

Ali Baba Salad

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YIELD: 10 SERVINGS (160 ML (2/3 CUP) PER CHILD) • COST PER SERVING: \$1.14

BEFORE THE COOKING ACTIVITY (Steps for the cook or educator)

- › Rinse 250 mL (1 cup) of quinoa in a sieve. Put the quinoa in a large casserole dish and add 500 mL (2 cups) of water. Bring to a boil. Once the water is boiling, lower the heat to minimum and cover. Cook for 15 minutes or until the quinoa is tender. Place the cooked quinoa into a bowl. It is best to prepare the quinoa and store it in the refrigerator the night before so that it is cold for the cooking activity.
- › Wash the zucchini, bell pepper, mint and lime.
- › Open the can of corn, drain and rinse the kernels, and put into a small bowl.
- › Drain the mini Bocconcini and place in a bowl.
- › Cut the zucchini into 20 slices, about 1 cm thick.
- › Cut the bell pepper half into 10 strips, about 1 cm wide.
- › Keep the ingredients that need to stay cold in the refrigerator until the cooking activity begins.

DURING THE COOKING ACTIVITY

1st STEP: DISCUSSION

- › Name the ingredients you will use to make the *Ali Baba Salad*.
- › Name the kitchen utensils you will use to make the *Ali Baba Salad*. What are these utensils used for?
- › Do you know what quinoa is? (If possible, show the children the dry quinoa.)
- › Have you ever eaten quinoa?
- › What is Bocconcini? What shape does it have?
- › What kind of salads do you like to eat?

Variation

To allow children to discover how varied grain products are, try replacing the quinoa with rice, pasta, bulgur or even barley!

2nd STEP: MAKING THE RECIPE

Give each child:

- › 1 butter knife
- › 1 cutting board
- › 1 small bowl
- › 1 small spoon
- › 1 pair of scissors
- › 2 zucchini slices
- › 1 bell pepper slice
- › 2 mini Bocconcini
- › 1 mint leaf

Put all the other ingredients and kitchen utensils in the centre of the table.

Little chef's steps:

Follow the 14 steps illustrated on pages 64 to 70.

Note:

When the children have finished making their salads, prepare the dressing with them by simply measuring the ingredients and mixing them together with a small whisk.

ACTIVITY REVIEW

- › Did you like making the *Ali Baba Salad*?
- › Which steps did you find easy? Which steps were harder?
- › Do you remember all of the ingredients in the recipe? Name them.
- › What colours are there in your salad? What other vegetables could you add to include different colours?
- › Which food in your salad is the crunchiest?
- › Before this activity, had you ever used scissors to cut up food? If so, which foods?

NUTRITION TIDBIT



Young children can choke on food very easily. It is therefore very important to take the necessary precautions to minimize the risk of choking, particularly for children who are under the age of four. For example, during a cooking activity, make sure that the children cut their pieces of fruit or vegetables small enough before they eat them. Grapes need to be cut in four instead of two, and vegetables such as carrots must be blanched so that they soften up. At meal or snack time, ensure that children are seated, that they take small mouthfuls and that they chew their food well. These small tips go a long way in helping to prevent a lot of worry.



: Utensils for the cooking activity

FOR THE CHILDREN



FOR THE EDUCATOR

- » 1 paring knife
- » 1 cutting board
- » 1 • 15 mL (1 tbsp) measuring spoon
- » 1 liquid measuring cup
- » 1 zester or grater

: Ingredients



: Little chef's steps



1

Using your knife and cutting board, cut your zucchini slices into small pieces.



2

Put your zucchini pieces into your bowl.



3

Using your knife and cutting board, cut your bell pepper slice into small cubes.



4

Put your bell pepper cubes into your bowl.

: Little chef's steps



5

Using your knife and cutting board, cut your mini Bocconcini into small pieces.



6

Put your pieces of mini Bocconcini into your bowl.



7

Using the 15 mL (1 tbsp) measuring spoon, measure the corn.



8

Put the corn into your bowl.

: Little chef's steps



9

Using the 80 mL ($\frac{1}{3}$ cup) dry measuring cup and your small spoon, measure the quinoa.



10

Put the quinoa into your bowl.



11

With your scissors or your fingers, cut up or tear up your mint leaf.



12

Using the 15 mL (1 tbsp) measuring spoon, measure the dressing that you prepared with your educator.

: Little chef's steps



13

Pour the dressing into your bowl.



14

Using your small spoon, mix together all of your salad ingredients well.

Enjoy!