

Rainbow Veggie Roll Ups

Healthy Cooking in the Classroom



Bits & Tips

Try with any combination of veggies!

The possibilities for the spread are endless... hummus, Greek yogurt, and sun butter are just a few.

Vegetables offer nutrients such as potassium, fiber, and vitamin A & C

Get 2-3 servings of fruits and veggies a day, a typical serving size for vegetables is 1 cup

Keep veggies cut up and ready to eat, this encourages eating them for a snack

Rinse vegetables under cool running water before eating

Vegetables are naturally low in calories and there is NO cholesterol in vegetables!

Stay hydrated! One of the biggest mistakes we make is thinking we are hungry when we are actually thirsty-drink plenty of water

Our Snack today has:

Approximately 24 calories,
4 g. carbohydrate, 1 g. sugar,
1 g. total fat,
1 g. protein, 1 g. fiber

Here's What You Need:

- 8 oz reduced-fat cream cheese or Neufchatel cheese, softened
- 1 tsp. salt-free lemon pepper seasoning
- 1 red bell pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 1 cup matchstick carrots
- 2 celery stalks, cut and thinly sliced
- ¼ head purple cabbage
- 8 whole wheat tortillas

Here's What You Do:

1. Peel the cucumber using a vegetable peeler, as we practiced today in class.
2. Slice the pepper, celery and cabbage using the technique taught in class, be sure to have an adult oversee this.
3. Add softened cream cheese and seasoning to a bowl. Combine and *FOLD*, using a spatula and scraping the sides of the bowl.
4. Place tortilla on workspace and *SPREAD 2 T*, of the cream cheese over the tortilla.
5. Add veggies in a single layer over the entire tortilla and roll.
6. Cut into 8 equal pieces and serve, or refrigerate.

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Rainbow Veggie Roll Up

Instructor Guide



Learning Objectives For Students

- Teach children to eat a rainbow of fruits and vegetables
 - Select different colors at all meals and snacks
- Recap MyPlate and discuss the vegetable food group getting 2-3 servings of fruits and veggies a day
 - A typical serving size for vegetables is 1 cup
 - Vegetables are a significant source of vitamins, minerals, and fiber
- Discuss importance of portion control and cutting down on sweets
 - Stay hydrated! One of the biggest mistakes we make is thinking we are hungry when we are actually thirsty- drink plenty of water.
 - Be attentive to hunger and fullness
- Demonstrate and guide proper execution of each skill during recipe preparation
- Promote working as a team with their classmates to create recipe
- Increase children's confidence in preparing a healthy snack
- Encourage children to be open and receptive to new foods

Questions for Discussion

- What do you think of this recipe?
- What is your favorite ingredient?
- What other kinds of vegetables could you add to your roll up?
- What other snacks could you make that use vegetables in them?
- How often do you make snack at home?
- Do you think you will try and make this snack at home?
- Can you name 3 different food safety basics?
- Kids will ask what to do if they don't like one of the ingredients, always encourage they try something new.

Food Safety Basics

- Keep hands away from hair, face, pets, and don't sneeze or lick fingers (cough into sleeve or rewash your hands)
- Wash all vegetables and fruits under cool running water before eating. Inspect these items for damaged or spoiled spots. Sometimes these areas can be cut off and the rest of the food saved. There are times these spots have spoiled the entire food item and in that case the item should be thrown away.
- As we have discussed, half of your plate should be filled with fruits and vegetables. Try and make this side of your plate very colorful, a rainbow. The more color you add, the more vitamins you are getting into your diet.
- Treats should be a part of your life! But eat them fewer times than eating fruits and vegetables throughout the week. Keep the portion size for treats small as most treats are loaded with sugar. This is best for your teeth and overall health.