

Taste the Rainbow Wraps

Participants will learn about the importance of a healthy and balanced diet by creating colourful and nutritious wraps using fresh ingredients. It will demonstrate the concept of taste and explore different flavours while wherever possible incorporating seasonal produce

In order to maintain a healthy and balanced diet, it's important to understand the different food groups and their nutritional benefits. This session explores some of the essential food groups and highlights how the vibrant colours of fruits and vegetables signify various vitamins and minerals that contribute to our overall health..

Duration: 1-2 hours
Target Age: 11 plus
Expected Number of Students: 6-12

The lesson incorporates visual, auditory, and kinaesthetic learning styles

This workshop can be run inside or outside and the area where the session is to be held can be arranged in a variety of formats to accommodate group work, individual tasks, and hands-on activities.

Equipment and Resources:

- Chopping boards
- Knives (supervised usage)
- Mixing bowls
- Plates or trays
- Variety of fresh vegetables and fruits (e.g., lettuce, tomatoes, bell peppers, carrots, sweet potatoes, cucumbers, avocados, strawberries, blueberries, and any other colourful and seasonal produce)
- White/wholemeal or rice wraps
- Flavour options (e.g., cream cheese, hummus, soy sauce, sweet chilli sauce, lemon juice)
- Optional protein options (e.g., rice noodles, tofu, or canned beans))
- Recipe cards or handouts

No prior cooking knowledge or experience is required to take part in this session.



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1. Introduction (5 minutes):

Begin by discussing the concept of a healthy diet and the importance of including a range of colours in our meals.

Ask participants to name their favourite fruits and vegetables, encouraging a variety of choices.

By understanding the benefits of different food groups, we can make informed choices for a healthier lifestyle. Remember, each fruit or vegetable colour represents a unique set of vitamins and minerals that contribute to our overall wellbeing.

Vegetables:

Vegetables are packed with essential nutrients. They provide us with vitamins A, C, and K, as well as minerals like potassium and magnesium. Examples of vegetables include carrots, broccoli, spinach, and peppers. These colourful treasures help us maintain strong bones, healthy vision, and a robust immune system.

Fruits:

Fruits are nature's sweet treat, and they offer a wide range of vitamins and minerals. Each colour of fruit indicates a unique combination of nutrients. For instance, orange fruits such as oranges and apricots contain vitamin C, which supports our immune system. Blue and purple fruits like blueberries and grapes are rich in antioxidants that promote brain health.

Grains:

Grains are an excellent source of energy and provide us with important nutrients like fibre, iron, and B vitamins. Examples of grains include rice, oats, and bread. Whole grains, like whole wheat bread or brown rice, are particularly beneficial as they have more fibre and nutrients than refined grains.

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Protein:

Protein is essential for growth and repair in our bodies. It helps build strong muscles, supports our immune system, and aids in cell production. Good sources of protein include lean meats, fish, beans, lentils, and tofu. Including a variety of protein sources in our diet ensures we receive all the necessary amino acids.

Dairy:

Dairy products such as milk, cheese, and yogurt are rich in calcium, which is crucial for bone health and development. They also provide protein and vitamins like B12. However, for those who are lactose intolerant or prefer plant-based options, there are various non-dairy alternatives like soy milk or almond milk.

3. Exploring Colours and Tastes (15 minutes):

Display a selection of colourful fruits and vegetables and discuss their nutritional benefits.

Encourage participants to identify and describe the tastes associated with each colour.

Incorporate visual aids, such as images or real samples, to enhance understanding.

4. Planning the Rainbow Wraps (10 minutes):

Briefly explain they will be creating their own "Taste the Rainbow" wraps using a variety of colourful ingredients.

Provide each student with a recipe card or handout that outlines the steps and ingredients required.

5. Preparing the Wraps (40 minutes):

Divide participants into small groups or pairs, based on their individual needs and abilities.

Provide the necessary equipment, ingredients, and guidance for safe and hygienic food preparation.

Allow participants to wash, chop, and assemble their ingredients into wraps, encouraging creativity and exploration of flavours.

Support any participants with special educational needs through one-to-one guidance and assistance.

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6. Taste Testing and Reflection (15 minutes):

Invite participants to try their creations and discuss the different flavours they can taste.

Encourage them to reflect on how the combination of colours and flavours affects their overall enjoyment of the wrap.

Discuss the role of fresh, seasonal produce in maintaining a healthy and balanced diet.

7. Clean-up and Conclusion (5 minutes):

Assist students in cleaning up their workstations and properly disposing of any waste.

Conclude the lesson by summarizing the key concepts learned and emphasizing the importance of incorporating a variety of colourful foods into their diet.

Extensions:

Encourage participants to share the recipe and their new knowledge about colourful, nutritious foods with their families or friends.

Provide additional one-to-one support to any participants with special educational needs, ensuring they feel included and involved in the activity.

Simplify or modify tasks as needed to accommodate individual learning abilities. Offer alternative options for ingredients or spreads e.g Gluten or Dairy free to cater for dietary restrictions or preferences.

Note: Ensure that appropriate hygiene and safety measures are followed throughout the lesson, such as washing hands before and after handling food, using clean equipment, and properly supervising the use of knives

It is important to consider any allergies or dietary restrictions of the students involved and adjust the lesson accordingly. Ensure that all food handling and preparation adheres to proper food safety guidelines.