

Food Detectives-Asparagus

Equipment Required

- Knife
- Cutting board
- Stove
- Colander
- Pot
- Magnifying Glass (If available)
- Serving Bowl and Tongs or Spoon

Ingredients

Bundle of fresh asparagus spears

Purpose

The purpose of this lesson is to introduce a new food to your child. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, your child(ren) will describe what asparagus looks like and will also share if s/he likes how it feels, smells, and tastes.

Words to Use

- | | | |
|---------|--------------------|---------|
| ▫ feel | ▫ taste | ▫ spear |
| ▫ head | ▫ asparagus | |
| ▫ smell | ▫ green and purple | |

Activity

1. Before starting the activity select one or two asparagus spears for your child(ren) to closely examine (with a magnifying glass if available).
2. Explain that we are going to be food detectives. A detective gathers clues by using his or her eyes, hands, nose, and mouth. We are going to use our eyes and a magnifying glass (if available), to look closely at a food that we may have not tried before. We get to smell and taste the new food.
3. Let's look at the asparagus. Encourage your child(ren) to touch the asparagus and look at the asparagus. If available, use the magnifying glass to look at the asparagus.
4. Share with your child(ren) that the asparagus is made up of two pieces. Compare a piece of asparagus to a flower. The head is the flower-like bud on top of the long spear.
5. Ask your child(ren) what asparagus looks like and if they like the way asparagus feels on their hands.
6. Ask your child(ren) to wash their hands.
7. Have your child(ren) assist you with steaming asparagus.

NOTE-Asparagus can be difficult to chew for young children if the asparagus is not cooked long enough. If the spears are thick, cut lengthwise and into pieces no larger than ½ inch to prevent choking.

An easy way to steam fresh asparagus:

1. Remove one spear from the asparagus bundle and snap.
2. Line up bundle with snapped spear and cut rest of spears at approximately the same location, saving the ends with a head.
3. Rinse and drain spears and place in colander over a pot of boiling water.
4. Steam until the spears are very tender.

Snapping Asparagus

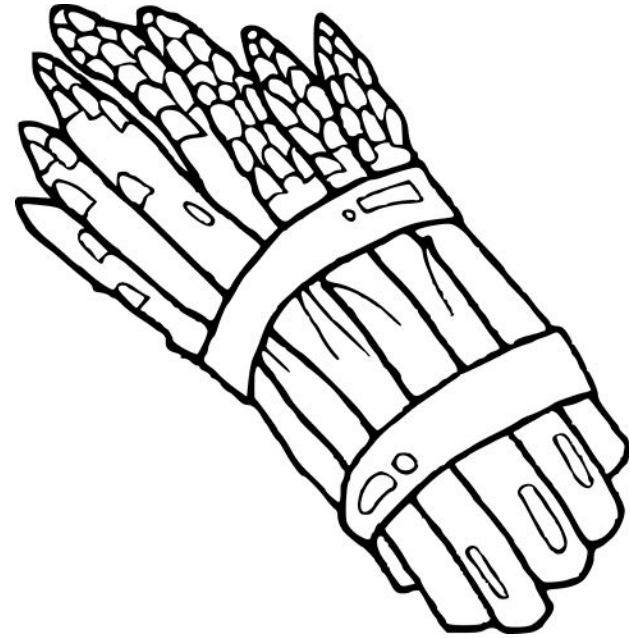
The base of an asparagus spear is woody and stringy. The conventional wisdom is that the natural snap-off point is where the unpalatable toughness ends, and the tender asparagus begins.

Tasting

At dinner or another time, provide each family member with a sample of asparagus. Encourage everyone to smell the asparagus before tasting it.

Summary

Today we were food detectives, using our eyes, hands, nose, and mouth to describe a new food. Who liked the way asparagus felt on their hands? What did asparagus look like? (with a magnifying glass?) Who liked the way asparagus smelled? Who liked the way asparagus tasted?



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<https://hsc.unm.edu/school-of-medicine/pediatrics/divisions-centers-programs/prevention-research-center/chile-plus/curriculum.html>, accessed 4/1/2020.

Taste Testers-Asparagus

Equipment Requirement

- Stove
- Pot
- Knife
- Cutting Board
- Dinner plate
- Small plate or bowls
- Tongs or Spoon to serve

Ingredients

Bundle of fresh asparagus spears

Purpose

The purpose of this lesson is to introduce a new food to your child. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, your child(ren) will taste test steamed asparagus.

