

FOOD\$ENSE kids

Veggie Vibes

Rhubarb

Objectives

1. Children will explain one reason rhubarb is healthy for them.
2. Children will explain that rhubarb comes from a plant that grows in the ground.
3. Children will experience rhubarb using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using rhubarb.

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Cut up rhubarb for children to handle
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

LESSON PLAN

Introduction

Time: 2-4 minutes

- Explain to the children that you are going to give them some hints about the vegetable they are going to learn about today.
 - This vegetable first came to America in the 1820s, entering the country in Maine and Massachusetts before it made its way westward with the settlers.
 - This vegetable is usually one of the first to be harvested in the spring, usually in April or May.
 - The leaves of this vegetable are toxic, but the stalk is good to eat and is used in pies and other foods for its tart flavor.
 - The name of this vegetable contains seven letters.
 - The stalks of this vegetable range in color from deep red, through speckled pink, to simply green.
 - This vegetable is usually grown in the outer edges of the garden because it is so big.
 - The stalks of this vegetable look a little bit like celery.
 - After the class figures out the vegetable, write it on the board because rhubarb is not a commonly eaten vegetable and they may not know how to spell it.
 - If possible show rhubarb stalks still attached to their leaves.
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Objective 1: Children will explain one reason rhubarb is healthy for them.

Time: 5 minutes

- Ask the children if they know what makes rhubarb special. Rhubarb contains lots of calcium.
 - Ask the children what other foods have calcium.
 - Answers might include milk and yogurt.
 - Ask the children why is calcium is important.
 - Builds strong bones and teeth.
 - Helps muscles contract.
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Objective 2: Children will explain that rhubarb come from plants that grow in the ground.

Time: 5 minutes

- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants that grow from seeds. Usually we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don't always eat the entire plant. We usually eat just a part of the plant.
 - Describe each of the six parts of the plant.
 - Ask the children which part of the plant they think rhubarb is.
 - Rhubarb is the stem part of the plant.
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Objective 3: Children will experience rhubarb using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Give each child a small paper cup that contains some rhubarb.
- Have the children pick it up the rhubarb and touch it. Ask them how it feels to them.
- Next have the children smell the rhubarb by breaking one of their pieces in half. Ask them what it sounds like. Crunchy? Juicy?
- Then have the children smell the rhubarb. Ask them what it smells like.

- You can prompt them with the following descriptions: Sweet, sour, bitter, like a different vegetable or fruit?
- Last, ask the children what the rhubarb looks like? A different vegetable or fruit, a favorite color?
- Tie it all together by reminding them which four senses you just talked about and how rhubarb relates to each one.

Objective 4: Children will make and eat a simple, nutritious recipe using legumes

Time: 10-15 minutes

- Tell the class now that we have learned all about rhubarb, we are going to taste it.
- Pick a recipe or two from the handout to share with the class.
- Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
- Serve the samples.
- Commend the children for trying the vegetable.

Conclusion:

Time: 2 minutes

Ask the class:

- How does rhubarb help our body?
- What part of the plant does rhubarb come from?
- How did you like the taste of the rhubarb?

