

# Lettuce Wraps

Instructions and ingredient quantities are written for a class of approximately 20 children.



## Ingredients

- 1-2 heads local lettuce
- 1 head broccoli
- 4-5 carrots (grated)
- 4 cucumbers
- 1 bunch celery
- 11 whole wheat tortillas (1/2 for each child and teacher)
- 8 oz. cheddar or Monterey Jack cheese (cut into slices)
- Optional: salad dressing

## Materials

### At Each Student Cooking Station

- Cutting boards or paper plates (one for each child)
- Plastic knives (one for each child)
- Small paper plates (one for each child)
- Small paper bowls (one for each child)
- Tablecloths (one for each table)
- 2oz. portion cups (one for each child)

### At Teacher's Station

- Knife
- Cutting board
- Paper Plate
- Bowl with example ingredients

### At Sink Area and for Clean Up

- Sponge, dish soap, paper towels

### Before you start cooking:

Set up the students' tables for the cooking class. Wash the tables/desks, lay tablecloths over them. Put a cutting boards, plastic knives, paper bowls, portion cups, and paper plates at each student cooking station. Pour salad dressing into the portion cups. Cut tortillas in half and give each student half of a tortilla. At the teacher's station in front of the students, cut the broccoli, celery, cucumbers, and carrots into large chunks that each child will slice into smaller pieces. Divide the ingredients evenly among the students, placing the ingredients for each child in his paper bowl.

## Steps with the Students

### Keep it clean

Ask students to wash their hands. Review proper hand washing techniques: Wet hands with clean water, add soap, rub hands together vigorously and scrub thoroughly. Rub hands with soap for at least 20 seconds (sing the ABC's), rinse with clean water.

### Introduce the Ingredients

Write the list of ingredients on the board. Show students the ingredients in their whole form. Draw or show students a diagram of a plant illustrating the roots, stem, leaves, flower, and fruit parts. Can students guess which of our ingredients is a root, stem, leaf, flower, and fruit? Connecting broccoli to a plant part is often tricky for students. To help, ask them to think of a vegetable that looks like broccoli but is white (cauliflower). Now can the students guess what part of the plant broccoli is? Can they think of vegetables that are roots or leaves? Finally, tell students where the local ingredient was grown and show them a picture of the farmer.

### Introduce the Equipment

Show students the tools they will use to make their lettuce wraps. Demonstrate the proper way to hold and handle the tools. Show students how to cut their cucumbers, celery, carrots, and broccoli into small pieces. Demonstrate how to cut the vegetable with the peel side down towards the table (this enables the knife to easily cut through the vegetable).

## Literature Connections

*The Giant Carrot*

by Jen Peck



## Curriculum Connections

Use hands-on cooking classes as a mechanism for teaching curriculum concepts. A few ideas for activities to accompany the lettuce wrap recipe are:

### 1. What parts do you eat?

Read *The Giant Carrot* and discuss plant parts with your students. Which parts grow above ground? Which parts grow underground? Make plant part journals with your students. Guide your students in making simple blank paper journals with 7-10 pages. To make the cover of their journal, ask students to draw a plant and (if appropriate for their level) label the plant parts. Over the course of one week, ask students to log (with drawings or words) which plant parts they eat at each meal. Are they eating a fruit with breakfast? Two roots with dinner? Leaves with lunch? Display the journals at the end of the week.

### 2. Garden Harvest

What is growing in your school garden? If any of the lettuce wrap ingredients are growing in the garden, harvest them for the recipe. Be sure to point out the parts of the plant we eat (and harvest) and as well as the other (non edible) parts of the plant.

### Curriculum Alignment

Find a list of which Common Core State Standards and NC Essential Standards this lesson plan aligns with on the lesson plan page at [www.growing-minds.org](http://www.growing-minds.org).

## What's going to happen? Review the Steps with Students

Go over each of the steps of making the recipe, from washing the vegetables to trying the lettuce wraps. Write the steps on the board.

**Step 1.** Wash all vegetables.

**Step 2.** Using a plastic knife, cut the broccoli, cucumbers, carrots, and celery into small pieces or slices. Put the vegetables into the small paper bowls.

**Step 3.** Get one large piece of lettuce and place it on the paper plate.

**Step 4.** Put the vegetable pieces, lettuce, and cheese pieces on top of the tortilla.

**Step 5.** Roll the tortilla around the vegetables like a burrito.

**Step 6.** Hold the lettuce wrap tight and try it!

**Step 7.** Dip the lettuce wrap into different salad dressings and try it again.

**Step 8.** Clean up.

## Get Them Cooking!

### Wash and Prepare the Ingredients

Wash and prepare the veggies. Choose several children to wash the vegetables by running them under water (with a teacher's assistant or volunteer's help). Bring the veggies back to the teachers' cooking station. Grate the carrot and cut the vegetables into large chunks in front of the class while talking a bit more about each ingredient. Cut the cheese into slices. Place the ingredients at each child's place.

### Demonstrate

Reserve some ingredients for a demonstration. Show students how to use their knives to cut the vegetables into small pieces or slices. Assemble a lettuce wrap in front of students, putting special emphasis on how to roll the tortilla around the vegetables.

### Cut, Sprinkle, Roll!

Ask students to take a seat at the tables/desks. Prompt students to start cutting the ingredients into small pieces using their plastic knives. Once the ingredients are all cut into small pieces or slices, students can put them into their individual paper bowls. Next, students should place the vegetables, apple, and cheese on top of their piece of tortilla. Guide students in rolling their tortilla around the vegetables like a burrito. Enjoy!



## Last Steps

### Taste it!

Prompt the children to try their lettuce wraps together all at once (Give them a count down by saying, "One, two, three, try it!). Give them small cups with different salad dressings. Give students the option of trying the lettuce wraps with the salad dressings.

### Clean Up

Kids can help in the clean up process by putting their plates in the trash and helping to pick up debris on the floor. While you finish clean up, ask a volunteer to read the suggested books.

## Did you know... .

There are over 87 varieties of lettuce.



Lettuce is a member of the sunflower family!

Darker green lettuce leaves are more nutritious than lighter green leaves.

Lettuce is one of the oldest known vegetables and is believed to be native to the Mediterranean area.

Iceberg lettuce was called "Crisphead" until the 1920s. It was renamed when California began transporting large quantities of lettuce underneath mounds of ice to keep them cool. This is how Iceberg lettuce got its name.

## More Lettuce Activities

### Make a Garden Pattern

Purchase green and red lettuce starts. In the garden, plant the lettuce in the garden using the different colors of lettuce to create a pattern (A, B, A, B or AA, BB, AA, BB, etc.).

### Taste Test

There are many different varieties of lettuce, from romaine to iceberg to oak leaf to mizuna. Purchase several different types of lettuce from your tailgate market and use them to organize a lettuce tasting party for your class. Ask students to vote on their favorite lettuce.