Words to Use

▫ asparagus
▫ green

▫ spear
▫ heads

Activity

1. Ask your child(ren) to wash their hands.
2. Explain that we are going to be taste testers. Ask them what taste testers do? Taste testers try new foods and describe how they look, smell, and taste.
3. Have your child(ren) assist you with steaming asparagus.

NOTE-Asparagus can be difficult to chew for young children if the asparagus is not cooked long enough. If the spears are thick, cut lengthwise and into pieces no larger than ½ inch to prevent choking.

An easy way to steam fresh asparagus:

5. Remove one spear from the asparagus bundle and snap.
6. Line up bundle with snapped spear and cut rest of spears at approximately the same location, saving the ends with a head.
7. Rinse and drain spears and place in colander over a pot of boiling water.
8. Steam until the spears are very tender.

Snapping Asparagus

The base of an asparagus spear is woody and stringy. The conventional wisdom is that the natural snap-off point is where the unpalatable toughness ends, and the tender asparagus begins.

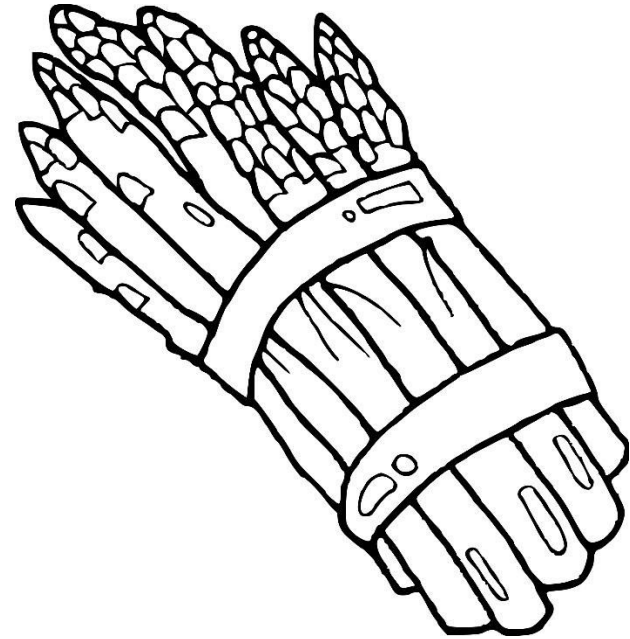
4. After the asparagus are steamed and tender, place them on a plate. Remind your child(ren) of when they were food detectives. Talk about the two parts of an asparagus: the spear and the head. Compare the spear and head to a stem and flower. Ask them what looks the same and what looks different about the two parts of the asparagus.
5. Instruct your child(ren) to take a sample of the asparagus and pass the plate to the rest of the family/people at the table.
6. After everyone has a sample, ask them to smell the asparagus. Ask them how the asparagus smells.
7. Encourage everyone to take at least one bite of the asparagus.
8. After everyone has smelled and tasted the sample, ask if they liked it.

Summary

Today we were taste testers. What did we taste today?

Enrichment

Cut and paste pictures of items that begin with the letter **a** on a piece of paper with the letter **a**.



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Let's Get Cooking-Scrambled Egg with Asparagus

Equipment Required

- Non-stick Skillet
- Medium Bowl
- Whisk or fork
- Stove
- Serving Bowl and Spoon
- Plates, forks, and/or spoons

Ingredients

(makes 6-1/3 cup servings)

9 Large eggs
3 Tablespoons Milk
1/2 teaspoon Ground Black Pepper or to taste
Salt, to taste
1 Tablespoon Olive Oil
1 cup Chopped Asparagus

Purpose

The purpose of this lesson is to introduce a new food to your child. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, your child(ren) will help prepare a healthy breakfast.

