

# Lesson 3: Rainbow Skewers

## SCARLET CAMPERS

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### Lesson Overview:

In this lesson, campers will learn about proper kitchen and food safety, the basics of knife technique, and food preparation with a focus on fruits. First, campers will receive a demonstration on correct knife and peeler techniques. Next, they will learn the fundamentals of food safety and sanitation. Finally, campers will put these lessons into practice by preparing rainbow fruit skewers to enjoy at the end of the lesson.

### Behavior Change Objective:

As a result of this lesson, campers will demonstrate proper safety in the kitchen and will choose fruit as a snack option.

### Learning Objectives:

After participating in this lesson, campers will be able to:

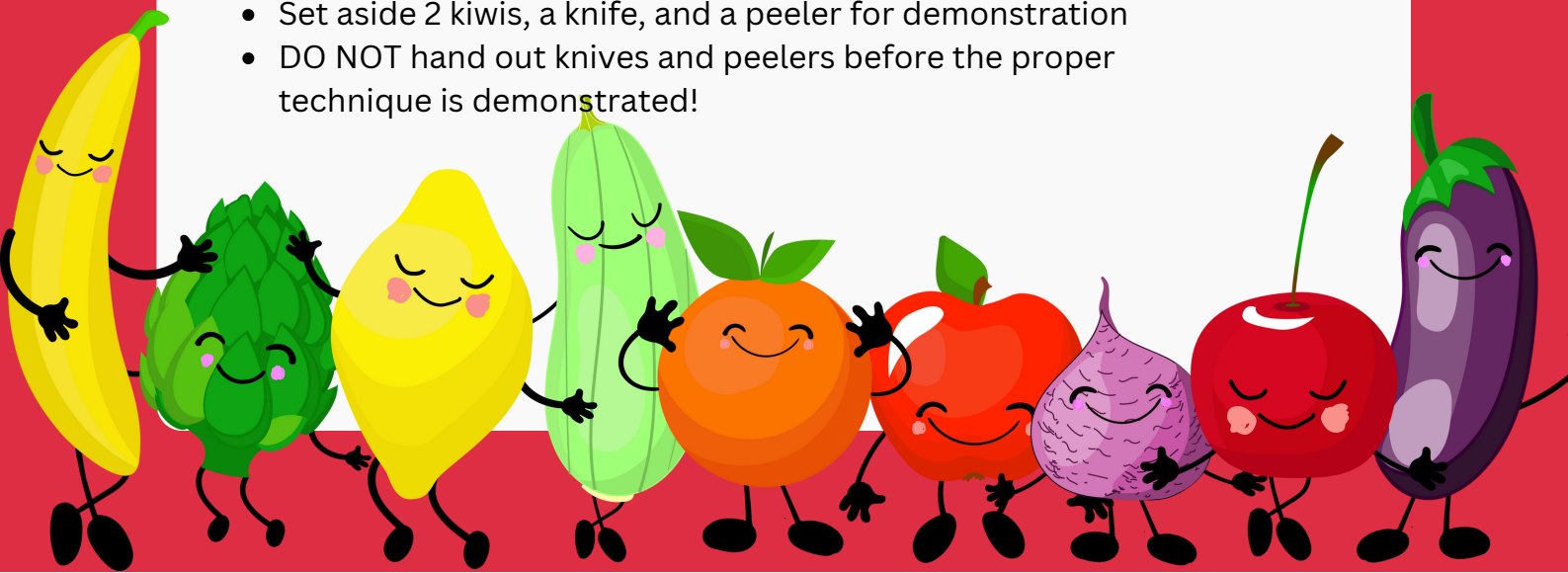
- Demonstrate claw and bridge knife techniques
- Demonstrate proper peeling technique
- Identify at least 3 fruits or vegetables which require peeling
- Explain the value of eating foods of different colors

### Key Words:

Food safety, knife technique, peeling fruits and veggies, fruit, fruit skewers

### Before you Begin:

- Gather the necessary materials, listed below
- Make a fruit skewer for decoration according to the recipe at the end of the lesson plan
- Set aside 2 kiwis, a knife, and a peeler for demonstration
- DO NOT hand out knives and peelers before the proper technique is demonstrated!





