

Culinary Kit Lessons Overview K-1

Grade Band	Lesson Title & Recipe	Supplies from Culinary Kit or Online Materials Linked in Each Lesson	Supplies the Schools Provide
K-1	“All About Berries” Recipe: Very Berry Salsa	Culinary Kit: cutting boards and plastic knives, plastic plates, large mixing bowl, mixing spoon, small bowls (1 per student) Online or to be printed: My Plate Poster, Strawberry Images How to Wash Your Hands Poster, Big Juicy Strawberry to Color, Very Berry Salsa Recipe	Strawberries, raspberries, blueberries, apples, strawberry or raspberry preserves, cinnamon graham crackers or cinnamon tortilla chips, projection system for sharing resources, coloring utensils
K-1	“Cucumber Exploration” Recipe: Everything But the Bagel Cucumbers	Culinary Kit: plates, cutting boards and plastic knives, small bowls (1 per student), spoons for each group for mixing and spreading the cheese Online or to be printed: Cucumber Images, My Plate Poster, How to Wash Your Hands Poster, Everything But the Bagel Cucumbers recipe, Vegetables Word search, Cucumber Coloring Sheet	Two varieties of cucumbers, Neufchâtel cheese, Everything but the Bagel seasoning, garlic powder, onion powder, garlic salt, projection system to share videos and other resources, pencils
K-1	“Eat Your Peas, Louise” Recipe: Three-Ingredient Veggie Ranch Dip	Culinary Kit: plastic plates, small bowls (1 per student), cutting boards and plastic knives, large mixing bowl, serving spoon Online or to be printed: How to Wash Your Hands Poster, My Plate Poster, Peas Images, Three Ingredient Garden Veggie Dip Recipe, Assorted Veggies Coloring Sheet	Vegetables (carrots, cucumbers, peas, and peppers), sour cream, garden vegetable spreadable cream cheese, Ranch dressing mix, projection system to share videos and other resources, sticky notes, chart paper or board to create a bar graph, coloring utensils
K-1	“That Fruit is Mine” Recipe: Fruit Salad with Greek Yogurt Dressing	Culinary Kit: plastic plates, cutting boards and plastic knives, measuring spoons, measuring cups, small plastic bowls and forks or spoons (1 per student) Online or to be printed: My Plate Poster, How to Wash Your Hands Poster, Juicy Pear Coloring Sheet, Pear Images, Fruit Salad with Greek Yogurt Dressing Recipe	Pears, apples, red grapes, Greek yogurt, cinnamon, nutmeg, pecans, raisins (optional), projection system to share videos and other resources, sticky notes and chart paper or board for graph, coloring utensils
K-1	“This Watermelon is Not Round” Recipe: Berry Watermelon Salad	Culinary Kit: large mixing bowl and spoon, medium sized mixing bowl and whisk, small bowls and forks for each student, plastic plates, measuring cups and spoons, cutting boards and plastic knives Online or to be printed: My Plate Poster, How to Wash Your Hands Poster, Watermelon Images, Watermelon Coloring Sheet, Berry Watermelon Salad Recipe	Watermelon, strawberries, blueberries, blackberries, fresh mint, honey, lime juice, olive oil, projection system to share videos and other resources, coloring utensils

Culinary Kit Lessons Overview 2-3

Grade Band	Lesson Title & Recipe	Supplies from Culinary Kit or Online Materials Linked in Each Lesson	Supplies the Schools Provide
2-3	“A Fruit is a Suitcase for Seeds” Recipe: Rice Cakes with Peanut Butter and Fruit	Culinary Kit: plastic plates, cutting boards, plastic knives, small bowls and spoons (1 per student) Online or to be printed: My Plate Poster, How to Wash Your Hands Poster, Rice Cakes with Peanut Butter and Fruit Recipe, Raspberry Images, Fruits Word Search	rice cakes (1 per student), peanut butter, Greek yogurt, honey, raspberries, blueberries, bananas, projection system for sharing videos and other resources, pencils
2-3	“Anansi and the Talking Melon” Recipe: Glazed Cantaloupe Salad	Culinary Kit: cutting boards and knives (1 set per group), small bowls and forks for each student, a large mixing bowl and mixing spoon, medium sized bowl, whisk, measuring cups and spoons Online or to be printed: My Plate Poster, How to Wash Your Hands Poster, Cantaloupe Images, Cantaloupe Activity Sheet, Cantaloupe Salad Recipe	Cantaloupe, red seedless grapes, maple syrup, lemon juice, cinnamon, projection system for sharing videos and other resources, coloring utensils
2-3	“Creepy Carrots” Recipe: Carrot and Apple Salad	Culinary Kit: cutting boards and knives for each group, graters, large mixing bowl, mixing spoon, medium sized mixing bowl, whisk, measuring cups and spoons, small bowls and forks for each student Online or to be printed: My Plate Poster, How to Wash Your Hands Poster, Carrots Images, Create Your Own MyPlate Menu activity, Carrot and Apple Salad recipe	Carrots, apples, toasted sesame seeds, lemon juice, apple cider vinegar, sugar, garlic, salt, pepper, safflower oil or olive oil, projection system for sharing videos and other resources, pencils
2-3	“Katie’s Cabbage” Recipe: Kid-Friendly Chopped Cabbage Salad	Culinary Kit: plastic plates, cutting boards and plastic knives, graters, large mixing bowl, medium sized mixing bowl, whisk, large spoon, measuring spoons and cups, small bowls and forks for each student Online or to be printed: My Plate Poster, How to Wash Your Hands Poster, Cabbage Images, Kid-Friendly Chopped Cabbage Salad Recipe, Cabbage Activity	Red or green cabbage, apples, spinach, carrots, lemon juice, honey or other sweetener, yogurt, salt, projection system to share videos and other resources, coloring utensils
2-3	“Ruby Plants A Radish” Recipe: Fresh Radish Salad	Culinary Kit: plastic plates, cutting boards and plastic knives, large mixing bowl, medium sized mixing bowl, whisk, large spoon, measuring spoons and cups, small bowls and forks (1 per student) Online or to be printed: My Plate Poster, How to Wash Your Hands Poster, Fresh Radish Salad recipe, Radish Images, Radish Activity Sheet	Radishes, fresh dill, fresh parsley, olive oil, lemon juice, salt, pepper, projection system to share videos and other resources, coloring utensils and pencils

