

## Orange Outline

### **I. Introduction**

- a. Yourself
- b. What color focusing on that day: Orange
- c. What fruits/vegetable of that color do you know?
  - i. Cantaloupe, mangos, peaches, oranges, tangerines (tangelo, Clementine's) apricots, persimmons, papaya
  - ii. Carrots, pumpkin, sweet potatoes
- d. List w/pictures of fruits/vegetable they do not know
- e. Why those foods are important/why they are good for us. Interesting facts
  - i. Vitamin A: important for vision, bone growth, cell differentiation, immune support
  - ii. Beta carotene: made into "vitamin A"
  - iii. Deficiency in A can lead to night blindness
  - iv. Vitamin C: antioxidant, promotes skin health, supports immune function
  - v. Deficiency in C = scurvy
  - vi. Facts:
    - the higher up the orange on the tree the sweeter it is
    - Carrots were grown in Europe 3000 years ago and they were purple and yellow in color, not orange! Farmers in Holland grew the first orange carrots.
    - Peaches are the third most popular fruit grown in America
    - A tangelo is a cross between a tangerine and a grapefruit
- f. Talk about recipes fruits and vegetables
  - i. How to choose fruit/vegetables
    - No cuts or bruises
    - Pick peaches with a fragrance and are soft to touch
    - Pick carrots that are firm and not rubbery
  - ii. Cleaning/storage (if applicable)
    - Always wash fruits and vegetables!
    - Refrigerate to prolong life of fruit and vegetables
    - Do not store carrots next to apples, apples emit a gas that causes the carrots to become bitter tasting

### **II. Recipe**

- a. Fruit Skewers Ingredients
  - i. 1 cup cantaloupe, cubed
  - ii.  $\frac{3}{4}$  cup Mango, cubed
  - iii. 1 Large banana
  - iv.  $\frac{1}{2}$  cup peach slices, canned or fresh
  - v. 1 whole orange
- b. Fruit Skewer Supplies
  - i. 3 cutting boards
  - ii. 3 Knives
  - iii. 4 Skewers

- c. Vegetable Sampler Ingredients
  - i. 1 large carrot
  - ii. ½ a cooked sweet potato
  - iii. ½ cup yogurt, plain
  - iv. ½ packet ranch dip mix
- d. Vegetable Sample Supplies
  - i. 2 Knives
  - ii. Small/Medium bowl
  - iii. 2 Cutting boards
  - iv. Mixing spoon
  - v. Toothpicks
  - vi. Serving dish

### **III. Break into groups**

- a. Leader explain recipe
- b. Assign tasks
  - Fruit
    - a. 1<sup>st</sup> person slice banana and peaches
    - b. 2<sup>nd</sup> person cut mango and cantaloupe into smaller pieces
    - c. 3<sup>rd</sup> person peel and cut orange
  - Vegetable
    - a. 1<sup>st</sup> cut carrots of various sizes
    - b. 2<sup>nd</sup> cut sweet potato chunks into various sized pieces
    - c. 3<sup>rd</sup> mix dip mix and yogurt together till combined
- c. Make recipe
  - i. Fruit skewers
    - Fruits: mango, oranges, banana, cantaloupe, peaches
      - a. Have students pick 3 of the 5 fruits to try
      - b. Have them place them on a skewer
      - c. Eat
  - ii. Vegetables and dip
    - Vegetable: carrots, sweet potato (cooked)
      - a. Cut items or mix dip depending on task
      - b. Put dip into serving bowl
      - c. Try one piece of each, at least try
- d. Take a picture
- e. Eat and enjoy
- f. Clean-up
  - i. Washer, dryer, wiper

### **IV. Back into main group**

- a. Talk about it
- b. Questionnaire
- c. Recap- remember why those foods are important

## CD/Book contents

### Tips- how to modify recipe/materials

- Substitute fresh fruit for frozen or canned
- Substitute one of the orange fruits for another one you have not tried before
- Try different dips and sauces with carrot sticks as a snack
- Try mashing/smashing the sweet potatoes and have those instead of regular potatoes for dinner