# Lesson 3: Rainbow Fruit Skewers (continued)

## Ingredients:

- Per six students:
  - 6 strawberries, hulled, or 6 raspberries
  - 1 clementine, separated into segments, or 6 cantaloupe chunks
  - 6 chunks of pineapple or banana slices
  - 1 kiwi, cut into 6 slices
  - 6 blackberries or blueberries

## Materials:

- Child-safe knives
- Child-safe peelers
- Strainer – one per group of 5 students (for washing blackberries or blueberries)
- Paper plates
- Napkins
- Mini wooden skewers – one per student
- Drawing paper
- Crayons

## Lesson Procedure and Script:

These are the talking points but make it your own! Most of all, have fun!

### **1. Introduce yourself and the lesson topic of food combinations:**

“Hi everybody! Today we’re going to learn how to use a knife to safely cut fruit and make fruit skewers! Along the way, we are going to learn how to be safe and clean in the kitchen, and how to cut fruits into different shapes and make them into a rainbow fruit snack that includes natural foods from every color of the rainbow. I made this skewer earlier; I can’t wait to see yours!”

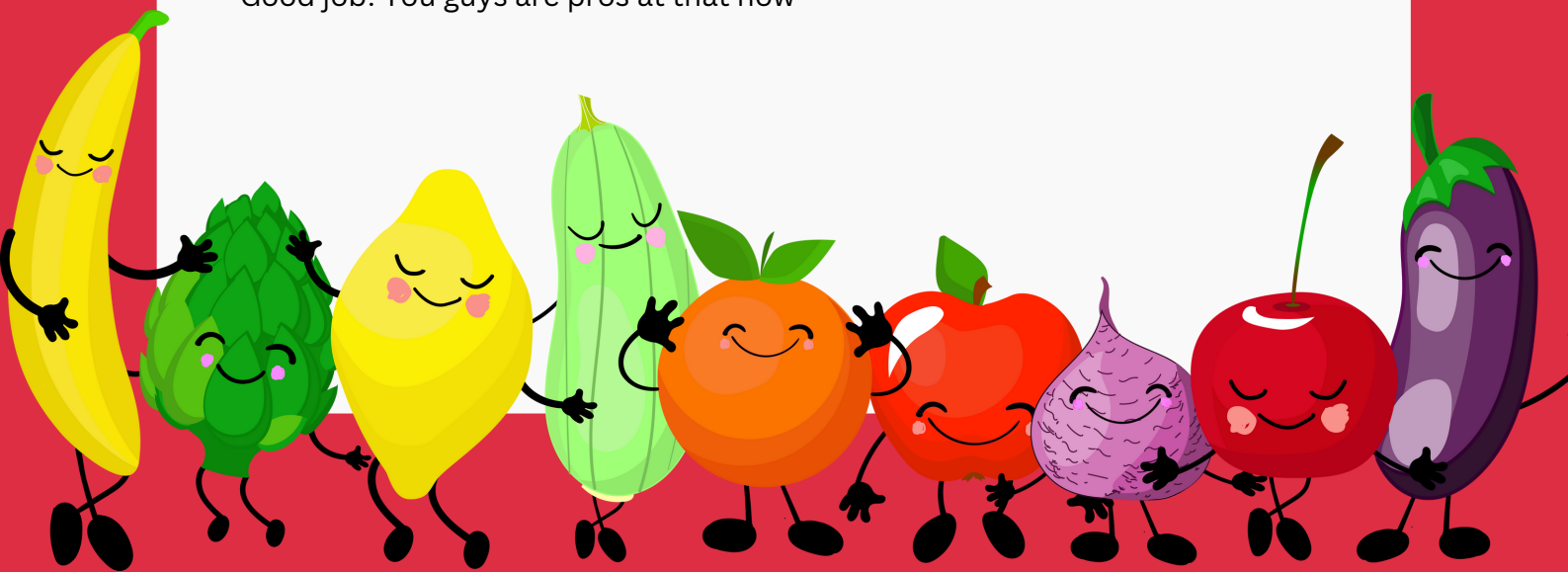
*Hold up fruit skewer (refer to attached recipe)*

### **2. Review class attention grabber:**

“Does everyone remember what I do when I need to get your attention?”-

*Demonstrate 2 slow claps, then 3 fast claps, and wait for students to clap back.*

“Good job! You guys are pros at that now”



# Lesson 3: Rainbow Fruit Skewers

## (continued)

### Lesson Procedure and Script (continued):

#### **3. Review last week's lesson – Food Combinations:**

“Before we start this lesson, has anyone tried any interesting flavor and texture combinations lately?

