

Spring Roll Celebration



Grade Level: Adaptable for 2-5
Total Lesson Time: 45 minutes

Lesson Overview

What better way to welcome spring than with spring rolls? For some students this is a familiar everyday food. For others it is a first time treat they are sure to love. We treat it as more of a celebration than a lesson, but of course there is plenty of valuable learning taking place in assembling, eating, and sharing these rolls. Learning to give time and attention to good food is a lesson in itself. After all, sharing food is perhaps the most ancient form of community building and also provides our most fundamental connection to the natural world. That is worthy of a celebration! We spread out the ingredients buffet style and allowed students to choose what they wanted and assemble their own roll. The ingredients for spring rolls can vary widely. Research other recipes for different ingredient ideas. Spring Rolls started as part of a Spring New Year Festival in China. Sometimes they are fried. Fresh rolls are more common in Vietnam and Thailand.

Objectives

Students will:

1. Identify a source of nutritious food (W.I.N.A; Health A.4.3, B.4.1, B.4.4, G.4.3)
2. Know how to choose healthy food options (Health C.4.1)
3. Understand the value of sharing meals with others (Health A.4.1)
4. Identify food as a way to learn about others who are different from themselves (Social Studies E.4.9, E.4.13)

Materials

Spring Roll Ingredients

spring roll (rice paper) wrappers
rice noodles (rice vermicelli)
eggs (cooked and cut into thin strips)
radishes (grated)
carrots (grated)
cucumbers
basil
mint
cilantro
radish or sunflower sprouts
dipping sauce

Water or juice to drink

Supplies

Plastic or water resistant plates
Plastic Knives
Napkins
Cups for water or juice
2 shallow dishes for wetting wrappers
2 bowls or containers for each ingredient
Cutting boards
Serving utensils

Wisconsin Homegrown Lunch is a joint project of:



REAP Food Group:
www.reapfoodgroup.org

UW-Madison Center for Integrated
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Preparation

1. Collect materials and food.
2. Cook the eggs up to a day ahead of time. Scramble raw eggs and add a pinch of salt or soy sauce and a pinch of sugar. Pour into a pan and cook in a thin layer, like a thin pancake. When the egg is well set, flip and complete cooking.
3. Preparing rice noodles. Follow the directions on the package. Most often rice noodles need to be soaked in warm or hot water until tender. If preparing ahead of time, lightly oil the noodles to prevent them from sticking together.

Procedure

List spring fruits and vegetables

Ask students to help make a class list of spring fruits and vegetables. They have learned about many of them in the four previous lessons in this unit.

Prep Ingredients

Students can help prepare some of the ingredients for their Spring Rolls at stations or individually at their desks. We gave students plastic butter knives to slice and cut herbs, egg, cucumber, and rice noodles. These knives are relatively safe, but the serrated edge can still cut the skin. Herbs can be sliced into thin strips or chopped in little pieces. The egg can be cut into thin strips. Rice noodles can be cut into short lengths of a few inches and the cucumber can be cut into small pieces.

Demonstration

Make a spring roll as a demo for students. Emphasize portion control. An overloaded roll will burst when trying to roll it.

Assemble Spring Rolls

Arrange ingredients on a table. The first step is to soak spring roll wrappers in water (in a large bowl or shallow dish) until they are soft, but not too soft. Check the package for directions. Lay wrappers on plates. The wrappers are sticky so don't use paper plates. Ingredients should be piled in the middle of the wrapper. Avoid adding too many ingredients as the wrappers are delicate and can easily tear. Fold the bottom of the wrapper to cover the filling and then fold in the two sides and roll it up like a burrito. Serve the rolls with a hoisin or sweet and sour dipping sauce.

We've included a recipe from UW-Extension Nutrition Educators on the following page that may be helpful. Also, these links provide video and step-by-step instructions for making a spring roll:

video.about.com/thaifood/Fresh-Shrimp-Spring-Rolls.htm

whatscookingamerica.net/Appetizers/SpringRolls.htm

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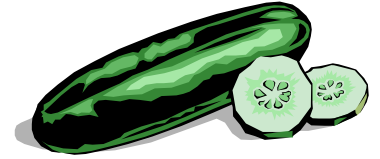
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Spring Roll Recipe



Ingredients:

| | |
|---|--------------------|
| Guilin rice vermicelli noodle | 1 14-ounce package |
| Large cucumber, sliced into thin strips | 1 each |
| Medium carrot, shredded | 2 each |
| Cilantro | 1 bunch |
| Mint leaves | 1 bunch |
| Basil leaves | 1 bunch |
| Rice Wrappers | 1 14-ounce package |
| Sweet & Sour Sauce | 1 16-ounce bottle |

To Prepare:

1. Put rice vermicelli noodle in a medium pot of boiling water and cook for 5 to 10 minutes. Drain and rinse with cold water. Set aside. (See package for specific direction.)
2. Grate the carrots and slice the cucumber into thin strips. Set both aside on a plate.
3. Wash the cilantro, mint and basil in cold running water. Drain off the excess water. Tear the leaves and place in small piles on a plate next to the carrot and cucumber plate.
4. Fill a large bowl with warm water. Take out one piece of the rice wrapper and soak in the warm water for 5 seconds and take it out. Lay wrapper flat on a plate.
5. Put a small amount of the noodles, shredded carrot, cucumber, cilantro, mint, and basil leaves on the center of the rice wrapper. Fold left and right sides of the rice wrapper inward. Then tightly roll it, beginning at the end toward you. Put finished spring roll on a plate. Repeat until all wrappers are used.
6. Serve spring rolls with sweet and sour sauce.

Create-a-Flavor Changes

Looking for some protein or just a little bit of extra flavor?

Add:

- Shrimp
- Imitation crab
- Scrambled eggs
- Avocado
- Lettuce

Servings: 30 (1 roll each)

Recipe source: WNEP staff

90 calories and 0 grams of fat per serving



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