### 2-3 cool stand-out facts

- Botanically, papaya is a berry
- Tangerines are called “zipper” fruit because of their segments

## **Purple Outline**

### **I. Introduction**

- a. Yourself
- b. What color focusing on that day: Purple
- c. What fruits/vegetable of that color do you know?
  - i. Blackberries, plums, prunes, grapes, raisins, blueberries, acai berries, figs
  - ii. Eggplant, purple cabbage, purple onions, okinawan sweet potato
- b. List w/pictures of fruits/vegetable they do not know
- c. Why those foods are important/why they are good for us. Interesting facts
  - i. Support Eye Health
  - ii. Boost Immune System
  - iii. Support Wound Healing
  - iv. Act as Anti-Carcinogens
- d. Facts:
  - i. Blueberries were once called starberries because of the star shaped formation left on their skin from the flower that formed the fruit
  - ii. At least 50 different blueberry species have been identified
  - iii. Blueberries are the state berry of Maine
  - iv. Early American colonist made gray paint by boiling blueberries with milk
  - v. Acai is a berry that grows in strings on acai palms in South America
  - vi. In Northern Brazil, acai is traditionally served in gourds called cuias with tapioca
  - vii. Depending on local preference acai can be consumed either sweet or salty
- e. Talk about recipes fruits and vegetables
  - i. How to choose fruit
    1. Available in many forms: frozen, fresh, dried
    2. Blueberries should be completely blue with no red
    3. Avoid soft, watery, moldy blueberries

## **V. Recipe**

- a. Supplies per station
  - i. Blender
  - ii. Knife
  - iii. Chopping Board
  - iv. 4 bowls
  - v. 4 spoons
- b. Ingredients per station
  - i. 3 packs of frozen acai
  - ii. 3/4 cup soymilk or apple juice
  - iii. 1 cup ice
  - iv. 3 large bananas
  - v. 2 cups granola
  - vi. 3/4 cup strawberries
  - vii. 3/4 cup blueberries
  - viii. honey (optional)

## **VI. Break into groups**

- a. Leader explain recipe
- b. Assign tasks
  - i. Task1: add acai, soymilk (or apple juice), ice, and 1.5 bananas to blender. Blend until smooth
  - ii. Task 2: cut fresh strawberries and bananas into slices
  - iii. Task 3: Scoop acai mixture into 4 bowls evenly. Top with granola, fruits, and drizzle with honey (optional) evenly
- c. Make recipe
- d. Take a picture
- e. Eat and enjoy
- f. Clean-up
  - i. Washer, dryer, wiper

## **VII. Back into main group**

- a. Talk about it
- b. Questionnaire
- c. Recap- remember why those foods are important

### CD/Book contents

Tips- how to modify recipe/materials

- Substitute fresh fruit for frozen or canned fruit
- Top acai with different fruits like mango, grapes, and raspberries
- Enjoy acai as a smoothie instead of a bowl

2-3 cool stand-out facts

- Acai is only grown in the Amazon
- Blueberries are the 2<sup>nd</sup> most popular fruit in the US next to strawberries

