



## Vegetable Sauté

Students will compare raw and cooked foods through preparing a healthy dish featuring a variety of vegetables.

### Objectives

- Students will compare raw vegetables to cooked vegetables
- Students will be able to prepare vegetables for a healthy dish

### Key Vocab

Prepare: To make or cook or alter; get ingredients and tools ready for a recipe.

Sauté: To quickly cook food in oil at a high heat.

Raw: Food that has not been changed by cooking (with heat).

Cooked: Food that has been changed by cooking (with heat).

### Materials

- High heat oil (canola, sunflower), soy sauce, rice vinegar, brown sugar, vegetable broth or water, cornstarch, vegetables of choice, garlic
- Kid-safe knives, cutting boards, graters, measuring cups, mixing spoon, tried it cups, forks (if desired), sauté worksheet

### Directions

Engage: Gather students in a circle, and explain, Today, we're going to make a dish where we cook vegetables in a sauce. Pass around samples of the raw vegetables that they might be using in sautéing. Have students turn and talk about the difference between "raw" versus "cooked" vegetables. Explain the definition of raw and cooked to students. Have students taste the vegetables, and, after each one, ask: How would you describe how it tastes? Create a chart where you will compare the vegetable raw and again once they are cooked. Explain, The way we'll cook our vegetables today is called sautéing. Sautéing is a way of cooking vegetables that uses oil in a pan over high heat. Ask, Are there any cooking techniques that your family or culture uses where you cook something over high heat, similar to sautéing? Ask, How do you think our vegetables will taste differently after we cook them?



Model for students how to prepare the vegetables you've brought for them. For example, show them how to break broccoli florets or tear chard or kale into small pieces over a cutting board.

Explore: Divide students into groups based on what vegetable they will prepare. Pass out trays to each group with vegetables to prepare. Once they've finished, while you begin to prepare the sauté pass out the Sauté Worksheet and explain, You'll create a recipe for sautéing vegetables by circling the ingredients you'd like to include, giving your Sauté a name, and writing some directions for cooking this unique dish. As students are working on their worksheets, begin cooking the aromatics on high heat. After one to two minutes, when the aromatics begin to soften and release their aroma, call up one group at a time to add their prepared vegetables, starting with the vegetables that will take the longest to cook. Cook all the vegetables until they're tender but retain a crunch. Add the sauce and toss to incorporate.

Evaluate: Once the sautéed vegetables are ready, pass out tasting cups to students. Remind them to wait until everyone has their sample before trying. Ask students to describe the flavors. Ask, How does the flavor compare to how the vegetables tasted before they were cooked? Add to your chart how the cooked vegetables compare to raw.

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## **Sauté Sauce:**

- 1. 3 Tbsp** soy sauce
- 2. 1 Tbsp** rice vinegar
- 3. 1 Tbsp** brown sugar
- 4. ½ cup** vegetable broth or water
- 5. 1 ½ Tbsp** cornstarch



## Sauté Worksheet

**DIRECTIONS:** Circle the ingredients that you'd like to put into your stir-fry!

**Name Your Sauté:**

\_\_\_\_\_

**Write the directions for preparing your sauté:**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_





## Quick Pickles

Students will learn how to quick pickle any vegetable while learning about preservation.

### Objectives

- Students will understand that there are many ways to prepare foods, including preserving foods
- Students will be able to define what it means to preserve something
- Students will learn how to create a brine and quick pickle

### Key Vocab

Prepare: To make or cook or alter; get ingredients and tools ready for a recipe.

Preserve: To make food last a longer time.

Pickle: To preserve food in vinegar or brine.

Brine: Water heavily infused with salt (may include vinegar).

Raw: Food that has not been changed by cooking (with heat).

Cooked: Food that has been changed by cooking (with heat).

### Materials

- Fresh vegetables of choice (ex. Cucumbers, carrots, cauliflower, green beans), optional fresh herbs (thyme, rosemary, dill), spices (peppercorns, coriander, mustard seeds, dried herbs or spices), optional garlic (smashed or sliced), vinegar (white, apple cider, or rice), water, kosher or pickling salt, sugar
- Kid-safe knives, cutting boards, measuring cups, wide mouth jars with lids (mason jars),

### Directions

Engage: Explain to students that we will be “Quick” pickling some fresh veggies using a basic recipe that will work for a variety of different vegetables. Ask students if pickles are a raw or cooked food? Explain to students that some raw foods can still be prepared like the pickles we will make today. Ask students: If I left a cucumber out on my counter how long would it last? What about the pickles in my fridge, how long do those last? Longer right? That is because pickling preserves our foods. Preserving foods makes



them last longer. Ask students if they can think of any food they have tasted that was pickled, and how did they taste?

Explore: Divide students into groups each with a little bit of each vegetable and spice you bought for them today. Model how they will prepare each vegetable. Explain to students that it is up to them what spices they choose to put in their pickles. As students are preparing their vegetables go around and encourage them to smell the spices and explain what flavors they will add. Once students have created their jars, have them write down which herbs and spices are in their pickles and tape it to their jar. Ask: Are any of the vegetables or flavors we put in so far sour? No, so what do you think we have to add? Add premade brine to their jars. Explain what a brine is to students. This is what will help preserve our pickles and make them last longer. Vinegar is what will give it that sour pickle taste.

These pickles are not canned. They can be stored in the refrigerator for up to 2 months. Place in the fridge for at least 1 week (2 weeks will taste better) before trying with students.

Evaluate: After tasting the pickled veggies with students, ask them to describe the flavor. Ask if they can notice any differences in the raw veggies and the pickled ones. Contrast our pickles with store bought pickles. How are our pickles different? Review what it means to prepare something and preserve something. Which ingredient gives our pickles that sour flavor?

## **Quick Pickle Brine:**

- 1. 1 cup vinegar**
- 2. 1 cup water**
- 3. 1 Tbsp salt**

\*Combine ingredients in a saucepan over high heat and bring to a boil. Stir until salt dissolves. Let cool.

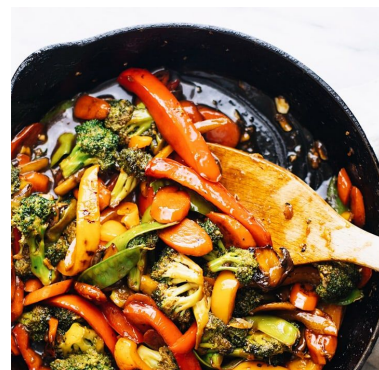


## Raw vs. Cooked Matching Game:

Cut out the food pictures below and have your students categorize foods into raw and cooked using the chart below.

Once students have found all of the matches ask: are all prepared foods cooked? Challenge them to see if they can define any of the preparation methods seen in the pictures and help them with prompting questions if needed (ex. blended, juiced, fried, steamed, boiled, pickled, sauteed)

RAW	COOKED



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.