Have you thought of any more food combinations that you want to try?

Have anyone's melon seeds sprouted yet?

How big are your plants?

Is it easy or hard to remember to water them every day?”

#### **4. Teach safe knife skills (bear claw and bridge method):**

“During today's lesson, we're going to learn how to use a knife to safely cut fruit. Who here has chopped fruits or vegetables before?”

“We are using this kind of knife and peeler” hold them up to demonstrate “they might look a little different than the ones you have in your kitchen at home. These knives are plastic instead of metal, but they still have a sharp edge that can cut you if you're not careful. So, there are three important things to remember when you're using sharp knives:

- Always have adult supervision
- Cut on a smooth, stable surface like a cutting board
- Keep your fingers safe by using the bear claw or the bridge method”

#### ***Demonstrate to students how to correctly hold a knife in the dominant hand:***

“Hold the knife in your dominant hand, with a firm but gentle grip, like how you would shake hands with someone. Who can tell me what dominant hand means? That's right, it's the hand that is a little better at things like writing. Who here is right-handed? Who is left-handed? Great! Now, keep the fingers of your dominant hand curled under and your thumb on top. When you cut, keep the point of the knife pointed down and lift the handle end up and down to cut the food. And to keep your fingers safe when you hold the food, we'll do the bear claw or the bridge!”



# Lesson 3: Rainbow Fruit Skewers

## (continued)

### **Lesson Procedure and Script (continued):**

#### ***Demonstrate bear claw method-***

- *Make a claw shape with your non-dominant hand*
- *Use your claw to hold whatever you are chopping*

"This keeps your fingers away from the knife! Everyone hold up their bear claws!"

#### ***Demonstrate bridge method-***

"You do the bridge by making a C shape with your fingers to hold what you're cutting, and carefully cutting between your fingers and thumb-like a boat going under a bridge. Everyone hold up your C-shaped bridge!"

#### ***5. Teach how to use a peeler safely:***

"We also have these peelers. Some fruits and vegetables have skins that aren't that tasty. Which fruits do you eat with the skin on? Which vegetables? Which ones do you peel? To use the peeler, hold the handle in one hand and the fruit in the other hand, then glide the white part right under the skin like this. (*Demonstrate how to peel the kiwi with the peeler*). Sometimes it takes a few tries, and you might need to slide the edge along the skin a little to get the peeler under the skin! Make sure to always peel away from yourself and keep your fingers out of the edge's way."

#### ***6. Review food safety:***

"The last thing we're going to talk about before we start slicing and dicing is food safety. Does anyone know what food safety is? Yup, it's all the things that you do to make sure the food you cook doesn't get you sick, and you stay safe in the kitchen. It means we tie our hair back if it's long, so it doesn't get caught or fall into the food. It means we wash our surfaces and cooking implements. It also means that you cook meat until it's the right temperature, you don't leave sandwiches on the counter for a week, you don't eat food off the floor, and maybe most importantly- before you start cooking, what do you do with your hands? Right, wash them! Let's get our hands washed and start chopping!"