## Green Outline

### **d. Introduction**

- a. Yourself
- b. What color focusing on that day
  - i. Green
    - 1. Vegetable
      - a. Broccoli
    - 2. Fruit
      - a. Green apples
      - b. Green grapes
- c. What fruits/veg of that color do you know?
- d. List w/pictures of fruits/veg they do not know
  - i. Vegetables
    - 1. Broccoli, kale, romaine lettuce, bok choy, zucchini, brussel sprouts, spinach, asparagus, celery, cucumbers, cabbage, artichoke, okra
  - ii. Fruits
    - 1. Green apples, green grapes, kiwi, honey dew melon, lime, pears
- e. Why those foods are important/why they are good for us. Interesting facts
  - i. Broccoli
    - 1. Nutrition Info
      - a. One half cup of raw or cooked broccoli counts as one serving of vegetables and contains just 15 kcals
      - b. A serving of broccoli is a good source of vitamin C
        - i. Helps keep your immune system strong
      - c. A serving of broccoli is a good source of vitamin K
        - i. Helps thin your blood
      - d. Broccoli contains carotenoids and flavonoids, phytochemicals that fight to protect your health
      - e. Contains fiber
        - i. Aids in digestion and can help maintain healthy cholesterol levels in your blood
  - ii. Apples
    - 1. Nutrition Info
      - a. One medium apples counts as one serving of fruit
      - b. One medium apple contains just 70 kcals
      - c. One medium apple is a good source of dietary fiber
        - i. Fiber helps our bodies with digestion and helps is feel full after a meal
      - ii. Soluble
        - 1. About 80% of an apple is soluble fiber
          - a. Help lower blood cholesterol
      - iii. Insoluble
        - 1. About 20% is insoluble

- a. Help prevent certain types of cancer
      - d. One medium apple is a good source of vitamin C
      - e. Apples are an antioxidant food
    - 2. Interesting Facts
      - a. Fresh apples float...why?
        - i. Because 25% of their volume is air
  - iii. Grapes
    - 1. Nutrition Info
      - a. Contain flavonoids
        - i. A type of antioxidant that help to protect our body against harmful free radicals that can damage our body's cells
      - b. Contain phenols
        - i. Help protect the plant against infections
        - ii. Help protect against heart disease and certain cancers
- f. Talk about recipe
  - i. How to choose fruit/veg
    - 1. Broccoli
      - a. Choose broccoli that is fresh and green
    - 2. Apple
      - a. Press your finger against them to check for firmness
      - b. Choose apples that feel hard and won't dent
    - 3. Grapes
      - a. Look for plump clusters that are firmly attached to green stems
  - ii. Cleaning/storage (if applicable)
    - 1. Broccoli
      - a. Refrigerate
    - 2. Apple
      - a. Store in refrigerator
        - i. Make sure not to store your apples next to green vegetables or leafy greens because these vegetables are sensitive to a natural gas produced by apples, called ethylene gas, which promotes ripening
    - 3. Grapes
      - a. Refrigerate until ready to use, then rinse with cold water
- e. Recipe
  - a. Trees in a Broccoli Forest
    - i. Materials
      - 1. 1 medium size bowl
      - 2. 1 cutting board
      - 3. 1 knife

4. 4 plates
- ii. Servings
  1. Serves 4 people
- iii. Ingredients
  1. 2 carrots, peeled
  2. 3 cups broccoli florets
  3. 4 cherry tomatoes
  4. 3 tablespoons parsley leaves

Dipping Sauce:

  5.  $\frac{1}{4}$  cup plain nonfat yogurt
  6.  $\frac{1}{4}$  cup light sour cream
  7. 2 teaspoons honey
  8. 2 teaspoons spicy brown mustard
- iv. Procedure
  1. Prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl
  2. Trim ends of carrots and cut carrots in half, crosswise, and then lengthwise to make four pieces
  3. Arrange plate by putting two carrot pieces side-by-side in the center
  4. Arrange broccoli around the carrots, forming a cluster
  5. Arrange tomatoes at the top of the plate
  6. Spoon dip around the base of carrots and sprinkle with parsley

b. Fruity Parfait

- i. Materials
  1. 4 serving plastic cups
  2. 1 cutting board
  3. 1 knife
  4. 4 spoons
- ii. Servings
  1. Makes 4 servings
- iii. Ingredients
  1. 2 cups chopped fresh green apples
  2. 1 cup green grapes
  3. 1 cup low fat vanilla yogurt
  4. 1 firm, medium banana, peeled and sliced
  5.  $\frac{1}{4}$  cup sliced almonds
- iv. Procedure
  1. In serving cups, layer apples, grapes, yogurt, and banana
  2. Sprinkle the top with sliced almonds
  3. Eat and enjoy!
- v. Tips/Substitutions
  1. Substitute Vanilla Yogurt with another flavor of your preference
  2. You may add raspberries for more flavor and color
  3. You may use frozen or canned fruits instead of fresh fruits

