

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

Station Set-Up: Fried Rice with Chicken

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 carrot	1 chef's/utility knife
1 vegetable peeler		
1 large bowl		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 green pepper	1 chef's/utility knife

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 head of broccoli	1 chef's/utility knife
½ cup measuring cup		

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Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	soy sauce	1 chef's/utility knife
¼ cup measuring cup	black pepper	cooked chicken
2 small bowls	garlic powder	
1 set of measuring spoons		
1 dinner fork		

Station #6		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	vegetable oil	cooked rice
1 set of measuring spoons		
1 cup measuring cup		
1 turner/spatula		
kitchen timer		
1 rubber spatula/scrapper		
1 dinner fork		
1 large bowl with lid		

Station #7		
Equipment	Ingredients	Provide during Let's cook!
1 small bowl	cooking spray	2 eggs
1 dinner fork		

Station #8		
Equipment	Ingredients	Tasting Supplies
1 large cooking spoon	None	plastic forks
1 serving tray		napkins
		3 ounce cups

Recipe Script for Preparing: Fried Rice with Chicken Lesson: *Welcome to Eating Smart • Being Active*

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.

This fried rice recipe is great if you have leftover cooked rice and/or meat, such as chicken, beef, or pork. For this recipe, we will use cooked brown rice and cooked chicken that I prepared ahead of time. It is important to keep perishable items cold until it is time to use them. I have kept the cooked rice and chicken in a cooler with reusable freeze packs to transport and store them.

When you make this recipe at home, if you don't have leftover rice or meat, you will need to cook the rice and meat before preparing the rest of the recipe.

Now, we're going to prepare the rest of the ingredients by dicing the fresh vegetables and cooked chicken, and measuring the other ingredients. I have already washed all of the vegetables.

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

I need 7 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 7 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, cooking will take longer). If the food pieces are too large, ask the participant to cut any large pieces in half.

Today we will be preparing **Fried Rice with Chicken** as a group. While you may be doing a specific task for the recipe, please listen and watch all the instructions for every task. This will help you be able to complete all of the steps of the recipe at home. Even those of you who are more experienced with cooking may pick up a new tip that could save you valuable time in the kitchen. Please wait to start your task until I give you your instructions.

Station #1:

- **Equipment:** 1 cutting mat, 1 vegetable peeler, 1 large bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 1 carrot
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

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.

Food safety experts recommend peeling carrots. _____ please peel the carrot. Then, cut off and discard the ends of the carrot. Next, you will dice the carrot into $\frac{1}{4}$ inch pieces. Let me show you how to dice the carrot.

Demonstrate how to dice the carrot using the script below and provide several $\frac{1}{4}$ inch pieces of carrot as an example for the participant on their cutting mat.

First, cut the carrot in half length-wise to create a flat surface. Then, with the flat side on the cutting mat, cut each half length-wise into $\frac{1}{4}$ inch wide carrot sticks. Turn the carrot sticks 90 degrees and dice the sticks into $\frac{1}{4}$ inch pieces.

_____ please dice the remaining carrot. Then, place the diced carrot into the large bowl and pass it to _____.

Station #2:

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

_____ you will dice the pepper. Let me show you how to dice the pepper.



Demonstrate how to dice the pepper using the script below and provide several ¼ inch pieces of pepper as an example for the participant on their cutting mat.

Start by cutting the pepper in half through the stem and removing the seeds and membranes. We're only using half of the pepper today, so I will set one of the pepper halves aside. Next, with the flat side on the cutting mat, cut the other half of pepper length-wise into ¼ inch strips. Then, rotate the pepper strips 90 degrees and cut those strips into ¼ inch pieces.

Name of Volunteer #2, please dice the remaining green pepper. Then, place the diced pepper in the bowl with the diced carrot and pass it to _____
Name of Volunteer #3.

Station #3:

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

Name of Volunteer #3, you will dice the onion; let me show you how.

Note: This recipe calls for 1 medium onion.

Demonstrate how to peel and dice the onion using the script below and provide several ¼ inch pieces of onion as an example for the participant on their cutting mat.

Let's start by peeling the onion. First, remove any loose, papery skin. Next, lay the onion on its side with the stem facing the hand holding the knife. Then, cut down partially through the stem and with your knife holding the stem down, pull the body of the onion back to remove a small piece of the outer skin layer. Now, continue peeling off this outer layer of skin all the way around the onion. After the outer peel has been removed, peel and remove the next thin layer of skin all the way around the onion. Last, cut off the exterior of the root.

Slice the onion in half vertically, cutting through the root, to create a flat surface. Then, with the flat side on the cutting mat, cut the onion into ¼ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut ¼ inch strips in the other direction.

Name of Volunteer #3, please dice the remaining onion and place the diced onion in the bowl with the rest of the diced vegetables and pass it to _____
Name of Volunteer #4.

Station #4:

- **Equipment:** 1 cutting mat, a ½ cup measuring cup
- **Ingredients:** 1 head of broccoli
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #4, you will dice ½ cup of broccoli. Let me show you how to dice the broccoli.