# Lesson 3: Rainbow Fruit Skewers

## (continued)

### **Lesson Procedure and Script (continued):**

#### **7. Cut fruit for rainbow food skewers:**

*Break kids into groups of 5. Each student will get one piece of fruit – (red-strawberry/raspberry, orange–clementine/cantaloupe, yellow–pineapple/banana, green–kiwi/grape, blue-blackberry/blueberry*

*Before handing out fruit demonstrate how to prepare each piece of fruit: cut the tops off strawberries, cut cantaloupe into cubes (cantaloupe will be cut into large segments ahead of time), peel and slice banana, peel kiwi and slice, and wash blueberries/blackberries. If possible, this demonstration should be performed for each group of 5.*

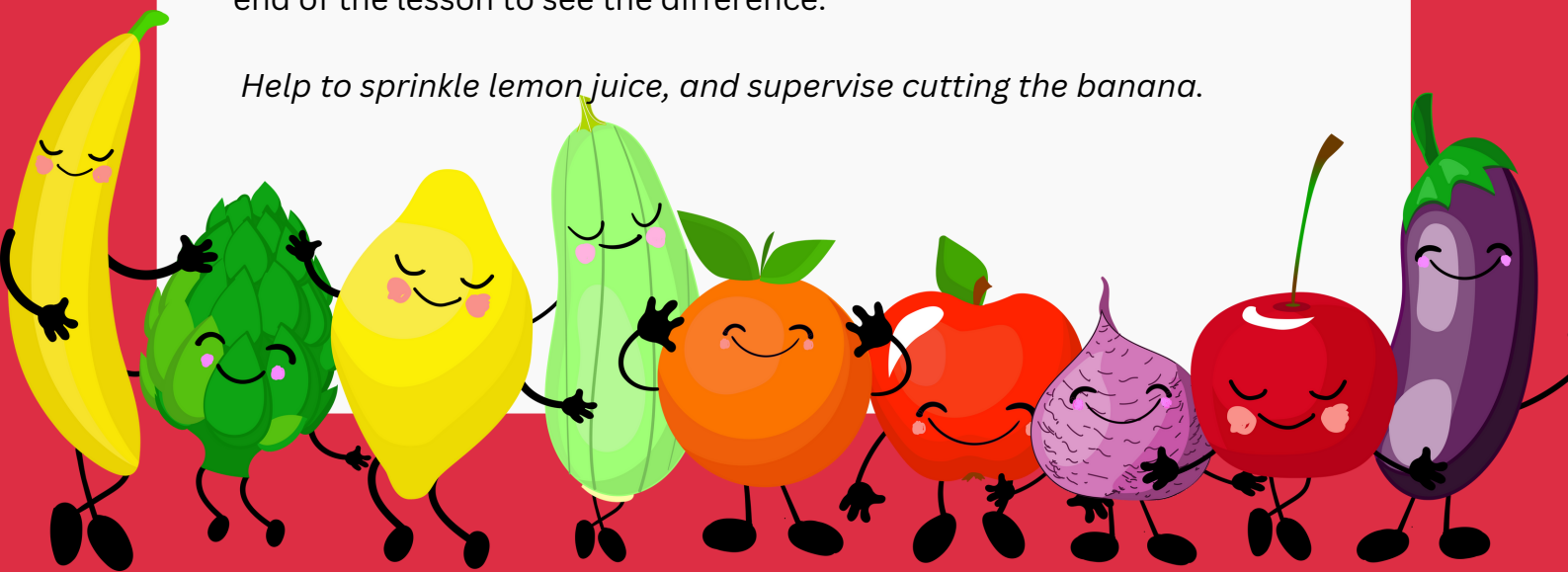
*Hand out 5 colors of fruits to each student group and have them prepare the fruit pieces as demonstrated. You may choose to “give jobs” to the students, e.g. one student will be responsible for strawberries and another for the banana. Or you can choose to give each student a plate of fruit in all colors but in larger sizes so they can work to cut their own fruit.*

#### **Optional: Oxidation Experiment**

“Who wants to learn a cool trick you can use to prevent fruit from getting brown? When we cut fruit the inside gets exposed to air and a chemical reaction happens which causes the fruit to change color. It's sort of like the fruit is getting rusty. This process is called oxidation. It doesn't mean the fruit is bad to eat, but it can change the way it looks.

To slow down this oxidation process, we can use lemon juice. The acid in the lemon helps protect the fruit from reacting with the oxygen in the air. So lets see what happens if we squeeze some lemon juice on this piece of banana, and leave this other one plain. We will take a look at the end of the lesson to see the difference.”

