



# CSF1

# **COOKING SKILLS & FOOD**

# Chopped Salad Competition

Time: 70 Minutes

Roll up your sleeves, put on your apron and get ready to chop. Experience the fun of creating simple, healthy salads while learning everyday knife skills. Compete in teams to create a healthy, chopped salad using the various knife techniques learned.

#### **OBJECTIVES:**

Recognize different types of kitchen knives and their various uses.

Gain important knife skills for everyday meal prep.

Learn basic nutrition information by building a salad.

#### **SETUP**

- Review resource list and print it out. Purchase all necessary supplies.
- Set up demo station with the necessary activity resources.
- Thaw corn and edamame beforehand.
- Provide computer, internet access, and projector, if available.

#### **INTRO**

- Welcome participants and introduce yourself
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the facilitator guide. 10 Minutes

#### **DEMO**

 Play video(s) or demonstrate content (see demo script). 10 Minutes

#### **ACTIVITY**

 Participants will break into teams for a chopped salad competition to practice their mincing, chopping and cutting skills. The team who uses their knives most efficiently and safely throughout the salad prep, wins! 20 Minutes

#### **RECAP**

 Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together. 10 Minutes

#### **GOAL SETTING/CLOSING**

- Engage in a goal setting activity from the bank of options provided in the facilitator guide.
  Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.) 20 Minutes



NOTES: Read legal liability disclaimer(s), if applicable, before activity. Refer to Resource List for all necessary supplies and handouts.

# Chopped Salad Competition Resource List

#### **HANDOUTS/VIDEOS ACTIVITY INGREDIENTS\* AND SUPPLIES\*\*** These resources can be found on the AHA's YouTube 2 cups packed kale or spinach channel or <u>heart.org</u>. ■ 1 ½ cups frozen corn, thawed ■ Know Your Knives demo video 2 medium tomatoes □ Chopped Colorful Veggie Salad recipe ■ 1 medium cucumber ■ Build a Healthier Salad infographic ☐ ½ cup shelled, frozen edamame, thawed ☐ Setting SMART Goals handout (please locate □ ½ medium red onion in this guide) □ 1 avocado 2 Tbsp. lime juice **SPACE SETUP** ☐ 1 Tbsp. olive oil Chairs and tables for participants ■ Pepper (optional) ■ Demo table Large bowls Pens for participants ■ Small bowls □ Folders ■ Measuring cups/spoons □ Computer, internet access and projector, □ Whisks if available Serrated knives □ Chef's knives **DEMO SUPPLIES** ■ Wooden spoons ☐ Chef's knife □ Peeler Boning knife ■ Bowls (for tasting) Serrated knife Forks (for tasting) Paring knife □ Honing steel \* Recipe serves 6 people; please multiply ingredients as necessary for your participants. Cutting board \*\*Purchase appropriate number of supplies for your participants. □ Towel Participants can divide into teams and share supplies and ingredients. □ Celerv ☐ Strawberries ■ Bell pepper ☐ Cups (for tasting) Optional Resources - found on the AHA's YouTube channel: ■ Demo: <u>Cutting Cucumber</u> ■ Demo: <u>Chopping Onions</u> ■ Demo: Cutting an Avocado

# Know Your Knives Demo Script

Use if video capabilities are unavailable.

### Review picture of knives to familiarize yourself.



Familiarity with your knives and knowing how to use them is critical to your success in the kitchen. I'll show you the knives every cook should have, how to use them and how not to use them.

# Hold up and show the classic chef's knife while talking through the next part.



A classic chef's knife is the most important. It will be your go-to knife for almost 90 percent of your cooking and kitchen tasks. It should not be used to carve poultry or to skin large vegetables. A proper knife grip will give you more control over your basic cuts and it will keep you from cutting vourself.

# Hold the chef's knife up while demoing the next part. (Consider inviting participants up to the demo table if visibility is difficult.)



Start by pinching the knife blade where it connects to the handle, between your SAY: thumb and index finger. Then slip your middle finger or ring finger if using a two finger grip up behind the vertical piece of blade that connects directly to the handle. Continue by lightly wrapping the rest of your fingers around the handle of the knife.

