

Culinary Kit Lessons Resource Page

Grade Level Band and Lesson Title	Resources
K-1 All About Berries	Videos: ▶  THE LITTLE MOUSE, THE RED RIPE STRAWBERRY & THE BIG HUNGRY BEAR by Don and ... ▶ All About Strawberries - Sprouting Interest for Kids ▶ Learn About Strawberries Healthy Eating for Kids Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Strawberry Images Strawberry Images Recipe: Very Berry Salsa https://dinnerdishesanddesserts.com/fruit-salsa/#wprm-recipe-container-62561 Handouts / Worksheets: Strawberry Coloring Sheet https://mondaymandala.com/
K-1 Cucumber Exploration	Videos: ▶ Up, Down, and Around Gardening Book Read Aloud For Children Scholastic ▶ What Are Pickles? The Science of Food! SciShow Kids Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Cucumber Images Cucumber Images Recipe: Everything But the Bagel Cucumbers https://www.jessdukes.com/everything-but-the-bagel-cucumbers/ Handouts / Worksheets: Vegetables Word Search https://www.bigactivities.com/ Cucumber Coloring Sheet https://mondaymandala.com/
K-1 Eat Your Peas Louise	Videos: ▶ Eat Your Peas, Louise! w/ Words & Music ▶ The 5 Fabulous Food Groups ▶ Discover MyPlate "Reach for the Sky" Music Video Posters: My Plate Poster https://www.myplate.gov/

	Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Peas Images Peas Images Recipe: Three Ingredient Garden Veggie Dip https://sweetlittlebluebird.com/3-ingredient-garden-veggie-ranch-dip/ Handouts / Worksheets: Assorted Veggies Coloring Sheet https://mondaymandala.com/
K-1 That Fruit is Mine	Videos: ▶ That Fruit is Mine! ▶ Where Does Yogurt Come From? ▶ What's the Difference Between Fruits and Vegetables? Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Pears Images Pears Images Recipe: Fruit Salad with Greek Yogurt Dressing https://karacreates.com/autumn-fruit-salad-with-greek-yogurt-dressing/#recipe Handouts / Worksheets: Juicy Pear Coloring Sheet https://mondaymandala.com/
K-1 This Watermelon is Not Round	Videos: ▶ Kids Read Aloud: THIS WATERMELON IS NOT ROUND by Vicky Wong and Derry Maulana ▶ Watermelon, Watermelon by Stephanie Leavell Body Percussion Play Along Music For Kiddos ▶ Growing Watermelon Plant Time Lapse - Seed to Fruit (110 Days) Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Watermelon Images Watermelon Images Recipe: Berry Watermelon Salad Recipe https://southerndiscourse.com/berry-watermelon-fruit-salad/ Handouts / Worksheets: Watermelon Coloring Sheet https://mondaymandala.com/
2-3 A Fruit is a Suitcase for Seeds	Videos: ▶ A Fruit is a Suitcase for a Seed ▶ Facts About Raspberries ▶ RASPBERRY How Does it Grow?

	Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Raspberry Images Raspberry Images Recipe: Rice Cakes with Peanut Butter and Fruit Recipe https://www.wellplated.com/healthy-fruit-pizza/#wprm-recipe-container-34840 Handouts / Worksheets: Fruits Word Search https://www.abcy.com/games/make_a_word_search
2-3 Anansi and the Talking Melon	Videos:  Anansi and the Talking Melon Creative Read Alouds  10 Amazing Facts About Cantaloupe!  How Melon Grows, Learn about Cantaloupe, Honeydew, and Kiss Melon Educational Video for Kids Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Cantaloupe Images Cantaloupe Images Recipe: Glazed Cantaloupe Salad https://www.thekitchenismyplayground.com/2015/04/cantaloupe-salad-with-maple-cinnamon.html Handouts / Worksheets: Cantaloupe Activity Cantaloupe Activity Sheet
2-3 Creepy Carrots	Videos:   Creepy Carrots!  - An Animated Read Aloud  Crunchy Carrots: from farm to fork Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Carrots Images Carrots Images Recipe: Carrot and Apple Salad recipe https://soupchick.com/carrot-apple-salad/#wpzoom-premium-recipe-card Handouts / Worksheets: Create Your Own MyPlate Menu activity https://www.myplate.gov/ Vegetables Word Search https://www.abcy.com/games/make_a_word_search
2-3 Katie's Cabbage	Videos:  Katie's Cabbage Read Aloud  I am a Giant Cabbage Farmer INDIE ALASKA  Katie Stagliano-- The Girl With One Hundred Gardens

	Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Cabbage Images Cabbage Images Recipe: Kid-Friendly Chopped Cabbage Salad Recipe https://happykidskitchen.com/kid-friendly-chopped-cabbage-salad/ Handouts / Worksheets: Cabbage Activity Cabbage Activity
2-3 Ruby Plants a Radish	Videos: ▶ Let's read together Ruby Plants a Radish. Read along. Children's books. Bedtime stories. ▶ 10 Crisp Facts About Radishes You Didn't Know! 🌱 ▶ Watch a Seed Sprout! Squeaks Grows a Garden! SciShow Kids Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Radish Images Radish Images Recipe: Fresh Radish Salad recipe https://tastysimplyvegan.com/fresh-radish-salad/ Handouts / Worksheets: Radish Activity Sheet Radish Activity Sheet
4-5 Amazing Apples	Videos: ▶ APPLE How Does it Grow? ▶ Why Do Apples Turn Brown? Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Apples Images Apples Images Recipe: Apple Cinnamon Bites Recipe https://apaigeofpositivity.com/peanut-butter-apple-cinnamon-energy-bites/ Handouts / Worksheets: Apple Activity Apple Activity Slideshow: Apples Slideshow Apples Slideshow

4-5 Crazy About Corn	Videos: ▶ All About Corn! 🌽 Corn is not so "Corny" Anymore 😊 Facts For Kids ▶ Corn Shouldn't Be Food, But It Is Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Corn Images Corn Images Recipe: Corn Salsa Recipe https://www.dinneratthezoo.com/corn-salsa-recipe/#wprm-recipe-container-31942 Handouts / Worksheets: Corn Activity Corn Activity Slideshow: Corn Slideshow Corn Slideshow
4-5 Lovely Lettuce	Videos: Fun with Vegetables: Lettuce Growing Lettuce: Easy steps with the Gardening Kid Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Lettuce Images Romaine Lettuce Images Recipe: Rainbow Veggie Salad recipe https://www.shelikesfood.com/rainbow-veggie-salad/ Handouts / Worksheets: Lettuce Activity Lettuce Activity Slideshow: Lettuce Slideshow Lettuce Slideshow
4-5 Pumpkin Pizzazz	Videos: ▶ How Libby's Canned Pumpkin Is Made TODAY ▶ PUMPKIN How Does it Grow? ▶ Are PUMPKINS a Fruit? Pumpkin Facts For Kids Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Pumpkin Images Pumpkin Images Recipe: Pumpkin Pie in a Bag Recipe https://recipeswrappedwithlove.com/recipes/pumpkin-pie-in-a-bag

	Handouts / Worksheets: Pumpkin Activity Pumpkin Activity Slideshow: Pumpkin Slideshow Pumpkin Slideshow
4-5 Spectacular Spinach	Videos: ▶ Fun With Vegetables: Spinach - The Super Green Explained! 2024 Kids Fun Facts. ▶ Learn Fruits and Vegetables for Kids : The Spinach Posters: My Plate Poster https://www.myplate.gov/ Handwashing Poster https://theicn.org/icn-resources-a-z/handwashing-posters/ Spinach Images Spinach Images Recipe: Super Seven Spinach Salad https://www.allrecipes.com/recipe/163742/super-seven-spinach-salad/ Handouts / Worksheets: Spinach Activity Spinach Activity Slideshow: Spinach Slideshow Spinach Slideshow