*Help to sprinkle lemon juice, and supervise cutting the banana.*





# Lesson 3: Rainbow Fruit Skewers

(continued)

## Lesson Procedure and Script (continued):

### **8. Assemble rainbow fruit skewers:**

*Hand out small paper plates to each table.*

"Good job everyone! Whenever you're done cutting your fruit you can make your fruit skewers. You can make rainbows, patterns, whatever you want!"

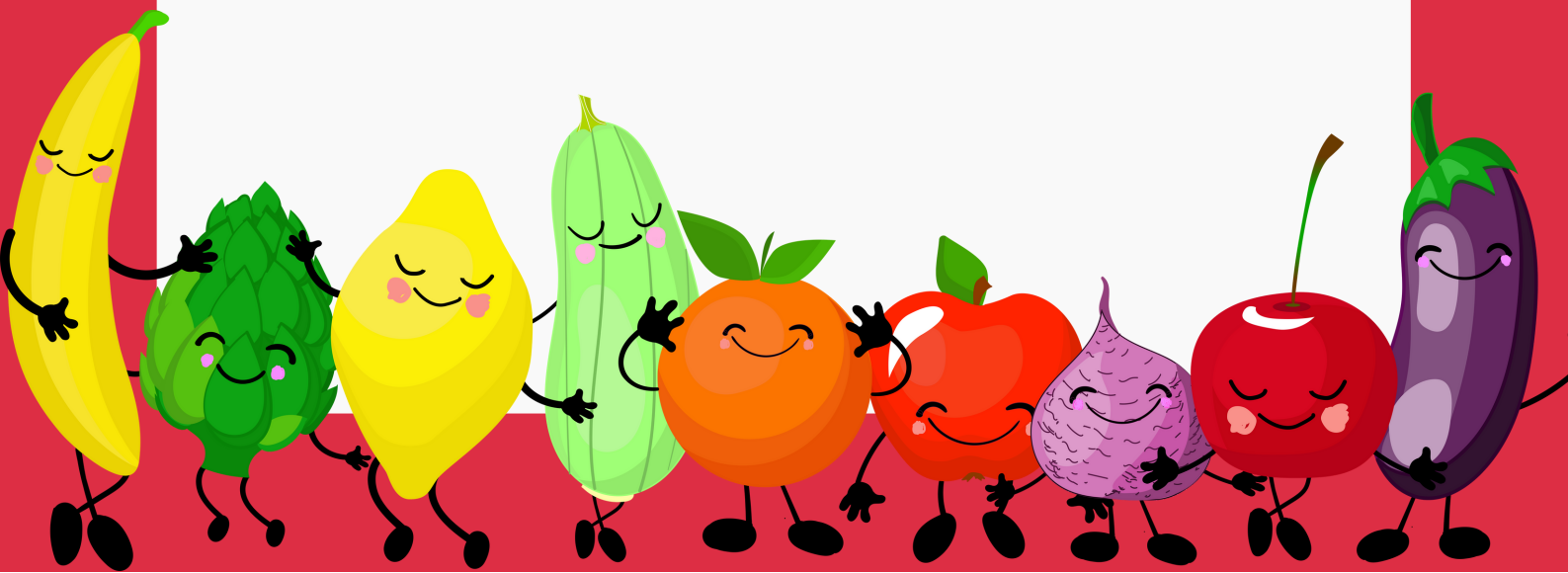
### **9. Introduce importance of putting many colors on the plate.**

"Your skewers all look very cool! Its not just fun to make meals with lots of different colors, it can be great for our bodies! Does anyone know why?"

"That's right, different colors in plants can show that they have different substances they can give to your bodies. Colors can tell us about the vitamins and minerals in a food, which each help our bodies do different things like see better, use our muscles, and grow our bones. We're going to talk a bit more about nutrients like vitamins and minerals next week, so in the meantime keep an eye out for all the colors you can put on your plate!"