# Place celery or similar vegetable on cutting board. Start chopping celery while demoing the next part.



The focus of your grip should be on pinching the blade. Position your knife so that it touches your middle knuckle with your fingertips tucked under. Focus on sliding your knife in a forward motion, not up and down. Always focus on what's happening between your knife and your guide hand, not on what has been cut.

Move chopped celery into a bowl for tasting and bring your boning knife to the cutting board. Demo the knife's flexible blade, but do not use it to cut anything.



SAY: The boning knife is best used when cutting up fish, meat or poultry. When you're dealing with bones, you need a flexible blade that can move and bend.

Move the boning knife to the side and bring the paring knife and strawberries to the cutting board. Demo the next part.



The paring knife is a great tool for slicing and mincing.

Move the paring knife to the side and bring the serrated knife and bell pepper to the cutting board. Demo the next part.



A serrated knife is great for foods with a slippery, waxy surface, where a smooth chef's knife blade is likely to slip across the surface.

Move the serrated knife to the side and bring the honing steel and chef's knife to the cutting board. Demo the next part.



The final tool is the honing steel. It's SAY: intended to keep your knives at their peak sharpness. Running your knife along a steel realigns or straightens the fibers in the blade, which provides a sharper edge.

Move the honing steel to the side and demo the following part. (Hold up a cutting board and wash and dry your used knives, if possible.)



Here are some additional tips to keep you and your knives sharp. Always use one cutting board for your meat and a separate one for your vegetables. Wash your knives by hand, never in the dishwasher, and dry immediately after use. Professional knife skills come with practicing, but mastering the tools in your knife drawer saves times and keeps you safe.

Divide and place chopped food into cups. Invite participants to come up to the demo table and sample the celery, strawberries and/or bell pepper.

# Chopped Salad Competition Activity Script

Divide up participants into teams to work on making the Chopped Colorful Veggie Salad.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY: Today's recipe is all about color, and we'll be competing to make tasty, chopped colorful veggie salads. Specifically, I will be looking for the size and shape of your chopped vegetables and how well you use the various knives to make your salads. This recipe is bursting with flavor, freshness, and some favorite vegetables. Now I think we have just about all of the colors in the rainbow in this one.

- So for our salad today, we're starting with dark, leafy greens. And here we have a popular vegetable called kale. I have prewashed all our kale, but at home, make sure to wash it under cold water, and then wrap it loosely in a dry paper towel and store it in a plastic bag in the vegetable drawer in your refrigerator.
- That way it's ready to go anytime you want a quick salad. So before we all tear up the kale (or spinach), we will want to remove the tough stem that runs down the middle of the leaf. The stems are a bit tough to eat, especially in a raw salad.

Tell participants to share ingredients when applicable.

Demo the next section while you are providing instructions.

- Tear the outer part of kale away from the stem. Chop it or tear it up into bite-size pieces.
- We should all have our two cups of chopped kale ready to pour it into our salad bowls.
- Measure out 1 ½ cups of thawed frozen corn and pour it into your salad bowls.
- Chop two medium tomatoes using our serrated knives.

#### Pause and wait for participants to chop up the tomatoes.



SAY: Once you have your chopped tomatoes, pour them into your salad bowls.



Peel and chop the cucumbers. Pour the chopped cucumber into your salad bowls.

#### **EXPLAIN HOW TO:**



**How-to:** Take your peeler and carefully slide it down the cucumber and continue this motion to remove strips until the entire skin is off. Once the cucumber is fully peeled, take your chef's knives and cut the cucumber in half long ways. Next, cut each half in half again and make sure to also cut off the top end of the cucumber. Now, take each quarter of the cucumber and cut it long ways. Lastly, slice each thin slice into bite-size pieces.

### Pause and wait for participants to chop up the cucumbers.



SAY: Now, we will add even more green to our salad with our edamame. Edamame is actually a soybean, so it's really rich in protein and it's a great ingredient for vegetarian meals.

