

# Let's cook! Station Set-Up and Recipe Script

## Station Set-Up: Fruit Salad

<b>Station #1</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
1 can opener	can of fruit cocktail	none
1 colander	can of pineapple tidbits	
1 large bowl		
2 medium bowls (1 placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

<b>Station #2</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
1 cutting mat	1 apple	1 chef's/utility knife
1 rubber spatula/scrapper		

<b>Station #3</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
1 cutting mat	1 banana	1 chef's/utility knife

<b>Station #4</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
1 large bowl	none	none

<b>Station #5</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
½ cup measuring cup	cinnamon/nutmeg	vanilla yogurt
1 small bowl		
1 rubber spatula/scrapper		
1 set of measuring spoons		

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## Station Set-Up:

### Fruit Salad

Station #6		
Equipment	Ingredients	Tasting supplies
2 dinner spoons	none	3 ounce cups
1 serving tray		plastic spoons
		napkins

## Recipe Script for Preparing: Fruit Salad Lesson: *Fruit & Veggies: Half Your Plate*

**Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.**

*To prepare the ingredients for the recipe, we need to cut our fresh fruit, open and drain two cans of fruit, and measure the yogurt.*

*When using canned food products, it is important to wash the tops of the cans before opening them. If there is dust, dirt, germs or other harmful particles on the can, these things may get into the food when we open the can with the can opener. I washed the tops of all the cans and the fresh fruit before class.*

*We'll keep the yogurt cold in my cooler with reusable freeze packs until we are ready to add it to the recipe.*

**Ask for volunteers to help with the preparation of the recipe.**

*I need 6 volunteers to help with the preparation of the recipe. Who would like to help?*

**Note:** Recommended – 6 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

**If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.**

**As you assign each volunteer their tasks, demonstrate how to mince, dice or chop their ingredient and provide several pieces for the participant as an example on their cutting mat. Follow up with the participants once they have completed their task to be sure each ingredient was cut to the indicated size. If the food pieces are too large, ask the participant to cut any large pieces in half.**

### **Station #1:**

- **Equipment:** 1 can opener, 1 colander, 1 large bowl, 2 medium bowls (place 1 in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** can of fruit cocktail, can of pineapple tidbits

*I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.*

*At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.*

*\_\_\_\_\_ please open the cans of fruit cocktail and pineapple. Place the colander over the large bowl and pour both cans of fruit into the colander to drain the juice.*

*Pour the drained, canned fruit into the medium bowl. Pass the bowl of fruit and the colander to \_\_\_\_\_*  
*to \_\_\_\_\_ Name of Volunteer #4.*

*Pass the large bowl with drained fruit juice to \_\_\_\_\_*  
*Name of Volunteer #2.*

**Station #2:**

- **Equipment:** 1 cutting mat, 1 rubber spatula/scrapper
- **Ingredients:** 1 apple
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

*\_\_\_\_\_ you will chop the apple. Let me show you what ½ inch pieces look like.*

**Demonstrate how to chop the apple using the script below and provide several ½ inch pieces of apple as an example for the participant on their cutting mat.**

*There is no need to peel the apple; there is a lot of good fiber and nutrients in the peel. First, make a flat surface on the apple by cutting it in half through the core. With the flat surface on the cutting mat, make a cut down each side of the core and discard the core. Slice each of the large pieces into ½ inch slices. Next, arrange the apple slices next to each other or stacked on top of each other and slice them into ½ inch strips. Then, rotate the apple strips 90 degrees, and cut those strips into ½ inch pieces.*

*Place the chopped apple in the bowl with the juice from the canned fruit. Stir the apple pieces in the juice with the rubber spatula/scrapper, to prevent browning. Pass the bowl and rubber spatula/scrapper to \_\_\_\_\_*  
*Name of Volunteer #3.*

**Station #3:**

- **Equipment:** 1 cutting mat
- **Ingredients:** 1 banana
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #3, you will slice the banana into thin  $\frac{1}{4}$  inch rounds. Let me show you what  $\frac{1}{4}$  inch rounds look like.

**Demonstrate how to slice the banana and provide several  $\frac{1}{4}$  inch rounds of banana as an example for the participant on their cutting mat.**

Name of Volunteer #3, continue slicing the banana and then, add the slices of banana to the bowl with the apple and juice. Next, toss the banana in the juice with the apple using the rubber spatula/scrapper. Pass the bowl of fruit and juice, along with the rubber spatula/scrapper to

Name of Volunteer #4.

**Station #4:**

- **Equipment:** 1 large bowl

Name of Volunteer #4, drain the juice from the apples and bananas by pouring the fruit into the colander over the clean large bowl, allowing the juice to drain into the bowl. When you make this at home, you can save the juice to drink or add it to a smoothie.

Mix the apple and banana into the bowl with fruit cocktail and pineapple. Pass the bowl of fruit and the rubber spatula/scrapper to Name of Volunteer #6.

**Station #5:**

- **Equipment:** 1 small bowl, a  $\frac{1}{2}$  cup measuring cup, 1 rubber spatula/scrapper, 1 set of measuring spoons
- **Ingredients:** cinnamon/nutmeg
- **Provide during *Let's Cook!*:** vanilla yogurt

Name of Volunteer #5, measure  $\frac{1}{2}$  cup of yogurt and place it in the bowl. Then, measure  $\frac{1}{8}$  teaspoon of cinnamon (or nutmeg), add it to the yogurt and combine with the rubber spatula/scrapper. Pass the yogurt mixture to Name of Volunteer #6.

**Station #6:**

- **Equipment:** 2 dinner spoons, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic spoons, napkins

*\_\_\_\_\_ Name of Volunteer #6, use one of the dinner spoons to put a small amount of fruit in the taster cups for each person in class. With the 2<sup>nd</sup> dinner spoon, top each cup of fruit with a small dollop of the yogurt mixture.*

*Now, we are ready to taste the **Fruit Salad!** \_\_\_\_\_ Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the recipe.*

**Share the *Be Creative!* tip with the participants.**

*If you make this at home, you can add any canned or fresh, washed fruit to the fruit salad.*

**Ask the participants about the recipe while they are eating.**

*What do you think of this recipe? Do you think your family would like this dish? What other kinds of fruit would you use when you make this at home?*

*This fruit salad is the ideal sweet treat because it's packed with nutrients but low in fat. Fruit for dessert is a great way to satisfy your sweet tooth and get added nutrition.*

*When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days.*