Lesson Plan:

Production Team:

I. Ginger Pear Quinoa Salad
   A. Greens
   B. Toppings:
      1. Pear – diced, placed in water lemon mixture
      2. Quinoa – subassembly
      3. Garbanzo Beans
      4. Sundried Cranberries
      5. Pecans
      6. Parsley – fresh, chopped, sprinkled
   C. Making the dressing
      1. Roast pear first
      2. Blend other ingredients
   D. Ask if like the taste and about the tartness of the dressing

II. Asian Zing Brussel Sprout Salad
   A. Salad Ingredients
   B. Making the brussel sprouts
      1. Ingredients or marinade
      2. Roasting for 10-15 minutes, no more
   C. Benefits of brussel sprouts
      1. Cancer protecting qualities
      2. Vitamin A and C
         • Antioxidant support
      3. Vitamin K
         • Anti-inflammatory system
   D. Overall, why does this salad considered Asian
      1. Common Asian spices and herbs
      2. Red pepper flakes add the “zing”

III. Harvest Apple Salad
A. Ingredients:
   1. Mixed Greens
   2. Watercress
   3. Quinoa
   4. Dried Figs (sliced)
   5. Sliced (crisp) Braeburn Apples
   6. Chopped walnuts
   7. Roasted Apple Vinaigrette

B. Taste
   1. Watercress is a bitter and peppery green.
   2. Sweetness of dried figs, apples, and roasted apple vinaigrette offset the bitterness.
   3. Ask them what they think of the taste.

Service Team:
I. Ginger Pear Quinoa Salad
   A. Salad Ingredients
   B. Pear
      1. Background
      2. Nutrients
         a) High in dietary fiber
      3. Health Benefits
         a) Decreases development of cancer, cardiovascular disease and type 2 diabetes
   C. Appearance
      1. Browning
   D. Texture
      1. Combination of crunchy and chewy
   E. Flavors
1. Dressing has sweet & tart punch, ginger flavor most apparent
2. Sweetness from cranberries and pear
F. Dressing is low fat

II. Asian Zing Brussel Sprout Salad
A. Salad Ingredients
B. Making the brussel sprouts
   1. Ingredients or marinade
   2. Roasting for 10-15 minutes, no more
C. Benefits of brussel sprouts
   1. Cancer protecting qualities
   2. Vitamin A and C
      a) Antioxidant support
   3. Vitamin K
      a) anti-inflammatory system
D. Overall, why does this salad considered Asian
   1. Common Asian spices and herbs
      a) Ginger, garlic, onion, lime leaves, soy sauce

III. Harvest Apple Salad
A. Watercress
   Benefits? (ask staff if they know)
   1. Benefits of watercress: Can help aid in chest decongestion when you have a cold or chest infection.
   2. High in vitamin C, and has as much Vitamin C as an orange.
   3. Contains a ton of antioxidants, which aid in cancer prevention.
   4. Has been shown to also help in preventing Alzheimers.
B. Salad Appearance
C. Texture
D. Flavors