### **9. Optional activity if time remaining – Draw pictures of favorite fruits:**

*If there's time leftover, have students wash hands and pass out crayons and paper so kids can draw pictures of their favorite fruits. Have fruit skewers as a snack.*

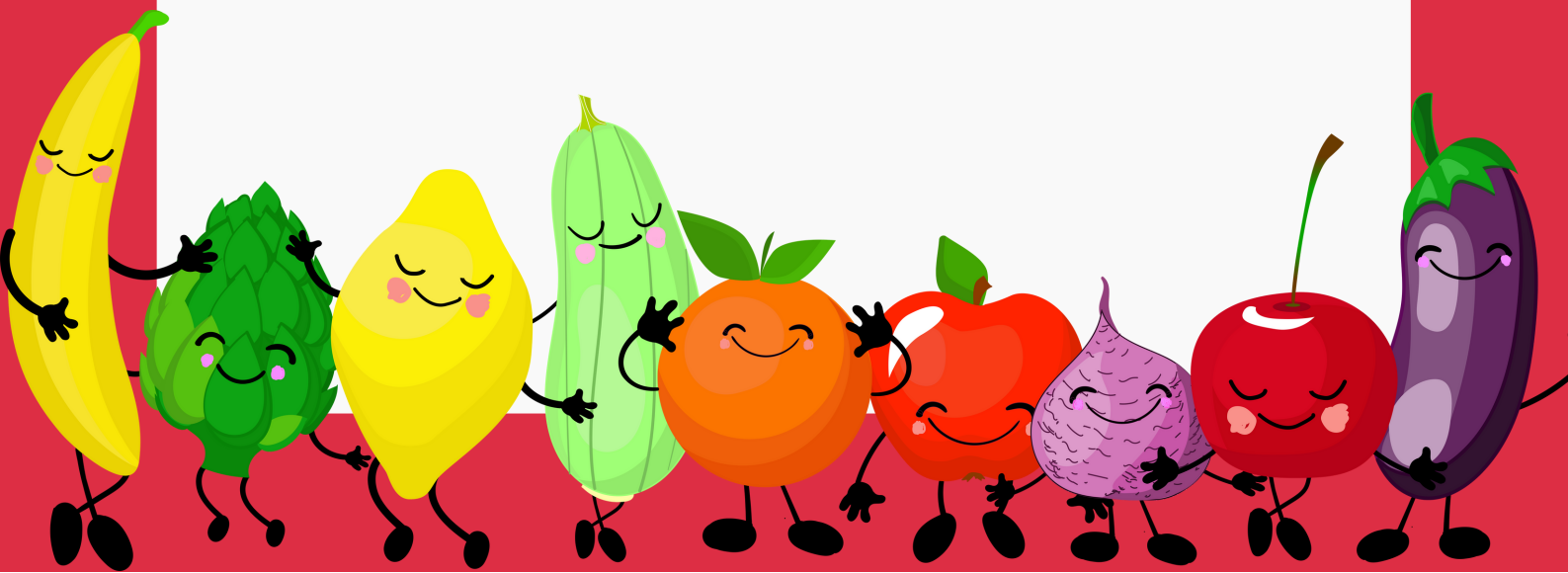




# Lesson 3: Rainbow Fruit Skewers (continued)

## Rainbow Fruit Skewers: Hands-On Activity Outline

1. **Adults:** Cut Kiwi in half.
2. **Adults:** Demonstrate knife techniques - bear claw, bridge, slicing, chopping.
3. **Adults:** Demonstrate how to use a peeler on kiwi skin.
4. **Kids:** Peel and cut fruit.
5. **Kids:** Assemble fruit skewers.
6. **Kids:** Have fruit art as a snack.
7. **Kids:** Draw a picture of your favorite fruits.





# Lesson 3: Rainbow Fruit Skewers

## Recipe

### **RAINBOW FRUIT SKEWERS**

#### **Ingredients (per 6 students):**

- 6 strawberries, hulled, or 6 raspberries
- 1 clementine, separated into segments, or 6 cantaloupe chunks
- 6 chunks of pineapple or banana slices
- 1 kiwi, cut into 6 slices
- 6 blackberries or blueberries

#### **Instructions:**

1. Peel, rinse, and slice fruits into bite-sized chunks.
2. Thread the fruit onto six wooden skewers in rainbow order.
3. Sprinkle lemon juice on skewers to prevent browning.





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