**Eat a Rainbow - Lettuce Wraps**

**Key Stage 2 Lesson Plan**

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**Time Allotted for the Lesson**: Approximately 1 hour

**Overview:**

The lesson will focus on the benefits of eating a variety of colours. Students will discuss different kinds of healthy foods and learn how to use the Eating Plate game to eat a varied diet. Afterwards, students will have the opportunity to prepare lettuce wraps from different colours of vegetables.

**Objectives:**

Nutritional Information

• Students will state the importance of eating a variety of colourful health foods in their diets.

• Students will identify the different vegetables and the benefits of each colour of food.

Health Behaviour Change:

• Students will be able to name at least one benefit of eating a variety of different colours of fruits and vegetables, and understand what it means for their overall health.

• Students will be able to taste a variety of vegetables in order to increase the likelihood of them tasting new foods at home.

Culinary Skills

• Students will identify the different colours of fruits and vegetables in a recipe and develop a taste for them.

• Students will learn how to prepare Eat A Rainbow Lettuce Wraps.

**Shopping List** – **Serves 15 students**

Wrap

1 bag of shredded carrots

2 heads of Cos or Iceburg lettuce

2 red peppers (easier for students if you grill or roast then cool beforehand)

5 tomatoes (sliced)

1 cucumber (sliced)

1 can (15 oz) of sweetcorn

1 can (15 oz) of black beans

Balsamic vinaigrette dressing

3/4 cup/12 tbsp olive oil

1/4 cup/4 tbsp balsamic vinegar

1 tbsp honey

1 clove garlic

1/2 tsp dry mustard

1/4 tsp ground pepper

**Equipment List**

Knives for cutting veg

Plastic knives for children

Chopping Board

Can opener

Measuring spoons

Measuring cups

Bowls

Spoons

Small plates

**Teaching Resources Needed**

A-Z Name your fruit and veg Banner

Eatwell Plate Game

Lesson Plan

**Introduction to theme (5 mins)**

Begin the lesson by saying that we are going to make Colourful Lettuce Wraps, and discussing the

importance of eating a variety of colours. Ask what colours students ate yesterday?

Colours are health protectors

The more colourful and healthy foods you eat, the more they protect you!

Your body loves these and needs them for energy and to stay healthy.

Try to Eat a Rainbow everyday!!

Different colours of fruits and vegetables have their own special vitamins and minerals.

How can vitamins and minerals help us?

They can make you healthy by

* protecting our blood vessels and heart,
* looking after our eyes
* helping our brain keep healthy
* Keeping our skin clean and strong
* Filling our bones with calcium
* Fighting off germs and infection

**Naming Fruit and Veg (15 mins)**

Lay A-Z banner on ground and ask students to try and name all 26! Can you!!

Engage the students in a discussion regarding their intake of all the different fruits and vegetables. Which ones have they eaten at home or at school? Which ones would they like to try?

Make sure to finish with an encouraging “Wow, so many of you are eating all the colours of foods already!”

**What other colour foods do we need to eat? (10 mins)**

Use the Eatwell plate invite students to come up and put the card images of different colours of foods on the correct food group.

Talk with students about getting the right amount of different types of foods.

Encourage students to remember how much of the plate is used for each so they can check at every meal.

**Making a Rainbow Wrap (30 minutes)**

Introduce the recipe

Review the different colours of each ingredient in lettuce wraps. What other colours (veg) would students add at home?

Review hand washing and food safety tips.

Balsamic Dressing

1. Set up the equipment at the front of the classroom, including a serving bowl, measuring cups or spoons mixing spoon, and a garlic mincer.

2. Invite children to help out with the following tasks:

• Measure and pour ¾ cup/12 tbsps of oil into a serving bowl.

• Measure and pour ¼ cup/4 tbsps balsamic vinegar into serving bowl with the oil.

• Measure 1 tbsp of honey, and add to serving bowl.

• Measure ½ tsp of dry mustard, and add to serving bowl.

• Measure ¼ tsp of dry pepper, and add to serving bowl.

3. The teacher can use a garlic mincer or grater to crush the garlic clove and add to mixture. Season with salt to taste.

4. Invite several children to come to the front of the classroom, one at a time, and take turns mixing the ingredients.

5. Put aside for later.

Lettuce Wraps:

1. Hand out cutting boards and plastic knives to every student.

2. Set up the equipment at the front of the classroom, including a serving bowl, measuring cups and spoons, can opener, and a mixing spoon.

3. Open the cans of corn and black beans.

4. Invite children to help out with the following tasks:

• Open the bag of shredded carrots and pour into the serving bowl.

• Pour can of black beans into the serving bowl.

• Pour can of yellow corn into the serving bowl.

• Separate lettuce into leaves and set aside.

5. Cut red peppers / tomatoes / cucumber – give each pupil a larger piece and ask them to cut into pieces

• Collect add to other ingredients in large serving bowl.

6. Invite children to pour in dressing, and stir ingredients together.

7. Demonstrate how to assemble lettuce wraps. Make a pile of romaine lettuce to assemble like a wrap.

8. Hand each child a piece of lettuce on a plate, and let children serve themselves the vegetables.

9. Enjoy!

After clear up, ask the students what new vegetable they are going to try as a result of today?