Words to Use

- asparagus
- spear
- chef
- chopped

Activity

1. Ask your child(ren) to wash their hands.
2. Explain that today we are going to be chefs. What does a chef do? A chef makes food that tastes really good. What did we already do that a great chef always does? What do great chefs do after they are done cooking?
 - Remind your children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.
3. Prepare the eggs with your child(ren). As him/her to assist when possible.
4. Wash the asparagus well. Chop into small pieces.
5. Break eggs in a medium bowl, lightly beat.
6. Add 3 Tablespoons of milk, salt, and black pepper to egg mixture (season to taste). Stir with whisk.
7. Heat the non-stick skillet over a medium heat. Add olive oil to pan, swirl to coat. Add asparagus to pan,

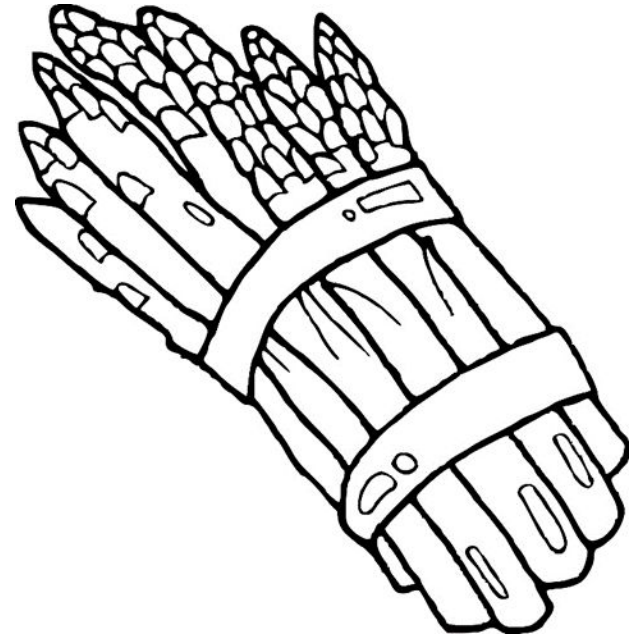
reduce heat to medium-low. Add eggs and cook 8 minutes or until eggs are soft and begin to set, stirring frequently.

8. Place the eggs in the serving bowl, providing each child and family member a serving.
9. Encourage everyone to take at least one bite.

NOTE-For perfect soft-scrambled eggs, cook slowly and stir often to form creamy curds. Use the thinnest asparagus you can find so they become tender.

Summary

Today we were chefs. What did we make today? Who liked making scrambled eggs with asparagus?



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Let's Get Cooking-Asparagus Flowers

Equipment Required

- Knife
- Cutting Board
- Stove
- Pot
- Colander
- Plates

Ingredients

Bundle of fresh asparagus spears, steamed

Cherry tomatoes (quartered)

Spinach leaves

Purpose

The purpose of this lesson is to introduce a new food to your child. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, your child(ren) will help prepare a healthy snack.

Words to Use

- asparagus
- chef
- flower

Activity

1. Ask your child(ren) to wash their hands.

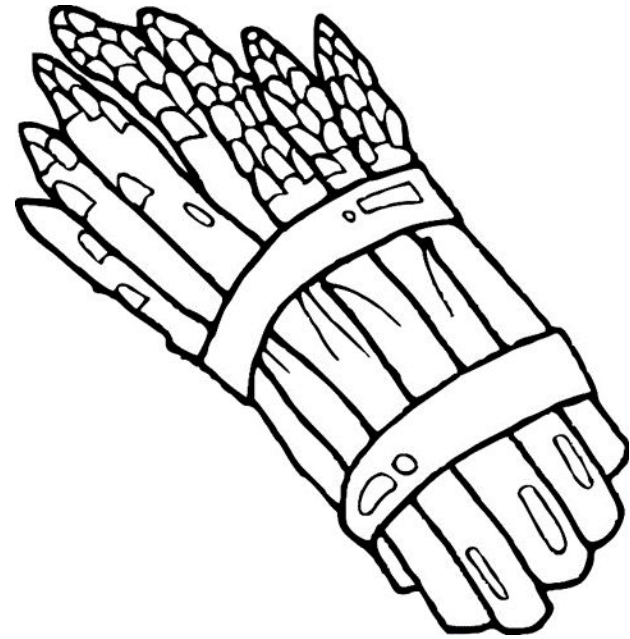
2. Explain that today we are going to be chefs. What does a chef do? A chef makes food that tastes really good. What did we already do that a great chef always does? What do great chefs do after they are done cooking?
 - Remind your children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.
3. Have your child(ren) assist you with steaming asparagus.

NOTE-Asparagus can be difficult to chew for young children if the asparagus is not cooked long enough. If the spears are thick, cut lengthwise and into pieces no larger than ½ inch to prevent choking.

