



## Out-of-School Time Learning Plan Asparagus



### Harvest Out-of-School Objectives

Participants will review which plant part asparagus are from  
Participants will review the health benefits of asparagus  
Participants will make an asparagus out-of-school time snack

### Harvest Out-of-School Review

- Hold up the asparagus and ask the participants if they remember, from school:
  - what it is called (asparagus)
  - what type of plant part asparagus comes from (we eat the stem of the asparagus plant)
  - what food category it is in (botanically it is a vegetable because there are no seeds inside)
- Review with them how asparagus grows (the stems we eat grow up from the ground), why we should eat asparagus (heals cuts, healthy immune system—prevents colds, healthy eyes, healthy bodies, healthy digestion) and how to pick good asparagus (should be bright green, with closed compact tips). 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

#### Asparagus Wraps (for 10 participants)

(Adapted from: <http://ashleighskitchen.blogspot.com/2011/11/ham-and-pickled-asparagus-wraps.html>)

1 lb of ham slices	2 bunches of asparagus
1 16 oz container of cream cheese	1 Microwave-safe container
Microwave	Water
Plate/Knife (1 per participant)	



General Directions: Spread cream cheese on a flat piece of ham, and wrap around a cooked asparagus spear.

NOTE: Leave cream cheese out for 1 hour before making the wraps. If the cream cheese is room temperature, then it will spread easier on the ham.

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



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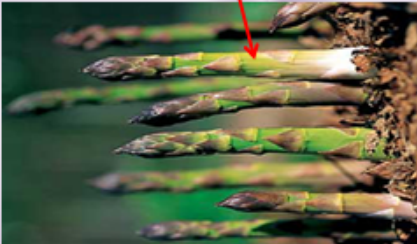
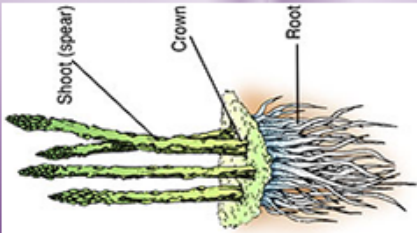
2. Rinse the asparagus by placing the spears under running water. Place asparagus in a microwave-safe container and add enough water to cover the bottom of the container. Vent the lid of the container and cook on HIGH for 2 minutes, or until asparagus is tender but still slightly firm. It will turn bright green. Make sure the excess water is not dripping off of the asparagus before you go to the next step.
3. Demonstrate how to make a wrap. Take the slice of ham and spread a thin layer of cream cheese on one side. Cut the piece of ham in half. With the ham half turned the long way place one spear of asparagus on one edge of the ham. Roll until the ham is wrapped around the asparagus.
4. Have each participant make 3-4 wraps on their plate. Enjoy!

### Harvest Out-of-School Wrap-Up







- After trying the asparagus, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put asparagus.
- On their “Why we should eat...” page have the participants record one health benefit of asparagus.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other fresh veggie slices could you eat in a similar way? (Carrot slices, cucumber slices, pepper slices, etc.)

### How does Asparagus grow?

Asparagus grows up out of the ground. We eat the stems of the asparagus plant.

### Why should we eat Asparagus?

<p><b>Vit. K</b></p>  <p>Heals cuts</p>	<p><b>Antioxidants</b></p>  <p>Healthy bodies</p>	<p><b>Vit. C</b></p>  <p>Healthy immune system (prevents colds)</p>
<p><b>B Vitamins</b></p>  <p>Healthy bodies (cell energy)</p>	<p><b>Fiber</b></p>  <p>Healthy digestion, cleans your system</p>	<p><b>Vitamin A</b></p>  <p>Healthy eyes</p>