

Chopped Salad Competition

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How to use these slides – “read the notes in quotation marks”, **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*

- “Roll up your sleeves, put on your apron and get ready to chop. Experience the fun of creating simple, healthy salads while learning everyday knife skills. Compete in teams to create a healthy, chopped salad using the various knife techniques learned.”
- *AHA’s Food Liability Disclaimer:* https://www.heart.org/-/media/files/healthy-living/healthy-for-life/healthyforlifefoodliabilitydisclaimerucm_492476_updated_a.pdf?la=en
- *Supplemental resource: Adaptive Kitchen Equipment*
 - <https://www.wellness4ky.org/resource/adaptive-kitchen-equipment/>

**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life® Initiative.**



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Agenda

- Introduction
- Know Your Knives Demonstration
- Chopped Salad Competition
- Goal Setting



- **Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today's educational experience (objectives on next slide)**
- *To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:*
 - *1:00-1:10 Introduction*
 - *1:10-1:20 Demonstrate Content (i.e. Know Your Knives, etc.)*
 - *1:20-1:40 Activity (i.e., Recipe)*
 - *1:40-1:50 Recap/ Handout Review*
 - *If needed, 1:40-1:45 Break*
 - *1:50-2:10 Goal Setting*

Learning Objectives

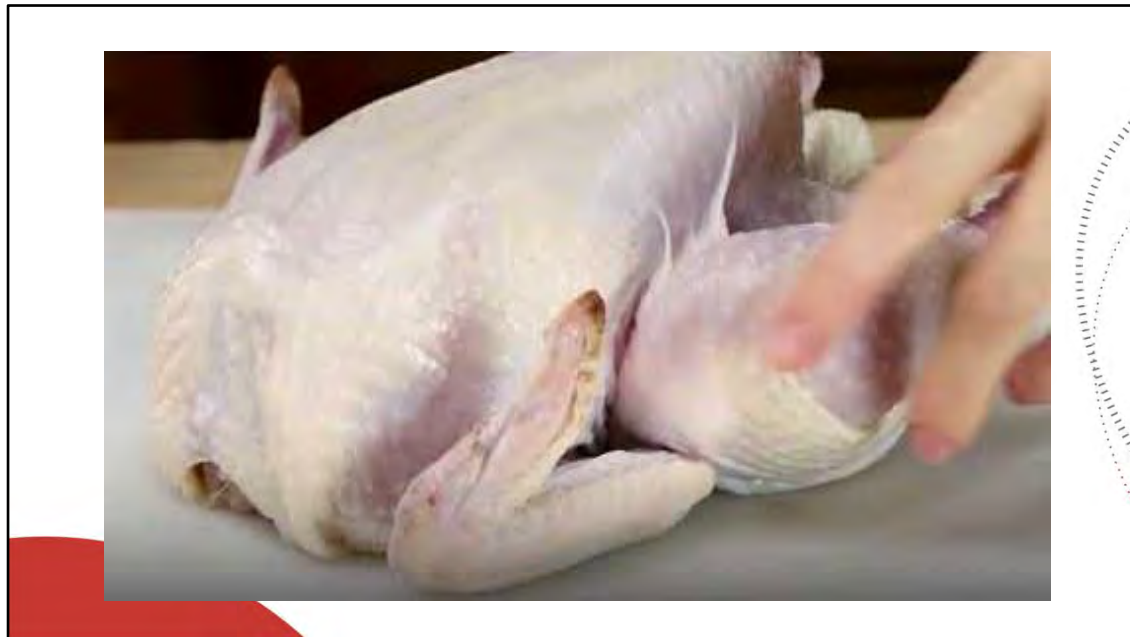
- Recognize different types of kitchen knives and their various uses.
- Gain important knife skills for everyday meal prep.
- Learn basic nutrition information by building a salad.



- Explain the expected outcomes

Ice Breaker

- **Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!**
 - <https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf>
- *When choosing an ice breaker, the activity should allow multiple ways to participate and be included.*
- *Allow individuals to write/draw/verbally communicate their responses.*
- *For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.*



- **Play video for “Know Your Knives Demo” (1:53)**
 - <https://www.youtube.com/watch?v=vKFG9OVnPXU>
 - *Ensure that closed captioning is on for the video as it plays.*
- This video will guide you through a quick overview of knives since they are one of the most important kitchen tools. Learn which knives are good for a specific task.

Get Familiar With Your Knives

- Knowing how to use knives is important to kitchen success



- **Review picture of knives to familiarize yourself.**
- “Familiarity with your knives and knowing how to use them is critical to your success in the kitchen. I’ll show you the knives every cook should have, how to use them and how not to use them.”

Chef's Knife

- Classic and most important go-to knife
- Do not use to carve poultry or large skin vegetables and fruits



- **Hold up and show the classic chef's knife while talking through the next part.**
- "A classic chef's knife is the most important. It will be your go-to knife for almost 90% of your cooking and kitchen tasks. It should not be used to carve poultry or to skin large vegetables. A proper knife grip will give you more control over your basic cuts and it will keep you from cutting yourself."

Proper Grip

- Pinch knife where blade meets handle
- Focus grip on pinching blade
- Slide knife in forward motion not up and down
- Focus attention on your hand and knife, not on food



- **Hold the chef's knife up while demoing the next part. (If applicable, consider inviting participants up to the demo table if visibility is difficult.)**
- "Start by pinching the knife blade where it connects to the handle, between your thumb and index finger. Then slip your middle finger or ring finger (if using a two-finger grip) up behind the vertical piece of blade that connects directly to the handle. Continue by lightly wrapping the rest of your fingers around the handle of the knife."
- **Place celery or similar vegetable on cutting board. Start chopping celery while demoing the next part.**
- "The focus of your grip should be on pinching the blade. Position your knife so that it touches your middle knuckle with your fingertips tucked under. Focus on sliding your knife in a forward motion, not up and down. Always focus on what's happening between your knife and your guide hand, not on what has been cut."

