HEALTHY EATING SUMMER CAMP FOR KIDS

Objectives: 1. Students will learn how to chop, shred and measure ingredients to create a salad.
2. Students will learn how to apply the color wheel concept while making a salad – Waldorf Salad.

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<td>• Divide students into their groups/kitchens.</td>
<td><strong>RECIPES</strong></td>
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<td>(1 hr 50 min)</td>
<td>• Assign students to tasks – chopping, peeling, measuring with the help of the</td>
<td>• Goofy Waldorf Salad</td>
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<td>Waldorf Salad</td>
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<td>• Jicama Salad</td>
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<td>Jicama Salad</td>
<td>• Have students mix ingredients into a bowl.</td>
<td>• Apple sauce</td>
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<td>Apple sauce</td>
<td>• Have students clean as they go.</td>
<td>• Guacamole</td>
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<td>Guacamole w/</td>
<td>• Serve portions to students.</td>
<td>• Baked pita bread</td>
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<td>baked pita</td>
<td>• For the last 15 minutes of class have the student clean up.</td>
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<td><strong>COOKING UTENSILS</strong></td>
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**Perfect Guacamole**

**Serving size:** 2-4

**Ingredients**
- 2 ripe avocados
- 1/2 red onion, minced (about 1/2 cup)
- 1-2 serrano chiles, stems and seeds removed, minced
- 2 tablespoons cilantro leaves, finely chopped
- 1 tablespoon of fresh lime or lemon juice
- 1/2 teaspoon coarse salt
- A dash of freshly grated black pepper
- 1/2 ripe tomato, seeds and pulp removed, chopped

Garnish with red radishes or jicama. Serve with tortilla chips.

**Directions**
1. Cut avocados in half. Remove seed. Scoop out the avocado from the peel, put in a mixing bowl.
2. Using a fork, mash the avocado. Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours.
3. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready.
4. Just before serving, add the chopped tomato to the guacamole and mix.

Keep the tomatoes separate until ready to serve.

Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

Image taken from: [http://simplyrecipes.com/photos/guacamole-1.jpg](http://simplyrecipes.com/photos/guacamole-1.jpg)
Jicama Salad

**Ingredients**
- 2 small or medium jicama
- 6 tomato
- 1 onion
- 1 bunch cilantro
- 2 avocado
- 2 cucumber
- 1 lemon or lime
- 1 tsp salt or more if needed

**Directions**
1. In a large bowl, *dice* tomato, onion, avocado, cucumber, onion and *shred* the jicama. Mix well and add 1 lemon and 1 tsp of salt. Mix well and serve.

**Remember to cut the outer layer of the jicama. You can peel the cucumber or leave it with the skin.**

Recipe by: Velia Jimenez (“Healthy Eating Summer Camp for Kids” Intern)
Apple Sauce

Serving Size: 4

Ingredients
- 4 apples - peeled, cored and chopped
- 3/4 cup water
- 1/4 cup white sugar
- 1/2 teaspoon ground cinnamon

Directions
1. In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Goofy Waldorf Salad

Serving Size: 4

Ingredients

- 1 cup grated carrot
- 1 cup chopped celery
- 1 cup chopped apple
- 1/2 cup raisins
- 2 to 3 tbsp. low fat plain yogurt
- 1 tsp. lemon juice
- 1/2 cup chopped hazelnuts
- 4 ice cream cones

Directions

1. In a large mixing bowl, stir all ingredients well.
2. Scoop into ice cream cones, and serve.

Grilled Fruit Skewers

**Yield:** 4 skewers

**Ingredients**
1. ¼ Cantaloupe
2. ¼ Honeydew
3. ½ Pineapple
4. 6 Strawberries
5. 1 oz Brown Sugar
6. 2 oz Lime Juice
7. 1/3 tsp Cinnamon, ground

**Directions**
1. Remove the rind and cut the melons and pineapple into 1-in cubes. Hull the strawberries and leave whole.
2. To make the sugar glaze, combine the sugar, lime juice and cinnamon, stirring until the sugar dissolves.
3. Heat the grill and clean the grate thoroughly.
4. Thread the fruits onto kebab skewers, alternating colors for an attractive appearance.
5. Brush the fruits with the sugar glaze. Grill, rotating the skewers frequently to develop an evenly light brown surface.
6. Serve immediately as an appetizer, a garnish for ice cream or an accompaniment to rich meats such as pork or lamb.

Recipe taken from http://farm6.static.flickr.com/5259/5394526925_888a251785.jpg