Culinary Kit Lessons Overview 4-5

Grade Band	Lesson Title & Recipe	Supplies from Culinary Kit or Online Materials Linked in Each Lesson	Supplies the Schools Provide
4-5	“Amazing Apples” Recipe: Apple Cinnamon Bites	Culinary Kit: plastic plates, cutting boards and plastic knives, small bowls (1 per student, and one extra per group), metal spoons (1 per group), measuring cups and spoons Online or to be printed: Clues Slideshow 1, My Plate Poster, How to Wash Your Hands Poster, Apple Orchards and Apples Grown in South Dakota, Apples Images, Apple Cinnamon Bites Recipe, Apple Activity	Apples, peanut butter, old fashioned oats, cinnamon sugar, slivered almonds or chopped pecans, projection system to share resources, pencils, coloring utensils
4-5	“Crazy About Corn” Recipe: Corn Salsa	Culinary Kit: plastic plates, large mixing bowl, serving spoon, small bowls (1 per student), cutting boards and plastic knives Online or to be printed: Clues Slideshow 2, My Plate Poster, How to Wash Your Hands Poster, Corn Images, Corn Salsa Recipe, Corn Activity	Fresh or frozen corn, red onion, canned jalapenos, red bell pepper, fresh cilantro, lime juice, salt, tortilla chips, projection system to share resources, pencils, coloring utensils
4-5	“Lovely Lettuce” Recipe: Sampling and voting on three types of lettuce and making Rainbow Veggie Salad	Culinary Kit: plastic plates, plastic knives, cutting boards, large mixing bowl, medium sized mixing bowl, mixing spoon, measuring spoons and cups, small bowls and forks for each student Online or to be printed: My Plate Poster, How to Wash Your Hands Poster, Lettuce Images, Rainbow Veggie Salad recipe, Clues Slideshow 4, Lettuce Activity	Three different varieties of greens (spinach, kale, iceberg, romaine, etc.), carrots, purple cabbage, red onion, cucumber, bell pepper, cherry tomatoes, blueberries, dried herbs, apple cider vinegar, olive oil, granulated garlic, salt and pepper, projection system to share resources, sticky notes and chart paper or board, pencils, coloring utensils
4-5	“Pumpkin Pizzazz” Recipe: Pumpkin Pie in a Bag	Culinary Kit: measuring cups and spoons, small bowls and spoons (1 per student), quart sized freezer bags, can opener Online or to be printed: How to Wash Your Hands Poster, Pumpkin Images, Labels for assembly line, Pumpkin Pie in a Bag Recipe, Clues Slideshow 3, Pumpkin Activity	Graham crackers, milk, instant vanilla pudding mix, cinnamon, ginger, canned pumpkin, canned whipped topping, scissors, projection system to share resources, pencils, coloring utensils **quart sized freezer bags (if kit supplies have been depleted)
5	“Spectacular Spinach” Recipe: Super Seven Spinach Salad	Culinary Kit: plates, cutting boards and plastic knives, large mixing bowl, serving spoon, measuring cups and spoons, small bowls and forks (1 per student) Online or to be printed: Clues Slideshow 5, My Plate Poster, How to Wash Your Hands Poster, Spinach Images, Super Seven Spinach Salad Recipe, Spinach Activity	Fresh spinach, cheddar cheese, apples, red onion, dried cranberries, slivered almonds, poppy seed dressing (or dressing of choice), projection system to share resources, pencils, coloring utensils