

Wrap the Rainbow



Approximate Instructional Time: 1 hour

Lesson Overview: Students will be exposed to basic knife handling and use, and a variety of vegetables while making rainbow rice paper wraps.

Learning Outcomes:

- Students will be able to explain how to properly hold and use a knife

Materials:

- Whiteboard or flipchart and markers
- Rainbow rice paper wraps recipe
- Ingredients prepared for demonstration

Preparation & Set-Up:

- Cut larger vegetables into smaller pieces so Students can better handle them
- Set up tables with ingredients and utensils

LESSON

Discussion: Separate the group into smaller groups – e.g. red group, orange group, yellow group, green group and blue/purple group. Starting with the red group, have them name a fruit or vegetable that is red, continue onto the orange group, then yellow, green and blue/purple. Write the answers on a whiteboard or flipchart. Do this for 3-5 rounds.

Learning Plan: Demonstrate how to safely hold and use a knife to cut vegetables (or pre-cut vegetables). Demonstrate how to prepare a rainbow rice paper wrap. Make wraps. Here are some tips for making successful rice paper wraps: <https://www.thekitchn.com/10-tips-for-mastering-summer-rolls-246274>

Appendices:

Rainbow rice paper recipe