**f. Break into groups**

- a. Leader explain recipe
  - i. Trees in a Broccoli Forrest
    - 1. Supplies (Per Station)
      - a. Plates
      - b. Plastic forks
      - c. Plastic knives
    - 2. Ingredients
  - ii. Fruity Parfait
    - 1. Supplies (Per Station)
      - a. Serving cups
      - b. Plastic spoons
      - c. Plastic knives
    - 2. Ingredients
- b. Assign tasks
  - i. Trees in a Broccoli Forrest
    - 1. Ingredients
      - a. One station arrange the ingredients
    - 2. Dipping Sauce
      - a. One station makes dipping sauce
    - 3.
  - ii. Fruity Parfait
    - 1. Yogurt
      - a. One station prepares yogurt
        - i. Scoop yogurt into serving cup
    - 2. Fruits
      - a. One station arrange fruits
- c. Make recipe
  - i. Trees in a Broccoli Forrest
  - ii. Fruity Parfait
- d. Take a picture
- e. Eat and enjoy
- f. Clean-up
  - i. Wash
  - ii. Rinse
  - iii. Dry/Wipe Counters

**g. Back into main group**

- a. Talk about it
  - i. Did you like the recipes?
- b. Questionnaire
- c. Recap- remember why those foods are important

## Yellow Outline

- h. Introduction
  - a. Self Introduction
  - b. What color focusing on that day
  - c. What yellow fruits/vegetables do you know?
    - i. Banana, star fruit, pineapple, lemon
    - ii. Corn, squash, yellow peppers
  - d. List w/pictures of fruits/vegetables they do not know
  - e. Why those foods are important/why they are good for us. Interesting facts
    - i. Bananas do not grow on trees, but herbs
    - ii. Every year 4 trillion pounds of bananas are imported into the US
    - iii. Bananas are harvested year-round
    - iv. They are high in potassium which is good for your heart
    - v. Mangoes are high in vitamin A and C
  - f. Talk about recipe
    - i. How to choose/store bananas
      - 1. Choose bananas that are yellow, but without brown spots
      - 2. If they are too green, you can store them in a paper bag to ripen
- i. Break into groups
  - a. Leader explain recipe
  - b. Assign tasks
    - 1. One person slice bananas
    - 2. One person measure out milk and mango
    - 3. One person measure out honey and vanilla
  - \*Blending and pouring can be done by group leader or take turns
  - c. Make recipe
  - d. Take a picture
  - e. Eat and enjoy
  - f. Clean-up
    - 1. One person wash dishes
    - 2. One person dries dishes
    - 3. One person wipes counter top and puts away dishes
- j. Back into main group
  - a. Talk about it/Check if objectives were met
  - b. Questionnaire/Evaluation
  - c. Recap- remember why those foods are important
    - 1. Banana high in potassium (good for your heart)
    - 2. Mangoes high in vitamin A and C (good for vision and immune system)

## Red Outline

### k. Introduction (20min)

- a. Yourself
- b. What color focusing on that day: **RED!**
- c. What fruits/vegetables of that color do you know?

**Fruits:** Strawberry, Apple, Cherries, Raspberries, Cranberries, Watermelon, Pomegranate, Pink grapefruits, Guava

**Vegetables:** Tomatoes, Red bell pepper, Red cabbage, Beets, Red onion, Radishes

- Introduce today's Main Fruit and Vegetable: Tomatoes & Strawberry

- Ask questions about today's fruit and vegetable:

Ex) 1. Apart from strawberries, which of the following fruits grow seed on the following fruits grow seeds on the outside?

