



Harvest Out-of- School Objectives

- Participants will review which plant part onions and leeks are from
- Participants will review the health benefits of onions and leeks
- Participants will make an onion out-of-school time snack



Harvest Out-of- School Review

- Hold up the onions/leeks and ask the participants if they remember, from school:
 - what they are called (onions/leeks)
 - what type of plant part do they come from (onion we eat the bulb and leek we eat the stem)
- Review with them how onions/leeks grow (underground), why we should eat onions/leeks (healthy brain, healthy bones, healthy digestion, and healthy immune system), and how to pick good leeks (should be firm and not cracked). Please see the next pages for images to share with them.

Harvest Out-of-School In Action

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

Baked Onion Rings (10 participants)

(Adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/ring-on-the-onions.php>)

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|----------------------------|----------------------------|
| 1 1/2 cups bread crumbs | 1/2 teaspoon seasoned salt |
| 1/4 teaspoon garlic powder | 2 onions |
| 2 eggs | Plate (1 per child) |
| 4 Knives/Cutting boards | 2 bowls |
| Wisk/Fork | |

General Directions: Dip onions in egg and then in seasonings and bake.

1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. In a bowl, have 3 participants measure and combine bread crumbs, seasoned salt, and garlic powder, and set aside.
3. In another bowl, have 2 participants combine the eggs, and beat till frothy
4. Demonstrate how to slice the onion rings. Place the onion on the cutting board. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have 4 participants slice an onion half.
5. Have 1 participant prepare the eating area.



Out of School Time Learning Plan **Onion and Leek**

6. Demonstrate to them how to dip the onion rings into egg mixture, and then into bread crumbs. Have each participant make two onion rings.
7. Arrange rings in a single layer on a greased baking sheet. Bake in oven at 375° for 20 minutes. When cool, serve and enjoy!

Harvest Out-of-School Wrap-Up

- After trying the onions, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put onions.
- On their “Why we should eat...” page have the participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, “What other fruits or vegetables could be dipped in egg, then seasonings and baked?” (Zucchini, asparagus, etc.)

How do **onions** and **leeks** grow?

Onions and leeks grow in the ground. We eat the onion bulb and the stem of the leek plant.



Why should we eat
onions and leeks?

Fiber



Healthy digestion,
cleans out your system

Vitamin C



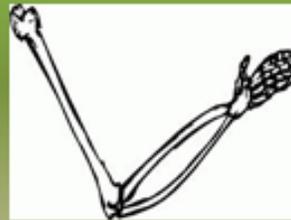
Healthy immune system
(prevents colds)

Vitamin B-6



Healthy brain

Manganese



Healthy bones