Demonstrate how to dice the broccoli using the script below and provide several ¼ inch pieces of broccoli as an example for the participant on their cutting mat.

When cooking with broccoli you can almost always use the stalk and the florets. For today's recipe we only need ½ cup, so we will just use florets. Begin by cutting a few florets off the head of broccoli and dice the florets into ¼ inch pieces.

Name of Volunteer #4, please continue dicing the broccoli florets until you have ½ cup. Place the diced broccoli in the bowl with the rest of the vegetables, and pass it to _____
Name of Volunteer #6.

Station #5:

- **Equipment:** 1 cutting mat, a ¼ cup measuring cup, 2 small bowls, 1 set of measuring spoons, 1 dinner fork
- **Ingredients:** soy sauce, black pepper, garlic powder
- **Provide during *Let's Cook!*:** 1 chef's/utility knife, cooked chicken

Name of Volunteer #5, first, you will dice ¾ cup of cooked chicken. Let me show you how to dice the cooked chicken.

Demonstrate how to dice the cooked chicken and provide several ¼ inch pieces of chicken as an example for the participant on their cutting mat.

First, cut the chicken length-wise into ¼ inch strips. Then, turn the chicken strips 90 degrees and cut those strips into ¼ inch pieces.

Name of Volunteer #5, dice the remaining cooked chicken until you have ¾ cup. Place the diced chicken in one of the small bowls and then place the bowl of diced chicken next to the skillet.

While volunteer #5 dices the chicken, have volunteer #6 heat up the cooked rice.

Station #6:

- **Equipment:** electric skillet, 1 set of measuring spoons, a 1 cup measuring cup, 1 turner/spatula, kitchen timer, 1 rubber spatula/scrapper, 1 dinner fork, 1 large bowl with lid
- **Ingredients:** vegetable oil
- **Provide during *Let's Cook!*:** cooked rice

Name of Volunteer #6, first, you will heat up the cooked rice. Turn the skillet to medium heat. Then, measure 2 tablespoons of oil and place it in the skillet. Next, measure 3 cups of cooked rice and once the oil is hot, add it to the skillet. Cook the rice for 5 minutes, stirring it every few minutes with the turner/spatula.

Set a timer for 5 minutes.

After volunteer #5 has diced the chicken and while volunteer #6 is heating the cooked rice, have volunteer #5 prepare the soy sauce mixture.

Name of Volunteer #5, now that you have diced the cooked chicken, please measure the following ingredients and place them in the 2nd small bowl: 2 tablespoons of soy sauce, ½ teaspoon of black pepper, and ½ teaspoon of garlic powder. Whisk the ingredients thoroughly with the fork to combine. Place the bowl with the soy sauce mixture next to the skillet.

When the timer goes off, have volunteer #6 add the vegetables and soy sauce mixture.

Name of Volunteer #6, now add the bowl of vegetables and the bowl with the soy sauce mixture to the skillet. Use the rubber spatula/scrapper to get all of the sauce out of the small bowl. Put the lid on the skillet.

Use the turner/spatula to stir the vegetables every few minutes. Cook until the vegetables are tender. 'Tender' refers to the fact that your teeth (or a fork or knife) can easily sink all the way through. Use the clean fork to test the tenderness of the vegetables.

Note: The vegetables can be removed from the skillet when semi-tender, as they will continue to cook when placed in the bowl with the lid on.

Station #7:

- **Equipment:** 1 small bowl, 1 dinner fork
- **Ingredients:** cooking spray
- **Provide during *Let's Cook!*** 2 eggs

Name of Volunteer #7, please break 2 eggs into the small bowl, and beat them with the dinner fork.

When the vegetables are tender:

Now that the rice and vegetables are cooked, *Name of Volunteer #6,* transfer them from the skillet to the clean large bowl. Put the lid on the bowl to keep the rice and vegetables warm.

Name of Volunteer #7, after *Name of Volunteer #6* has moved the rice and vegetables to the large bowl, turn the skillet to medium-low, spray the skillet with cooking spray and then add the eggs to the skillet. Scramble them with the turner/spatula.

When the eggs are cooked:

Name of Volunteer #7, now that the eggs are cooked, add the diced, cooked chicken to the skillet, and cook until the chicken is hot. Then, add the vegetables and rice back to the skillet, and mix with the eggs and the chicken.

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

If you make this at home, you can use any fresh, frozen, or cooked veggies you have. If you use cooked vegetables, wait until the eggs are scrambled and add them when you return the rice to the skillet.

Station #8:

- **Equipment:** 1 large cooking spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic forks, napkins

Now, we are ready to taste the **Fried Rice with Chicken!** _____
Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the recipe.

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 a great way to turn a few leftovers into a completely different meal!

If you choose to add additional soy sauce to today's recipe, please do so sparingly. Many Americans are getting too much sodium from the foods they eat. Sodium in salt and condiments like soy sauce may contribute to high blood pressure.

Some tips for reducing sodium in the foods you eat are to use little or no salt when cooking, always taste your food before adding salt and look for foods labeled "low sodium," "reduced sodium," or "no salt added." Foods lower in sodium may taste differently at first, but over time it is possible to acquire a taste for foods with less salt.

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