? (answers include: green broccoli, red pepper, purple eggplant, etc.)
    - What are some examples of different colors of foods in the fruit group? (answers include: red apple, orange mango, purple plum, yellow lemon)
    - What are some examples of grains? Which Super Crew Kid likes whole grains? (answer: Kira)
    - What are some examples of different colors of food in the protein group? (answers include: white and black beans)
6. Name 2 Healthy foods that you like for each Super Crew Character! (*Slide 14*)
- a. Review different colors of foods based on the color each Super Crew Kid enjoys. Children will name 2 healthy foods that they like for each character.
  - b. Conclude: "Look how many different colored foods we all like!"
7. Instructor will introduce recipe and help children prepare a healthy snack (Slides 15-17).
- a. Before Cooking:
    - Explain: "Today we are going to make a recipe that has lots of colors in it!"
    - Introduce Colorful Lettuce Wraps
    - Review the different colors of each ingredient in lettuce wraps:
      - 1. Orange carrots

2. Green romaine lettuce
3. Red peppers
4. black beans
5. Yellow corn
6. Brown Pepper
7. White garlic

- Review Hand washing:

1. Good hand washing habits are your first line of defense against the spread of many illnesses, not just the common cold.
2. Hand washing can prevent the transfer of germs and foodborne illnesses.
3. Scrub hands with warm, soapy water for at least 15 seconds (according to the CDC).
4. Don't forget to wash your hands before, during, and after cooking!

### Colorful Lettuce Wrap Recipe:

#### Ingredients:

- ✓ **1** bag of shredded **carrots**
- ✓ **2** heads of **romaine lettuce**
- ✓ **2** whole **red peppers**
- ✓ **1** can (15 oz) of **black beans**
- ✓ **1** can (15 oz) of **corn**
- ✓ Make or Buy Balsamic Dressing:
- ✓ Other optional ingredients: quinoa, brown rice, or barley.

#### If Making Salad Dressing:

- ✓  $\frac{3}{4}$  cup olive oil
- ✓  $\frac{1}{4}$  cup balsamic vinegar
- ✓ **1** tablespoon honey
- ✓ **1** clove of garlic, minced
- ✓  $\frac{1}{2}$  teaspoon salt
- ✓  $\frac{1}{2}$  teaspoon dry mustard
- ✓  $\frac{1}{4}$  teaspoon ground pepper

#### Procedure:

If making the dressing, follow the steps below:

1. Prepare this recipe as a class, and invite students to help. Be sure to provide assistance to children.
2. Set up the equipment at the front of the classroom, including a serving bowl, measuring cups and spoons, mixing spoon, and a garlic mincer.
3. Invite children to help out with the following tasks:
  - Measure and pour  $\frac{3}{4}$  cup of oil into a serving bowl.
    - Older children: Ask children how we can measure  $\frac{3}{4}$  cup from available measuring cups. Explain that you can use one  $\frac{1}{2}$  cup and one  $\frac{1}{4}$  cup since they add to  $\frac{3}{4}$ .
  - Measure and pour  $\frac{1}{4}$  cup balsamic vinegar into the serving bowl with the oil.
  - Measure 1 tbsp of honey, and add to serving bowl.
  - Measure  $\frac{1}{2}$  tsp of dry mustard, and add to serving bowl.
  - Measure  $\frac{1}{4}$  tsp of dry pepper, and add to serving bowl.

4. Using a garlic mincer or grater, crush garlic clove, and add to mixture (teacher, only).
5. Invite several children to come to the front of the classroom (one at a time), and take turns mixing the ingredients.
6. Put aside for later.

#### Lettuce Wrap Recipe:

1. Prepare this recipe as a class. Hand out cutting boards and plastic knives to every student.
2. Set up the equipment at the front of the classroom, including a serving bowl, measuring cups and spoons, can opener, and a mixing spoon.
3. Open the can of corn and black beans.
4. Invite children to help out with the following tasks:
  - Open the back of shredded carrots and pour into the serving bowl
  - Pour can of black beans into the serving bowl
  - Pour can of yellow corn into the serving bowl
  - Separate romaine lettuce into leaflets.
  - Add optional ingredients, if using.
5. Cut Red Peppers
  - Invite two children to cut each of the two peppers (washed) into 8 pieces.
  - After the children cuts the pepper, had out a small piece to every child. Instruct each child to cut the pepper into small pieces.
  - Collect pieces of red pepper in a large serving bowl
6. Invite children to pour in dressing, and stir ingredients together
7. Hand each child a piece of romaine lettuce on a plate, and let children serve themselves the vegetables.
8. Enjoy!

#### 9. MyPlate Activity (Slide 18, Handout: MyPlate Activity)

- After completion of the lesson, children will make a healthy body pledge by checking the “goal” boxes on the handout.
- They will then choose a behavior they would like to start, a behavior they would like to stop, and a behavior they would like to keep. For example, a child can decide to start eating more broccoli, stop eating candy, and continue to eat yellow corn.

#### Assessment:

1. Upon completion of lesson and cooking, instructor will hand out the following for kids to practice eating all different colored foods at home:
  - a. Follow your food handouts (all four handouts from document)