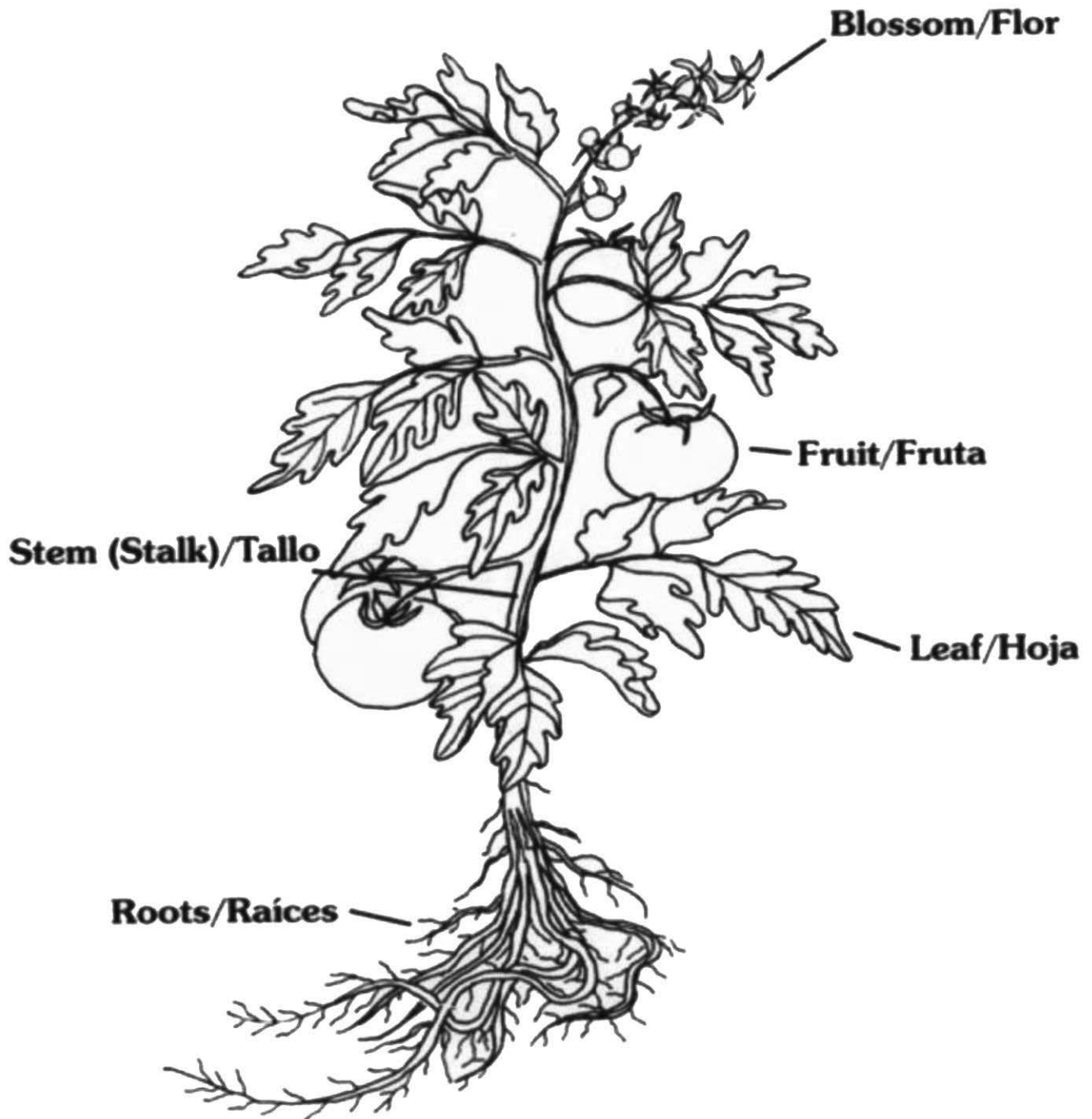
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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PARTS OF A PLANT

PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about legumes!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

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For tasting and learning about legumes!



Teacher Signature:

Date:

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FUNRHUBARBFACTS

- Rhubarb is high in calcium and helps makes our bones and teeth strong
- Rhubarb is the stem part of the plant
- Rhubarb leaves are toxic so don't eat the leaves!
- Rhubarb tastes delicious!

GREAT RHUBARB RECIPES

Kid-approved Rhubarb Muffins

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|---|--|
| 1 cup all-purpose flour | $\frac{3}{4}$ cup light brown sugar |
| 1 cup whole wheat flour | 2 eggs, beaten |
| 1 $\frac{1}{2}$ teaspoons baking powder | 1 cup milk |
| 1 teaspoon baking soda | $\frac{1}{4}$ cup canola oil |
| $\frac{1}{2}$ teaspoon ground cinnamon | 1 teaspoon lemon juice |
| $\frac{1}{2}$ teaspoon salt | 1 $\frac{1}{2}$ cups fresh rhubarb, finely chopped |

Preheat oven to 375° and spray 18 muffin cups with cooking spray.

In a mixing bowl combine the flours, baking powder, soda, salt, and cinnamon. Set aside.

In a separate bowl, beat together the brown sugar, eggs, milk, oil, and lemon juice until well-combined.

Add the moist ingredients to the dry ingredients and stir until just combined. Fold in the rhubarb. Portion out into muffin cups.

Rhubarb and Strawberry crumble

FILLING:

- 4 C rhubarb, cut into 1/2" pieces
- 2 C strawberries, quartered
- $\frac{1}{2}$ C sugar
- 2 T flour

CRUMBLE TOPPING:

- $\frac{1}{2}$ C rolled oats
- $\frac{1}{2}$ C flour
- $\frac{1}{2}$ C brown sugar
- 1 T butter, softened
- 1 T canola oil
- 1 T fruit juice (any flavor)
- $\frac{1}{4}$ C chopped nuts

Preheat oven to 375 degrees. In a large bowl, toss together rhubarb, strawberries, sugar, and flour. Place this mixture in a 9" square baking dish. In the same bowl, combine oats, flour, brown sugar, butter, and oil. With a fork or your fingers, combine the ingredients until the mixture is crumbly. Stir in the juice and nuts until evenly moistened.

Distribute the topping mixture over the fruit. Bake for 35-40 minutes, or until the fruit is bubbling and the topping is golden.

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