- a. Raspberries b. Bananas c. Blackberries d. None of the above
2. There are over how many seeds on each?  
a. 50 b. 100 c. 200 d. 700
3. How many strawberries would it take to equal the vitamin C of a medium orange?  
a. 2 b. 8 c. 15 d. 18
- d. List w/pictures of fruits/vegetables they do not know

e. Why those foods are important/why they are good for us. Interesting facts

### - **Tomato: What is Lycopene ?:**

Lycopene is a carotenoid, a potent antioxidant, found in high concentrations in vegetables such as tomato. Lycopene is a pigment synthesized by plants but not animals.

Dietary intake of tomatoes and tomato products containing lycopene → decreased risk of chronic diseases, such as cancer and cardiovascular disease. The antioxidant properties of lycopene are thought to be one of the main factors responsible for its beneficial effects.

- **Other Lycopene contain foods are...** Watermelon, Grapefruits, Sweet red peppers etc

### - **Strawberry: High Vitamin C:**

- Help strong immune system.
- An adequate intake of vitamin C may protect against stroke and heart attack.
- Maintaining healthy connective tissue.
- vitamin C aids in wound healing
- prevents periodontal disease;
- enhances absorption of dietary non-heme iron
- acts as an in vivo nitrite scavenger to help prevent formation of carcinogenic nitrosamines; maintains collagen and connective tissue in the body
- acts as the most versatile and effective water-soluble dietary antioxidant.

[http://foodfacts.suite101.com/article.cfm/strawberries\\_history\\_and\\_health\\_benefits](http://foodfacts.suite101.com/article.cfm/strawberries_history_and_health_benefits)

f. Talk about recipe

i. How to choose fruits / vegetables

Tomatoes: Fully ripe summer tomatoes can be sublime. Plump, heavy, red and aromatic, summer tomatoes are completely different from their rest-of-year relatives. Look for the reddest, ripest tomatoes you can!

Strawberry: Always pick the plumpest and most fragrant berries. They should be firm, bright, and fresh looking with no mold or bruises, and fresh green caps. The caps should be bright green, fresh looking and fully attached. Berries should be dry and clean; usually medium to small berries have better eating quality than large ones

ii. Cleaning/storage (if applicable)

Tomatoes: you shouldn't refrigerate them. Temperatures below 55 degrees will destroy the flavor of your tomatoes and make them mealy.

1. Break into groups

- a. Leader explain recipe (Fresh Tomato Salsa & Strawberry Dip)
- b. Assign tasks
- c. Make recipes

**Fresh Tomato Salsa**

**Ingredients for 3-4 cups:**

- 2~3 medium sized fresh tomatoes, finely diced
- ½ red onion, finely diced
- Fresh lime juice
- ½ cup chopped cilantro
- Salt & Pepper to taste
- Corn tortilla chips

**Direction:**

1. Wash tomatoes, onions, and cilantro.
2. Diced Tomatoes and onions
3. Combine all of the ingredients in a medium sized bowl.
4. Serve with chips !

**Cooking utensil:**

- Chef's knife
- Cutting board
- Big bowl
- Spoon
- Plate

**Strawberry Dip**

**Ingredients for 4 servings**

- 4 cups fresh strawberry (2cups for the dip)

- 1 cup low fat vanilla yogurt
- ¼ cup low fat cream cheese
- ½ cup walnuts

**Directions:**

1. Wash strawberry well. (2people)
2. Chop walnuts.
3. Combine all ingredients in blender or food processor and mix until smooth.

**Cooking utensil:**

- Chef's knife
- Cutting board
- Spatula
- Blender
- Big bowl
- Plate & small bowl

- d. Take a picture (a ~ d: 30min)
- e. Eat and enjoy (30min)
- f. Clean-up (20 min)

m. Back into main group (30min)

- a. Talk about it
  - Did you enjoy cooking?
  - Was it easy to make it?
  - Did you like the recipe?
  - What other ingredients can be used in the recipe?
  - Do you want to make it again at home?

- b. Questionnaire (1 ~ 5) & Leader Checklist
- c. Recap- remember why those foods are important