



CS1

COOKING SKILLS AND 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 after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Thaw corn and edamame beforehand.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- 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 [Welcome Toolkit](#).

DEMO (10 Minutes)

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

ACTIVITY (20 Minutes)

- 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!

RECAP (10 Minutes)

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

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). 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.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

© Copyright 2019 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Healthy for Life® is a registered trademark of Aramark. Unauthorized use prohibited.

Chopped Salad Competition Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Know Your Knives Demo](#)
- Video – [Cutting Cucumber](#)
- Video – [Chopping Onion](#)
- Video – [How to Work with an Avocado](#)
- Article – [Keep Fruits & Vegetable Fresher Longer](#)

Find these resources in this lesson

- Recipe – [Chopped Colorful Veggie Salad](#)
- Handout – [Basic Kitchen Knives](#)
- Handout – [Build a Healthier Salad Infographic](#)
- Handout – [Eat More Color Infographic](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

DEMO SUPPLIES

- Chef's knife
- Boning knife
- Serrated knife
- Paring knife
- Honing steel
- Cutting board
- Towel
- Celery
- Strawberries
- Bell pepper
- Cups (for tasting)

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 2 cups packed kale or spinach
- 1 ½ cups frozen corn, thawed
- 2 medium tomatoes
- 1 medium cucumber
- ½ cup shelled, frozen edamame, thawed
- ½ medium red onion
- 1 avocado
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- Pepper (optional)
- Large bowls
- Small bowls
- Measuring cups/spoons
- Whisks
- Serrated knives
- Chef's knives
- Wooden spoons
- Peeler
- Bowls (for tasting)
- Forks (for tasting)

*Recipe serves 6 people; please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.

Know Your Knives Demo Script

Use if video capabilities are unavailable.

Review picture of knives to familiarize yourself.



SAY:

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.



SAY:

A classic chef's knife is the most important. It will be your go-to knife for almost 90% 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 yourself.

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



SAY:

Start by pinching the knife blade where it connects to the handle, between your 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.



SAY:

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.



SAY:

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.



SAY:

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.



SAY:

The final tool is the honing steel. It's 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.)



SAY:

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 practice, but mastering the tools in your knife drawer saves time 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. 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 into our salad bowls.



Measure out 1 ½ cups of thawed frozen corn and pour into your salad bowls.



Chop two medium tomatoes using our serrated knives.

Pause and wait for participants to chop up the tomatoes.



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:

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.



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:

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 ¼ 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.



We will move on 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.



Cut the avocado and put it in the salad bowls.

Chopped Salad Competition Activity Script (continued)



EXPLAIN HOW TO:

Cut the avocado in half using a chef's knife. Be careful to avoid the large seed/pit 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/pit. Next, just twist open the avocado and dig out the seed/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 are bite-size pieces.



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.



Now we can pour all of this dressing into 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 has finished making the dish, divide it into bowls and share with your team.

Walk around the room and choose a winner.

Chopped Colorful Veggie Salad

Makes 6 servings; 1 cup per serving
Per serving: 156 Calories; 1.1 g Saturated Fat; 16 mg Sodium



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

INGREDIENTS

- 2 cups packed kale or spinach, chopped
- 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 tablespoons lime juice
- 1 tablespoon 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. Season with the pepper.

Tip: You can use no-salt-added canned corn instead of the frozen corn.

Kids in the kitchen? Once the cucumber is peeled and cut in half, let the kids help seed it by using a spoon and scraping down the middle.

© Copyright 2019 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited.



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

When you hear "salad," you may think of a boring bowl of lettuce and tomatoes. But salad can be so much more! With a few simple additions, it can be a delicious, healthy and inexpensive meal.

Slice up fresh fruit that's in season or on sale – choose a rainbow of colors! Pairing sweet fruits like pear, apple or pomegranate with savory vinaigrettes will bring complexity and flavor to any salad. Dried fruits without added sugars are another super salad ingredient.

FRUITS

GRAINS

Warm or cold cooked whole grains add bulk and satisfaction. Try whole wheat couscous, barley, quinoa, bulgur or wild rice. To save money, look for whole grains in the bulk aisle of your grocery store. Whole wheat pasta is another inexpensive way to bulk up any basic salad.

BUILD A HEALTHIER SALAD

PROTEINS

Add more satisfaction to your salad with skinless poultry like grilled chicken breast or fish like salmon and tuna, which provide omega-3 fatty acids. Mix in a chopped hard-boiled egg or a small amount of cheese. Toss in some chickpeas, kidney, navy or black beans. Unsalted nuts, like peanuts, almonds and walnuts, give your salad extra crunch and a dose of healthy fat. All these protein foods will keep you feeling fuller longer.

QUICK TIP
Choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss.

VEGGIES

Raw vegetables like carrots, cucumbers, broccoli and cauliflower add great crunch and color. Roasted veggies like beets, potatoes and squash add terrific flavor and a little bit of sweetness to any main meal salad.

QUICK TIP

Canned and frozen produce are a great addition to any salad. Check labels and choose the options with the lowest amounts of salt and added sugars. Drain, rinse and pat dry to help your greens stay crisp.

GREENS

Choose dark, leafy greens like romaine, spinach or arugula. Add color with radicchio, red leaf lettuce or red cabbage. If you have fresh herbs, like basil, thyme, oregano or mint, they add zest and extra nutrients to your salad bowl.

DRESSINGS

With oil, vinegar and spices in your pantry, you are minutes away from a simple, healthy homemade vinaigrette dressing. Jazz it up with tasty ingredients like chopped fresh herbs, a squeeze of citrus juice and diced veggies with lots of flavor, like onions, garlic and scallions. Experiment by adding small amounts of those add-ins to this vinaigrette recipe, taste-testing as you go.

VINAIGRETTE RECIPE

Whisk together 1/4 cup olive oil, 1/4 cup balsamic vinegar and 1/4 teaspoon ground mustard. Add a dash or two of black pepper and toss into salad (serves four).

heart.org/addcolor
#ADDCOLOR



The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- raspberries
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarbs
- strawberries
- tomatoes
- watermelons

BLUE & PURPLE

- blackberries
- blueberries
- eggplants
- grapes
- plums
- prunes
- purple figs
- purple onions
- radicchio
- red cabbage
- red onions



**EAT
MORE
COLOR**

YELLOW & ORANGE

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

WHITE & BROWN

- bananas
- brown pears
- cauliflower
- currants
- dates
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- raisins
- shallots
- turnips

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

heart.org/addcolor
#ADDCOLOR



SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- 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:
