

# Apple Carrot Salad

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



## Ingredients

10-12 local apples  
10 carrots  
3/4 cup raisins  
2 lemons  
1 1/2 cups vanilla yogurt

### Before you start cooking:

Set up the students' tables for the cooking class. Wash the tables/desks and lay tablecloths over them. Put a cutting board, plastic knife, and small paper plate at each child's place. Put a small bowl, a large bowl, and a spoon at each table. Divide the raisins and yogurt evenly among the tables (put them in small paper bowls). If you are working with young students, grate the carrots and divide the carrot evenly among paper bowls (one for each student table).

## 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 and point out which part we eat. This is your opportunity to tell the story of the ingredients and to create buy-in from the kids to try them. If possible, purchase several different types of local apples for the recipe, varying in shape or color. Do student think the apples all taste the same or different? Can they make predictions? Show students a photograph or story about the farmer who grew the apples (most farmers have great websites with this information available). Do you have a positive memory of picking, cooking, or eating apples you can share? Tell students how apples grow and show photographs of apple trees in each season.

## Materials

### At Each Student Cooking Station

Cutting boards or paper plates (one per child)  
Plastic knife (one per child)  
Tablecloths (one per table)  
1 large bowl (one per table)  
Mixing spoon (one per table)  
Graters (one or two per table)  
Teaspoon (one per table)  
1/4 measuring cup (one per table)  
1 spoon (one per table)  
Small paper plates (one per child)  
2 paper bowls (one per table; for raisins and yogurt)  
Plastic forks (one per child)

### At the Teacher's Station

Knife  
Cutting board  
Grater  
Apple corer

### At Sink Area and for Clean Up

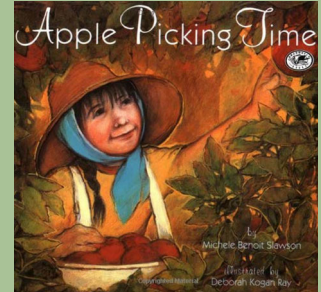
Sponge, dish soap, paper towels



Apple corers help younger children to peel and core apples safely.

## Literature Connections

*Apple Picking Time*  
by Michele Slawson



## Curriculum Connections

Use hands-on cooking classes as a mechanism for teaching curriculum concepts. A few ideas for activities to accompany the apple carrot salad recipe include:

1. Explain that "salads" are any combination of several fresh, usually uncooked ingredients. Show students an example of a salad recipe and review recipe formats (title, ingredients, steps). Ask students to write their very own recipe for a salad. What fresh fruits or vegetables would they include? What steps?
2. Bring in three or four varieties of apples. Create a chart with a heading for each type of apple and have the students list descriptive words for each different variety. Cut up the apples so students can have a taste of each one. Have the students examine them and compare the taste, flesh color, texture, etc. Record their observations on the chart.

## 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).

## Introduce the Equipment

Show students the tools they will use to make their apple salad. Demonstrate the proper way to hold and use the tools.

## 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 apple salad. **Write the steps on the board.**

**Step 1.** Wash the apples and carrots.

**Step 2.** Using the apple corer, peel and core the apples.

**Step 3.** Cut the apples into small chunks. Add to the large bowl.

**Step 4.** Squeeze the lemon slices so their juice is added to the apples.

**Step 5.** Using box graters or hand-held graters, grate the carrots. Add them to the large bowl.

**Step 6.** Measure the raisins and add them to the large bowl.

**Step 7.** Measure the yogurt and add it to the apple-carrot mixture. Stir.

**Step 8.** Taste it!

**Step 9.** Clean up.

## Get Them Cooking!

### Wash and Prepare the Ingredients

Choose several children to wash the apples and carrots by running them under water (with a teacher's assistant or volunteer's help). Bring the ingredients back to the teacher's station. Cut the lemons into 20 pieces (or one for each child) and put one piece on each students' cutting board. Put a small bowl of yogurt at each table.

### Core, Peel, Cut, Squeeze, Measure, Mix

At the teacher's station, show students how to use the apple corer. One by one, select students to core and peel the apples with the corer. The teacher should remove the apple cores from the prongs and reapply fresh apples. Ask students to return to their seats. Put chunks of the peeled, cored apple at each of the students' cutting board and ask them to use their plastic knives to cut the apples into smaller pieces. Prompt them to add the apples to the large bowl. Next, ask students to each squeeze their lemon slice into the bowl with the apples. Older students can take turns using a grater to grate the carrots. A teacher or adult will need to help younger students grate the carrots. Add the carrot to the apples. Guide students in using a spoon to fill their 1/4 measuring cup with yogurt. Students should take turns adding spoonfuls of yogurt to the measuring cup until it is full. Add the yogurt to the apple mixture. Demonstrate how to use the measuring spoon to measure the raisins. Prompt two students at the tables to each measure one teaspoon of raisins and add them to the apples. Guide student in taking turns mixing the salad (mix, mix, pass; mix, mix, pass).



## Last Steps

### Taste it!

Give each child a bit of apple salad on a small paper plate. Prompt the children to try the salad together all at once.

### 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.

## Did you know. . .

Apples are a member of the rose family.

Fresh apples float because 25% of their volume is air (thank goodness, or none of us would have ever experienced bobbing for apples!).



Apple trees don't start making fruit until they are four or five years old.

Apples have been grown for thousands of years in Asia and Europe, and were brought to North America by European colonists.

## More Apple Activities

### Apple Recipe Book

Request that each child brings in a favorite apple recipe from home. Assemble them into a booklet and send home a copy for each family.

### Apple Tasting Party

Ask students to brainstorm a list of all the things people eat made with apples. Bring in several different kinds of things made with apples and offer students a taste of each (dried apples, apple sauce, fresh apples, apple juice).

### Set up an Apple Market

Set up an apple market with several varieties of apples and corresponding prices. Give some students the role of "farmers/vendors" and other the role of "shoppers." Practice the roles of selling or shopping with the students and then let the kids run the market and buy apples! For a lesson plan and supporting materials (including printable market bucks) visit:

[www.growing-minds.org](http://www.growing-minds.org).