

Class Title: Cooking at Home:
Healthy Snack

LESSON: #2

SIZE: 1-10
(min/max)

GOALS:

1. How can you gain protein nutrients without consuming animal products?
2. What are the main components of a balanced, MyPlate snack?
3. What is pickling; How do you pickle vegetables?

OBJECTIVES:

1. Observe and utilize the concentration of protein nutrients in chickpeas (garbanzo beans).
2. Build a healthy snack with ingredients that comply with MyPlate guidelines (Half fruit and vegetables, half whole grains, varying protein sources, and low-fat dairy).
3. Learn about the process of pickling and how it is used beyond traditional pickles (cucumbers).

LESSON DESCRIPTION:

Hummus wraps are a delicious, colorful, and fun snack that can introduce new flavors and ingredient combinations to campers of all ages! The lesson may require preparation at least one day in advance of creating this snack if choosing to utilize pickled onions.

Pickled Onions (OPTIONAL):

Prep: 5 min

Cooking: 24 hrs

Total: 1 day in advance

1. Thinly slice one medium red onion.
2. In a small bowl combine 1 cup of warm water, ½ c. of apple cider vinegar, 1 Tbsp of sugar, and 1½ tsp of salt. Stir until sugar and salt are fully dissolved.
3. Either place onion slices into bowl or into canning jar and pour in the pickling mixture.
4. Cover jar or bowl and refrigerate for at least 1 day. Pickled onions can last for a few weeks in refrigerator and they make great toppings for tacos, sandwiches, salads and more. Get creative!

Hummus Wraps:

Prep: 15 - 20 min

Cooking: 0 min

Total: 20 min

Hummus:

5. Drain 1 15oz can of chickpeas and reserve liquid for possible later use.
6. In a bowl or food processor combine hummus mix and chickpeas.
7. If using **bowl method**, use a potato masher with wide surface area to crush all the chickpeas. It's suggested to rest bowl on a cutting board or towel to protect counter top or workspace. Add 1 Tbsp at a time of reserved chickpea liquid as needed to achieve desired consistency. Discard remaining liquid.
8. If using **food processor**, pulse until all chickpeas are processed. Add 1 Tbsp at a time of reserved chickpea liquid as needed to achieve desired consistency. Discard remaining liquid.

Building the Wrap:

9. Wash and drain fruits and vegetables with cool water (1 bell pepper, 1 cucumber, and 1 head of lettuce).
10. Slice 1 bell pepper and 1 cucumber to desired thickness.

11. Tear off desired leaves from lettuce head.
12. Lay down 1 whole-grain flour tortilla and spread generous amount of hummus down the center. Stack cucumber, pepper, pickled onion, and lettuce neatly over hummus smear.
13. Sprinkle with low-fat mozzarella cheese (optional).
14. Use thumb to crimp tortilla 1 inch over the ends of the line of ingredients. Using hand and fingers, fold one side over and enclose ingredients. Roll up burrito style and voila!

LENGTH OF CLASS:

30 min maximum

Note: Pickled onions take 24 hours to pickle

SAFETY CONCERNS / EMERGENCY PROCEDURES:

Kitchen appliances: Adult supervision is needed if using a food processor. Ensure that participants understand the dangers of the blade used within.

Knife or mandolin skills: Adult supervision or participation is needed when slicing ingredients. If using mandolin for thin and consistent slices, a safety guard and/or glove is highly recommended.

MATERIALS / SUPPLIES / EQUIPMENT NEEDED:**Materials/Equipment:**

- Cutting board
- Knife
- Mandolin (optional)
- Small bowl or canning jar
- Cellophane wrap or jar lid
- Liquid measuring cup/bowl
- Food processor or medium mixing bowl
- Potato masher (if not using food processor) [wide surface area]

Ingredients:

- 1 medium red onion
- Apple cider vinegar
- Sugar
- Salt
- Water
- 1 15oz can of chickpeas/garbanzo beans (low-sodium suggested)
- Favorite hummus mix
- 1 bell pepper (of any color, size is dependent on desired yield)
- 1 cucumber (size dependent on desired yield)
- Lettuce (any variety will do)
- Flour tortillas (whole-grain suggested)
- Low-fat shredded mozzarella cheese (optional)

<p>CAMPER ELIGIBILITY: <i>(Requirements for camper participation, including age, developmental needs, previous experience, prior knowledge, etc.)</i></p> <p>This lesson would be best for more advanced junior campers (11+), but all ages are able to participate with direct, adult supervision.</p>		
<p>INSTRUCTOR ELIGIBILITY: <i>(Instructor qualifications/certifications/training needed)</i></p> <p>Instructor(s) need to be able to safely participate and supervise knife preparation and use of kitchen appliances.</p>	<p>SUPERVISION REQUIRED: <i>(Including instructor/participant ratio)</i></p> <p>At least one adult per household needs to be in direct supervision of the process. **Required for utilizing food processor and knife preparation</p>	
<p>EXTENSION ACTIVITIES: <i>(An enrichment/clarification of the current lesson for campers of different skill levels)</i></p> <p>PBS How Does Pickling Work?: Youtube Video Why do our bodies need protein?: Youtube Video</p>		
<p>BACK-UP PLAN: <i>(Alternate plan in the event of inclement weather, etc.)</i></p> <p>If hummus mix is not available follow the simple recipe below to create hummus from scratch.</p> <p>Hummus from Scratch</p>		
<p>ASSESSMENT: <i>(How will you determine whether or not campers have learned what was taught in the lessons? Be sure the objective(s) listed above are directly connected to your assessment.)</i></p> <p>Response, participation, sharing their product (via virtual picture or presentation)</p>		
<p>RESOURCES/CONSIDERATIONS FOR SPECIAL NEEDS CAMPERS: <i>(disabled populations, youth with behavioral needs, etc.)</i></p> <p>Parents can review the instructions and allow special needs youth to participate as appropriate.</p> <p>Dietary restrictions:</p> <ul style="list-style-type: none"> • Gluten free: purchase gluten free tortillas or substitute with favorite, gluten free pita bread • Dairy free: opt out of cheese ingredient or use favorite cheese substitute instead 		
<p>EDUCATIONAL RESOURCES</p> <p>What is MyPlate? Pickling facts for Kids KidsHealth: Vegetariansim KidsHealth: Cooking Safety</p>		
<p>TARGETED SOLs (According to the Virginia Standards of Learning)</p>	<p>TARGETED LIFE SKILLS (From the "Targeting Life Skills Model") (See "Virginia 4-H Camping Handbook")</p>	<p>TARGETED PILLAR(S) OF CHARACTER</p>
<p>Health: all SOLs, grades K+ pertaining to Nutrition, Safety/Injury Prevention</p>	<p><i>Personal Safety</i> <i>Healthy Lifestyle Choices</i> <i>Self-Motivation</i></p>	<p>Responsibility</p>

<p>Science: all SOLs K+ pertaining to Matter</p> <p>Math: all SOLs K+ pertaining to (volume) Measurement</p> <p>http://www.doe.virginia.gov/testing/index.shtml</p>		
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