



# VICTORY GARDENS

Lesson and Activity Suggestions for Grades 9 - 12

## Taste the Rainbow

This week you have been challenged to create seven meals using only the foods on your ration list, dried and canned foods you may already have in your cupboard, and anything you have grown or raised and harvested. We know that your vegetables are probably not even poking out of the ground yet, but we want you to know how to cook and enjoy them when the time comes.



Many teens think that they don't like vegetables. Are you one of them? If so, this lesson is for you. It is going to ask you to open your mind (and mouth) and just try some different vegetables cooked in the way I'm going to tell you. You may be surprised. If you already know you like vegetables, try some new ones this week. Expand your pallet. Taste the rainbow of vegetables out there.

### Why is it important to eat vegetables?

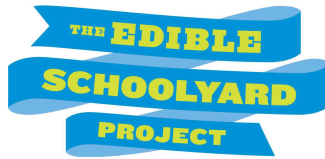
According to the U.S. Department of Agriculture, "Eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body." If you go to <https://food.unl.edu/NEP/NEP%20Documents/Vegetable%20group.pdf>, you will find a whole page of the nutrients they provide, the diseases they help prevent, and the benefits they provide to us.

### Let's Get Started

Do you know how high heat affects the taste and texture of vegetables? (I didn't!) Do you think the surface area of a vegetable affects how it cooks? (I don't have any idea!) Do you think your favorite vegetable will cook more quickly than other vegetables? (Again, no clue!)



Today we are going to learn how factors like oven temperature and vegetable size affect how the vegetables cook. First, we will watch a quick two minute video and answer some questions. Then, we will get in the kitchen and roast some vegetables. The next page has the video questions, so print it out or just have a blank sheet of paper to record your answers.



Also found  
at: [https://  
www.youtube.com/  
watch?  
v=NCHnpfbD894](https://www.youtube.com/watch?v=NCHnpfbD894)

## Roasting Vegetables

**WATCH:** Watch “How to Roast Vegetables” <https://tinyurl.com/ESYroasting>. You may rewatch the video and pause as often as you need to help you answer the questions. Make sure you put on the closed caption in the video.

1. **(Pause video at 0:17)** Why is it important to cut vegetables in the same size?
2. **(0:19)** What does surface area mean? *Look at your vocabulary words for support.*
3. **(0:21)** What does it mean to group vegetables by their families?
4. **(0:24)** Why do dense vegetables take longer to cook? *Look at your vocabulary words for support.*
5. **(0:38)** Why is olive oil a key ingredient when roasting vegetables?
6. **(0:46)** Why are dry herbs better to use during the roasting time than fresh herbs?
7. **(1:06)** Why is temperature important when roasting?
8. **(1:08)** The video shows vegetables roasting. In/on what kitchen appliance does roasting happen?
9. **(1:35)** What are different ways that we can enjoy roasted vegetables?

## Cookin' Time

Now, look in your fridge to see if you have any vegetables that could be roasted. If not, you'll need to make a trip to the grocery store. What about spices? Add that to the list. Pick a few different types vegetables and be creative with your seasonings! If you want to do exactly what was suggested in the video, here it is:



## INGREDIENTS for ROASTED VEGETABLES

### Vegetables

"new" or "baby" potatoes  
butternut squash  
beets  
Brussel sprouts  
cauliflower

### Seasonings

dried thyme  
oregano  
garlic powder  
paprika  
salt and pepper

Olive Oil

## DIRECTIONS

- Preheat the oven to 425°.
- Wash the vegetables well and cut into same size chunks (large bite-size works well).
- In a bowl or right on the pan that will go into the oven, mix all of the vegetables enough olive oil to make each piece wet (not fully-coated, but not dry, just a little bit so it will hold the seasoning to the vegetable and crisp up nicely without burning). A little goes a long way, so start with a teaspoon and then add a little bit more if needed.
- If you are going to add the same seasoning to the entire mixture, do it now. If you want to try different types of seasonings for comparison, spread your vegetables out on a cooking pan and then sprinkle the seasonings on that you want.
- Make sure your oily, seasoned veggie chunks aren't overlapping on your cooking pan. Spread them in one single layer.
- Bake for 15 - 30 minutes or until browned on the outside and soft on the inside. Remember to turn them over carefully (DON'T BURN YOURSELF) about half-way through the bake. Also remember, different densities of vegetables will require more or less time.  
Starchy vegetables = 25 - 30                      Cruciferous vegetables = 15 - 20 minutes

Now enjoy! Keep track of which vegetables and which seasonings you prefer (or never want to have again). Try a second round tomorrow with different choices. You'll be surprised how well you like roasted veggies and wow your family with your new side dish or snack.



My favorite? Carrots and Brussel sprouts with garlic salt. Be sure to share a photo and description of what you make and if you like it or not on **Facebook @eisenhowerfoundation.net #sprout studies**