



# ★ COOKING ACTIVITY AND TASTING

## Rainbow Crunch Salad

### OBJECTIVES:

1. Children participate in cooking activity and learn how to make rainbow crunch salad (carrot and beet salad with lemon ginger dressing).
2. Children learn some different ways that beets can be eaten (raw, cooked, grated, diced, pickled, in soup, salads, other recipes).
3. Children taste grated beets plain and in dressed salad.
4. Children practice motor skills and coordination when preparing and combining ingredients.

### WHAT YOU MIGHT NEED:

Ingredients for recipe (**next page**)

Grater, whisk or fork for whisking dressing, cutting board

Medium-large bowl for salad

Raw whole beet for showing the class

Small bowls for children to mix a portion of the salad

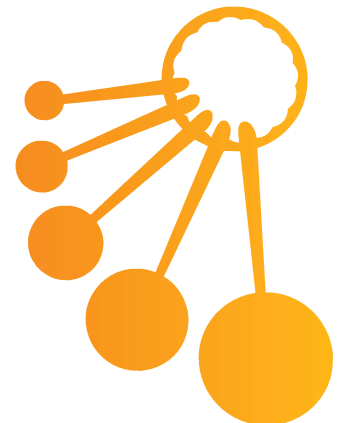
### WHAT YOU MIGHT DO:

- Tell children that today they will be helping to make Rainbow Crunch Salad, a delicious vegetable dish with carrots and beets.
- Introduce each ingredient as you place it on the activity table.
- Show children raw whole beet and raw grated beet. Offer tastes of the grated beet if children would like to try. Remind children that they will need to wash their hands again after having a taste and before participating in the activity. Remind children that beets can stain hands and clothing, so it is important to not touch clothing while cooking with beets, and to keep them on the table.
- Children can help squeeze the lemon and orange into the bowl.
- Children can help add honey/brown sugar and ginger to the juice.
- Children can help grate vegetables if supervised and supported by an adult.
- Children can mix their own small salads: Offer each child a bowl with a small amount of dressing. Ask each child to take a small handful of carrots and use hands to mix it in the bowl with the dressing. Next, have each student take a small handful of grated beets and lightly mix it in the bowl. Demonstrate light mixing for the children before they try.
- This activity can be done with small groups. Invite a small group of children (5-8) to participate at a time. While each group is participating in the cooking activities, other children can be participating in regular activities (playdough, reading, coloring) or in beet-related activities (more sensory exploration, looking at food and garden books, practicing writing “beet,” or other science and math related activities suggested on the “extras” page).
- You can also break up this activity to do over multiple days. Bring extra lemons, oranges, and ginger. Invite children to explore the smells and tastes of the citrus and ginger. Ask children to help squeeze the citrus, and mix the dressing. Reserve the dressing in the refrigerator. On the second day, grate the vegetables and assemble the salad.
- As always, remember to keep children away from all sharp cutting utensils, electrical devices, and hot food and surfaces at all times.



### A RAINBOW OF TASTES

Bring different colored beets to use in the salad, such as red beets, orange beets, and striped beets (Chioggia). Ask children to predict how the differently colored beets will taste. Record children’s predictions. Offer tastes of raw (grated or thinly sliced) or cooked (cubed) beets. Ask children: what do they taste like? Do you like the taste? Are they soft? Crunchy? Do the differently colored beets taste the same or different?





# ★ COOKING ACTIVITY AND TASTING

## Rainbow Crunch Salad

### RAINBOW CRUNCH SALAD

About 20 small tastes

*Adapted from Alison Forrest, Food Service Director, Huntington, VT*

#### INGREDIENTS

##### Dressing:

- 1/4 tsp. grated fresh ginger\*
- 1 Tbsp. honey
- Juice of 1 large lemon (2-3 Tbs.)
- Juice of 1/2 large orange (2-3 Tbs.)
- 1/8 tsp. salt

##### Vegetables:

- 3/4 pound carrots, grated\*
- 3/4 pound raw beets (mix of colors, if possible), grated\*

\*To save time, the majority of carrots and beets can be grated before doing the cooking activity. Teachers can leave a couple of beets and/or carrots to grate with the class, and involve the children in the grating if possible. Ginger can be grated beforehand or left for the teacher to do during the activity.

#### DIRECTIONS

1. Wash and peel beets and carrots, peel ginger
2. Grate carrots, beets and ginger and set aside
3. Juice 1 large lemon and 1/2 orange into a bowl
4. Whisk in honey and ginger
5. Add carrots to the dressing and mix well
6. Add beets and mix lightly
7. Refrigerate salad until ready to serve