









SHRIMP AND VEGGIE SUMMER ROLLS

Kitchen

ADAPTED

GRADES K—1

SCHOOL PARTNER
LESSON PLAN

Lesson Title: Shrimp and Veggie Summer Rolls		
Grade: K-1	Lesson Number: 14	
Estimated Time: 45 mins.	Season:  Spring	Type:  Cooking
<p> Teacher Background and Lesson Description: This Vietnamese specialty is a cousin of a Chinese favorite, the egg roll, except it isn't fried. Don't let these rolls intimidate you! The secret is to have all the ingredients set out and ready, assembly line-style, so that they're easier to pull together. <u>In this lesson</u>, students will discuss different food items of Vietnam and learn how to roll a spring roll.</p>		
<p> Lesson Objectives: RC.K.2 Recognize how families share and maintain food and cultural traditions. FP.K.1 Demonstrate ability to properly handle, wash and prepare fruits and vegetables. KTE.K.1-4 Kitchen Tools and Equipment CLS.4. Students appreciate and are respectful of differences and diversity in their communities</p>		
<p> Academic Standard Connections: Social Studies: Diversity and Culture. Social Studies: Geography.</p>		<p> Health Standard Connections: National Health Education Standard 7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.</p>
<p> Essential Questions: What is a spring roll? What does a spring roll contain? How is a spring roll different from an egg roll? How do you properly roll a spring roll?</p>		
<p> Vocabulary: shellfish, cellophane noodles, ginger, rice paper (wrapper)</p>		

NOTE:

- Contains shellfish—Modify for individuals with shellfish allergies. Leave out shrimp for a vegetarian option.
- Adapted from **Grade K Kitchen Lesson #18: Shrimp and Veggie Summer Rolls**, pg. 270.



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<p>Materials:</p>		
<p>Lesson Introduction:</p> <ul style="list-style-type: none"> ● Recipe: Shrimp and Veggie Summer Rolls ● Meals in Vietnam by R J Bailey 	<p>Equipment:</p> <p>For whole class:</p> <ul style="list-style-type: none"> ● measuring cups and spoons ● cutting board ● chef's knife ● paring knife ● box grater ● vegetable peeler ● large mixing bowl ● medium saucepan ● slotted spoon ● small mixing bowl ● fine-mesh strainer ● 9-inch shallow dish ● clean, dry kitchen towel ● oven mitts or pot holders ● damp towels (optional) <p>For each group:</p> <ul style="list-style-type: none"> ● paper towels ● large plate 	<p>Ingredients: (yields 10 rolls)</p> <ul style="list-style-type: none"> ● 1 (3 ¾-ounce) package cellophane noodles ● 4 cups water ● 1 (2-inch) piece of ginger, peeled and thinly sliced ● 1 lemon, halved ● ¼ cup soy sauce ● ¼ cup sugar ● 4 bay leaves ● 1 tablespoon chopped green onion (green and white part) ● 1 teaspoon chopped garlic (about 2 small cloves) ● 1 teaspoon salt ● 1 teaspoon freshly ground black pepper ● ½ teaspoon cayenne ● 20 large shrimp, peeled and deveined ● 10 (8½-inch) round rice paper wrappers ● 40 small fresh mint leaves ● 40 small fresh cilantro leaves ● 3 romaine lettuce leaves, rinsed, patted dry, ribs removed, and torn into bite-size pieces ● 1 large carrot, peeled and shredded






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<p>Materials for Enjoying Food:</p> <ul style="list-style-type: none"> • Plates 	<p>Materials for Cleaning Up:</p> <ul style="list-style-type: none"> • Dish soap • Scrubber (for dishes) • Drying rack • Kitchen towels • Trash, recycling, and compost bins • Sponge (for counters) • Broom and dustpan
<p> Assessment: Observations</p>	
<p> Teacher Prep:</p> <ul style="list-style-type: none"> • Gather materials, equipment, and ingredients listed above. • Pre-soak, cook, and chop all ingredients ahead of time. 	
<p>+ Additional Resources:</p> <ul style="list-style-type: none"> • All Around the World: Vietnam by Kristine Spanier 	







<p> Prep to Cook:</p> <ul style="list-style-type: none"> • Have students tie hair back, wash hands (review steps if necessary), put on aprons (if relevant) and find their cooking station (these may be pre-assigned).
<p> Recipe Introduction:</p> <ul style="list-style-type: none"> • Read aloud Meals in Vietnam by R J Bailey. • Discuss the different foods, ones students have tried, and ones they would like to try.
<p> Review Familiar Skills:</p> <ul style="list-style-type: none"> • Review safe behaviors in the kitchen.
<p> Demonstrate New Tools and Skills:</p> <ul style="list-style-type: none"> • Demonstrate how to fill a summer roll.
<p> Divvy Up Tasks:</p> <ul style="list-style-type: none"> • Have students fill and wrap their own summer roll.

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<p> Cook: (Recipe: Shrimp and Veggie Summer Rolls)</p> <ul style="list-style-type: none"> • In a medium saucepan, combine 4 cups water, the ginger, lemon halves, soy sauce, sugar, bay leaves, green onion, garlic, salt, black pepper, and cayenne. Bring the mixture to a boil over high heat. • Carefully add the shrimp to the boiling soy sauce mixture and boil for 2 minutes. Remove the pan from the heat and allow the shrimp to stand in the hot mixture for 2 more minutes, until cooked through. • Using a slotted spoon, remove the shrimp from the cooking liquid and place in a small mixing bowl. When the shrimp are cool enough to handle, slice in half lengthwise. 	
<p> Enjoy:</p> <ul style="list-style-type: none"> • Serve immediately with the dipping sauce, or refrigerate, covered with damp towels, for up to 1 hour before serving. 	
<p> Clean Up:</p> <ul style="list-style-type: none"> • Have a couple of students pick up any dirty utensils/equipment and place them in the sink. Explain to students that the teacher/TA will clean them later, but we are taking a respectful approach. • Have two more students wipe down counters, and two others use the broom and dustpan to make sure the floor is clean. • Model the appropriate clean-up instructions (including collecting food scraps for the compost bucket) and have each student practice following the instructions as they finish eating. 	
<p> Evaluate/Reflect:</p> <ul style="list-style-type: none"> • Share appreciation for each of their individual contributions to the kitchen and to the community, and for their respect for the kitchen. Express excitement for your next time together. 	
<p> Connections to Garden Lessons: Use produce from the garden, if possible. Garnish with cilantro, lemongrass or other Asian herbs growing in your garden. Bring compost out to the garden.</p>	<p> Possible Extensions: Invite families and community members to enjoy this dish.</p>

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