**HEALTHY EATING SUMMER CAMP FOR KIDS**

**Lesson Plan:** Day 19: 7/22/2010 – Cooking/Science: Vegetarian Chili

**Objectives:**
1. Students will learn how to prepare vegetarian chili.
2. Students will be able to learn how to incorporate alternative protein sources to create a healthy dish.

<table>
<thead>
<tr>
<th>METHODS</th>
<th>LESSON CONTENT</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water plants: (10 min)</td>
<td>• Go over the students menus created on day 18 as a class.</td>
<td></td>
</tr>
<tr>
<td>Review: (20 min)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Activity 1: (70 min) Vegetarian Chili | • Have student go to their assigned kitchens.  
• With the help of the TAs, have the students follow the instructions and recipe for vegetarian chili and whole wheat pizza dough (60 min)  
• Have the students taste the chili, and have them describe the taste, smell and texture of the chili. (10 min)  
• Have students clean up as they go. |           |
|                   |                                                                                                                                                                                                                |           |
| **RECIPES**       | • Vegetarian Chili  
• Whole wheat pizza dough  
• Barely (Instructions on package)  
• Buckwheat (Instructions on package) |           |
| **COOKING UTENSILS** | • Mixing bowls  
• Knifes  
• Dry towels |           |
| Metal spoons | Cutting boards | Pots | Measuring spoons/cups |
Whole Wheat Pizza Dough

Serving Size: 10

Ingredients

- 1 teaspoon white sugar
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 1 teaspoon salt
- 2 cups whole wheat flour
- 1 1/2 cups all-purpose flour

Directions

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
2. Stir the olive oil and salt into the yeast mixture, then mix in the whole wheat flour and 1 cup of the all-purpose flour until dough starts to come together. Tip dough out onto a surface floured with the remaining all-purpose flour, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 2 pieces for 2 thin crust, or leave whole to make one thick crust. Form into a tight ball. Let rise for about 45 minutes, until doubled.

Image taken from: http://andreasrecipes.com/photos/WW_pizza_dough.jpg
Vegetarian Tofu Chili

Ingredients

- 3 tbsp vegetable oil
- 1 14 oz package of firm or extra firm tofu, crumbled
- ½ onion, diced
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 1 cup mushrooms, sliced
- 3 tbsp chili powder
- Salt and pepper to taste
- 1/4 tsp cayenne pepper
- 1/2 tsp cumin
- 1 14 oz can tomato sauce
- 1 28 oz can whole or diced tomatoes, with liquid
- 1 28 oz can kidney beans, drained
- 3 tbsp sugar

Directions:

1. In a large pot, sauté the tofu in the vegetable oil over medium high heat for about 3 minutes. Add the onions, green pepper, garlic, mushrooms, chili powder, salt and pepper, cayenne and cumin. Cook until veggies are just barely tender, about 5 minutes.
2. Add the tomato sauce, whole or diced tomatoes, beans and sugar. Bring to a slow simmer. Cover and allow it to cook for at least 45 minutes. Enjoy!

Recipe taken from: http://vegetarian.about.com/od/tofurecipes/r/tofuchili.htm
Image taken from: http://www.treehugger.com/vegetarian-chili.jpg