An easy way to steam fresh asparagus:

- Remove one spear from the asparagus bundle and snap.
- Line up bundle with snapped spear and cut rest of spears at approximately the same location, saving the ends with a head.
- Rinse and drain spears and place in colander over a pot of boiling water.
- Steam until the spears are very tender, cool.

4. Prepare the asparagus flowers with your child(ren).
Demonstrate how to make an asparagus flower.
 - Create the stalk of a flower out of pieces of asparagus and place in the middle of your plate.
 - Place quartered tomatoes and other (optional) colorful vegetables on the top of the spear. These vegetables represent the petals.
 - Place a few spinach leaves around the base of the asparagus stalk to represent the leaves.
5. Have your child(ren) create his/her own asparagus flower.
6. Ask him/her to taste their asparagus flower.
Encourage them to take at least one bite of asparagus.



Summary

Today we were chefs. What did we make today? Who liked making the asparagus flowers?

Enrichment

Ask your child what colors the different petals are on their own asparagus flowers.

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Food Detectives-Kiwi

Equipment Required

- Knife
- Cutting board
- Magnifying Glass (If available)
- Small Serving Bowl and Spoon
- Fruit dish, one for each person

Ingredients

1 Whole Kiwi per person

Purpose

The purpose of this lesson is to introduce a new food to your child. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, your child(ren) will describe what a kiwi looks like and will also share if s/he likes how it feels, smells, and tastes.

Words to Use

- | | | |
|---------|-------------------|--------|
| ▫ feel | ▫ taste | ▫ kiwi |
| ▫ fuzzy | ▫ seeds | |
| ▫ smell | ▫ green and brown | |

Activity

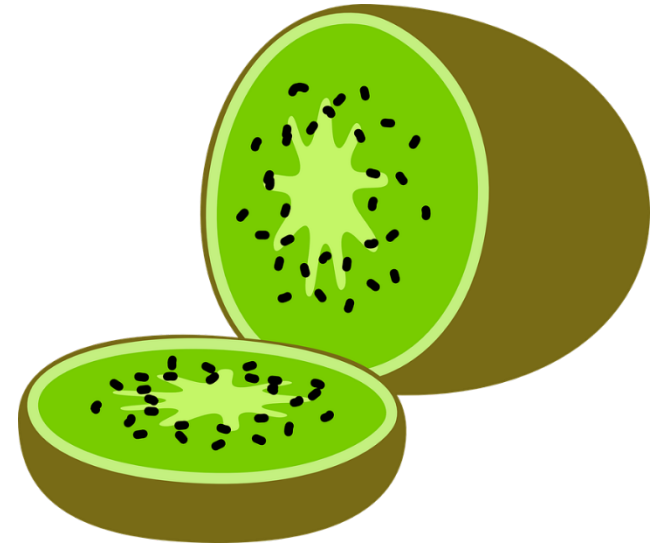
8. Before starting the activity select a whole kiwi for your child(ren) to closely examine (with a magnifying glass if available).
9. Explain that we are going to be food detectives. A detective gathers clues by using his or her eyes, hands, nose, and mouth. We are going to use our eyes and a magnifying glass (if available), to look closely at a food that we may have not tried before. After we have looked at the food, we get to smell and taste the new food.
10. Let's look at the kiwi. Encourage your child(ren) to touch the kiwi and look at the kiwi. If available, use the magnifying glass to look at the kiwi.
11. Ask your child(ren) what a kiwi looks like and if they like the way kiwi feels on their hands.
12. Ask your child(ren) to wash their hands.
13. Have your child(ren) assist you as much as possible to prepare the kiwi for tasting.
 - Thoroughly wash kiwi under running water.
 - Peel the skin off the kiwi.
 - Cut kiwi into pieces no larger than ½ inch to prevent choking.
 - Place in serving bowl.

Tasting

Provide each child/family member with a sample of the kiwi. Encourage everyone to smell the kiwi before tasting it.

Summary

Today we were food detectives, using our eyes, hands, nose, and mouth to describe a new food. Who liked the way kiwi felt on their hands? What did kiwi look like? (with a magnifying glass?) Who liked the way kiwi smelled? Who liked the way kiwi tasted?



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Taste Testers-Kiwi

Equipment Requirement

- Knife
- Cutting Board
- Small Serving Bowl and Spoon
- Fruit dish, one for each person

Ingredients

1 Whole Kiwi per person

Purpose

The purpose of this lesson is to introduce a new food to your child. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, your child(ren) will taste test kiwi.

