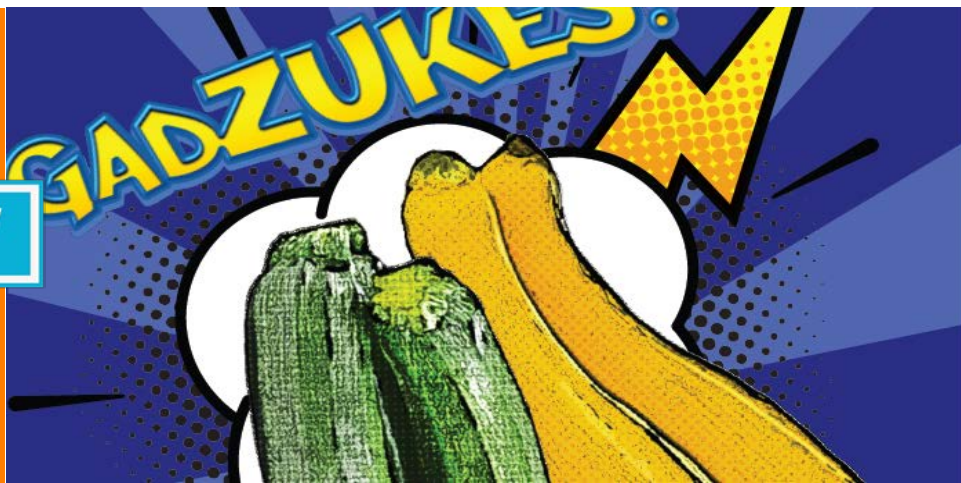




PUT LOCAL ON YOUR TRAY



SUMMER MEAL ACTIVITY

Cooking with Kids: Zucchini Roll Ups!



Activity Information

Grade Level: 1st – 6th

Objective: For students to learn how to peel zucchini, and make hummus, and try a new recipe!

Materials: : 2 large zucchini, 3 large carrots, 1 15oz cans of chickpeas, 1 clove garlic, ¼ C tahini, ¼ C lemon juice, 2 tablespoons of olive oil, pinch of salt and pepper, 4 tablespoons water, blender, 4 veggie peelers, 6 knives, 10 cutting boards, 1 set of measuring spoons, 1 set of measuring cups, 1 large mixing bowl, 10 small spoons, 1 plate per child

Time: 10 min prep + 45 min lesson

Credit: Adapted from:

<http://www.insonnetskitchen.com/raw-zucchini-sushi-rolls/>

1. Have 2* students- the “Perfect Peelers” wash and peel the zucchini into very thick strips. Have them lay the strips out on all of the plates (there should be one plate per child). *If you have enough peelers, cut the zucchini into chunk, and have as many kids peel as possible, to make this go more quickly.
2. Have 3* students- the “Super Slicers” cut the carrots into very thin matchsticks. *If there are enough knives, cut the carrots into chunks, and have more students slicing.
3. Have 2 students- the “Master Measurers” add tahini, lemon juice, olive oil, salt, pepper, water, and chickpeas into the blender.
4. Have 1 student- the “Garlic Guru” smash and mince the garlic and add it to the blender
5. Have 1 student- the “Brilliant Blender” blend the mixture until it is completely smooth and add it to a large mixing bowl.
6. Once the zucchini is peeled and the carrots are cut, each student can take a slice of zucchini onto their plate, grab a small spoon, and spread the humus along the slice of zucchini. They can then add the carrot matchsticks, roll the zucchini up, and enjoy!

Make it shorter: Don't have the time or space for each child to help out with the cooking process? Make it a demonstration! Set up a small six foot table, and explain what you are doing to the kids as they sit/stand and watch. They'll still be able to taste-test the recipe after, of course!