- Put the half cup of thawed, shelled edamame into your salad bowls.
- Chop the red onion. Pour the chopped onion into your salad bowls.

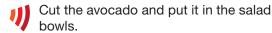
#### **EXPLAIN** HOW TO:



How-to: The onion should already be peeled and cut in half. Use your chef's knife and cut the stem end off first. You will want to make small vertical cuts (about 1/4 inch long) from the middle side upwards. You can cut the slices as thin or thick as you want for your salad. Next, cut the onion horizontally over the long slices and repeat this process along the entire half onion.



SAY: We will next move to the avocado. Even though avocados contain more calories than most veggies, they are packed with nutrients and healthy unsaturated fats that are better for our hearts. Plus, they taste really good.



# Chopped Salad Competition Activity Script (continued)

#### EXPLAIN HOW TO:



How-to: Cut the avocado in half using a chef's knife. Be careful to avoid the large seed in the middle. The easiest way to do this is place the knife tip at the top of the avocado in the middle and slide the knife around in a circle avoiding the seed. Next, just twist open the avocado and dig out the pit. Cut each half avocado in half again and peel the skin away from the flesh. Take quarter slices and slice them in half again. Continue cutting them until they become bite-size pieces.



SAY: We are finished adding all of our veggies to our salad. Now, it's time to make a simple dressing. This would also be a great opportunity for you to get kids involved. You want to get them to measure the ingredients and mix them together. So, in your small bowls, add two tablespoons of lime juice and one tablespoon of olive oil and whisk them together.

# Pause and wait for participants to mix the lime juice and olive oil together.



SAY: Now we can pour this entire dressing in our salad bowls. You can add a dash or two of pepper on top if you'd like. Lastly, we will toss all of our ingredients together using wooden spoons (or something similar). You have made your own veggie salad!



Once everyone is done making the dish, divide it into bowls and share with your team.

Walk around the room and choose a winner.

# Chopped Colorful Veggie Salad





Per serving: 156 Calories 1.1 g Sat. Fat 16 mg Sodium \$0.99

Makes 6 servings

This American Heart Association recipe is bursting with flavor, freshness, some favorite vegetables, and almost all the colors of the rainbow!

#### **INGREDIENTS**

	2	cups	s pac	ked	kale	or	spi	nac	h, (	chc	p	ре	d
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- ☐ 1 ½ cups frozen corn\*, thawed
- ☐ 1 cup chopped tomatoes (about 2 medium tomatoes)
- ☐ 1 cup peeled, chopped cucumber (about 1 medium)
- ☐ ½ cup shelled, frozen edamame, thawed
- □ ½ cup chopped red onion (about ½ medium red onion)
- 1 avocado, diced
- ☐ 2 Tbsp. lime juice
- 1 Tbsp. olive oil
- Pepper, to taste

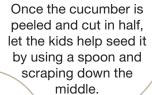
### **DIRECTIONS**

- 1. In a large bowl, combine the kale, corn, tomatoes, cucumber, edamame, red onion, and avocado.
- 2. In a small bowl, whisk together the lime juice and oil. Toss with the kale mixture and season with pepper to taste.

\*Note: you can use no-salt-added canned corn in lieu of frozen corn.

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# KIDS IN THE KITCHEN?



TIP:

Look for prepackaged chopped kale in the grocery store.







### **CHEF'S KNIFE**

Go-to knife for most cooking and kitchen tasks except to carve poultry and skin large vegetables



## **SERRATED KNIFE**

Best for slicing foods with a slippery, waxy surface and bread



### **BONING KNIFE**

Best for cutting up fish, meat and poultry



## **PARING KNIFE**

Best for slicing and mincing



# Setting SMART Goals

# SPECIFIC

 What exactly do you want to accomplish?

# **M**EASURABLE

 How will you track your progress towards your goal?

## **A**CHIEVABLE

 Is reaching your goal possible with your full effort?

# REALISTIC

 Do you have the resources and ability to achieve your goal? If not, how can you get them?

# TIME-BOUND

When will your goal be achieved?

### **EXAMPLE OF A SMART GOAL:**

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:	