Words to Use

- kiwi
- green
- seeds
- round
- fuzzy

Activity

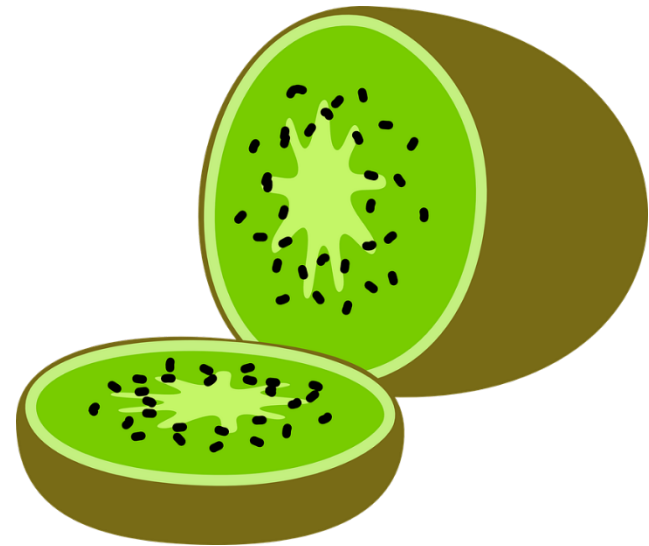
9. Ask your child(ren) to wash their hands.
10. Explain that we are going to be taste testers. Ask them what taste testers do? Taste testers try new foods and describe how they look, smell, and taste.
11. Have your child(ren) assist you as much as possible to prepare the kiwi for tasting.
 - Thoroughly wash kiwi under running water.
 - Peel the skin off the kiwi.
 - Cut kiwi into pieces no larger than ½ inch to prevent choking.
 - Place in serving bowl.
12. Instruct your child(ren) to take a sample of kiwi and pass the bowl to the rest of the family/people at the table.
13. After everyone has a sample, ask them to smell the kiwi. Ask them how the kiwi smells.
14. Encourage everyone to take at least one bite of the kiwi.
15. After everyone has smelled and tasted the sample, ask if they liked it.

Summary

Today we were taste testers. What did we taste today?

Enrichment

Write out the word kiwi and ask your child to practice writing the letter **k**.



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Let's Get Cooking-Kiwi and Strawberry Skewers

Equipment Required

- Knife
- Cutting Board
- Platter
- Small plates, one for each person

Ingredients

Kiwi (1/2 Kiwi per person)

Whole Strawberries (Fresh or Frozen)-at least 1 per person

Small Pretzel Sticks-1 bag

Purpose

The purpose of this lesson is to introduce a new food to your child. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, your child(ren) will help prepare a healthy snack.

Words to Use

- kiwi
- strawberry
- chef
- skewer

Activity

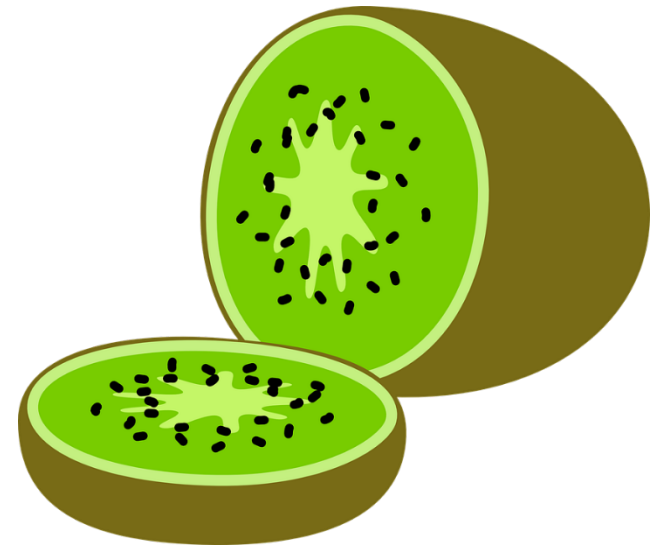
10. Ask your child(ren) to wash their hands.
11. Explain that today we are going to be chefs. What does a chef do? A chef makes food that tastes really good. What did we already do that a great chef always does? What do great chefs do after they are done cooking?
 - Remind your children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.
12. Have your child(ren) assist you as much as possible to prepare the fruit for the skewers.
 - Thoroughly wash the fruit under running water.
 - Peel the skin off the kiwi.
 - Cut kiwi into pieces no larger than ½ inch to prevent choking.
 - Remove stems and cut strawberries into pieces no larger than ½ inch to prevent choking.
 - Place in serving bowl.
13. Demonstrate to your child(ren) how to make a kiwi skewer and a strawberry skewer.
14. Put one piece of kiwi on a pretzel stick and taste.
15. Place one piece of strawberry on a pretzel stick and taste.
16. Ask your child(ren) to make his/her own kiwi skewer and strawberry skewers.
17. Encourage your child(ren) to try at least one bite of his/her kiwi and strawberry skewers.

Summary

Today we were chefs. What did we make today? Who liked making the kiwi and strawberry skewers?

Enrichment

Discuss the difference between salty and sweet. Ask your child which food(s) tasted salty and which food(s) tasted sweet in their snacks.



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Let's Get Cooking-Fruit Stop Lights

Equipment Required

- Knife

- Cutting Board
- Platter
- Plates, one for each person

Ingredients

Kiwi (1/4 Kiwi per person)

1 or 2 Bananas

Whole Strawberries (Fresh), 1 basket

Purpose

The purpose of this lesson is to introduce a new food to your child. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, your child(ren) will help prepare a healthy snack.

Words to Use

- kiwi
- strawberry
- banana
- chef
- stop light

Activity

18. Ask your child(ren) to wash their hands.
19. Explain that today we are going to be chefs. What does a chef do? A chef makes food that tastes really

good. What did we already do that a great chef always does? What do great chefs do after they are done cooking?

- Remind your children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.

20. Explain to your child(ren) that they are going to make a stop light out of fruit. Ask him/her if they know what a stop light is. Explain that a stop light tells people who are driving and walking across a street when to go and when to stop.
21. Share that stop lights are made up of three colors: red, orange/yellow, and green. Ask your child(ren) what the different colors mean (red means stop, yellow means slow down and be ready to stop, and green means go).
22. Have your child(ren) assist you as much as possible to prepare the fruit for the stop lights.
 - Thoroughly wash the fruit under running water.
 - Peel the skin off the kiwi.
 - Cut kiwi into pieces no larger than ½ inch to prevent choking.
 - Remove stems and cut strawberries into pieces no larger than ½ inch to prevent choking.
 - Peel the skin off of the banana.
 - Cut the banana into pieces no larger than ½ inch to prevent choking.
 - Place fruits on platter.
23. Demonstrate to your child(ren) how to make a stop light out of fruit.

- Place strawberry pieces on the top of a plate and form into a circle to represent a red light.
- Place small pieces of a banana below the strawberries to represent a yellow light.
- Finally, add pieces of kiwi below the banana pieces to represent a green light.

24. Ask your child(ren) to make his/her own fruit stop lights.

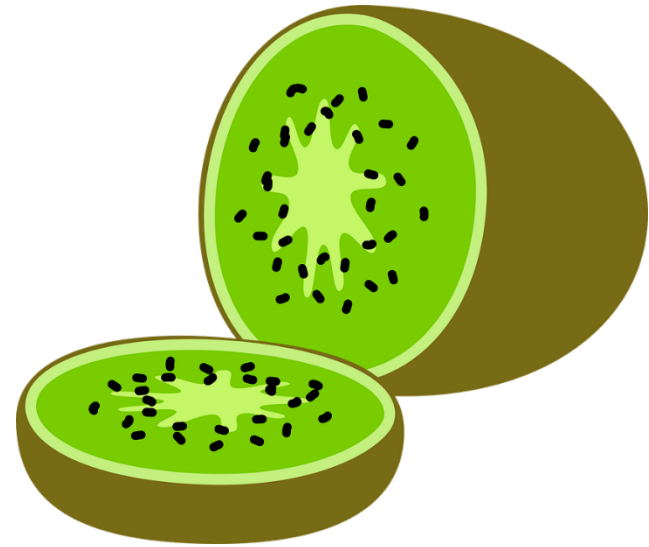
25. Encourage your child(ren) to try at least one bite of each fruit.

Summary

Today we were chefs. What did we make today? Who liked making the fruit stop lights?

Enrichment

Practice crossing a pretend street outside. Call out different colors or name the different colored fruit in substitution of a real traffic light.



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