Boning Knife

- Best for fish, meat, or poultry
- When working with bones you need a flexible blade



- **Move chopped celery into a bowl for tasting and bring your boning knife to the cutting board. Demo the knife's flexible blade, but do not use it to cut anything.**
- "The boning knife is best used when cutting up fish, meat or poultry. When you're dealing with bones, you need a flexible blade that can move and bend."

Paring Knife

- Great for slicing and mincing



- **Move the boning knife to the side and bring the paring knife and strawberries to the cutting board. Demo the next part.**
- **“The paring knife is a great tool for slicing and mincing.”**

Serrated Knife

- Great for foods with slippery, waxy surfaces
 - Tomato and bread
- A smooth chef's blade would be more likely to slip



- **Move the paring knife to the side and bring the serrated knife and bell pepper to the cutting board. Demo the next part.**
- “A serrated knife is great for foods with a slippery, waxy surface like tomatoes and bread, where a smooth chef’s knife blade is likely to slip across the surface.”

Honing Steel

- Used to keep knives sharp
- Realigns or straightens the blade fibers



- **Move the serrated knife to the side and bring the honing steel and chef's knife to the cutting board. Demo the next part.**
- "The final tool is the honing steel. It's intended to keep your knives at their peak sharpness. Running your knife along a steel realigns or straightens the fibers in the blade, which provides a sharper edge."

More Ways To Keep Knives Sharp

- Use one cutting board for meat and a different one for vegetables
- Wash knives by hand, never in a dishwasher
- Dry knives immediately after washing
- Keep practicing knife skills



- **Move the honing steel to the side and demo the following part. (Hold up a cutting board and wash and dry your used knives, if possible.)**
- “Here are some additional tips to keep you and your knives sharp. Always use one cutting board for your meat and a separate one for your vegetables. Wash your knives by hand, never in the dishwasher, and dry immediately after use. Professional knife skills come with practice, but mastering the tools in your knife drawer saves time and keeps you safe.”
- **Divide and place chopped food into cups. Invite participants to come up to the demo table and sample the celery, strawberries and/or bell pepper.**

Chopped Colorful Veggie Salad



- **Divide up participants into teams to work on making the Chopped Colorful Veggie Salad.**
- **Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)**
- “Today’s recipe is all about color, and we’ll be competing to make tasty, chopped colorful veggie salads. Specifically, I will be looking for the size and shape of your chopped vegetables and how well you use the various knives to make your salads. This recipe is bursting with flavor, freshness, and some favorite vegetables. Now I think we have just about all of the colors in the rainbow in this one.”

Chopped Colorful Veggie Salad
 Makes 6 servings; 1 cup per serving
 Per serving: 156 Calories; 1.1 g Saturated Fat; 16 mg Sodium

Ingredients

- 2 cups kale OR spinach, chopped
- 1 ½ cups frozen corn (thawed)
- ½ cup shelled frozen edamame (thawed)
- 1 cup chopped tomatoes
- 1 cup peeled, chopped cucumber
- ½ cup red onion
- 1 avocado, diced
- 2 tablespoons lime juice
- 1 tablespoons olive oil
- Pepper

Tools Needed

- Measuring cups & spoons
- Fork
- Knife
- Cutting board
- 1 Large bowl & 1 small bowl

Directions

- Using your knife and cutting board, chop the kale or spinach, tomatoes, cucumber, red onion and avocado.
- In a large bowl, combine: 2 cups of greens, 1 ½ cups corn, ½ cup edamame, 1 cup tomatoes, 1 cup cucumber, ½ cup red onion and avocado.
- In a small bowl, whisk together 2 tablespoons of lime juice with 1 tablespoon of olive oil with a fork.
- Toss lime juice and oil mixture with the salad. Season with pepper to taste.

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 - Chopped Colorful Veggie Salad Recipe: <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/chopped-salad.pdf?la=en>
 - Recipes might need to be adapted based on ingredient availability and dietary restrictions.
- Adaptive kitchen equipment suggestions – <https://www.wellness4ky.org/resource/adaptive-kitchen-equipment/>
 - Rocker Knife
 - Lettuce Knife
 - Contoured Handle Knife
 - Palm Peeler
 - Food Chopper
 - Multi-Use Slicer
 - One Handed Cutting Board
 - Do It Yourself: <https://www.instructables.com/Assistive-Cutting-board-for-Disabled-elderly-or-i/>
 - Finger Guard for Cutting

Getting Started

Dark leafy greens

- Kale
- Spinach
- Remove tough stems from middle of leaf
- Chop or tear into bite-size pieces



1. Wash under cold water
2. Wrap loosely in dry paper towel
3. Store in plastic bag in vegetable drawer in refrigerator



- “So for our salad today, we’re starting with dark, leafy greens. And here we have a popular vegetable called kale. I have prewashed all our kale. At home, make sure to wash it under cold water, and then wrap it loosely in a dry paper towel and store it in a plastic bag in the vegetable drawer in your refrigerator.
- That way it’s ready to go anytime you want a quick salad. So before we all tear up the kale (or spinach), we will want to remove the tough stem that runs down the middle of the leaf. The stems are a bit tough to eat, especially in a raw salad.”
- **Tell participants to share ingredients when applicable.**
- **Demo the next section while you are providing instructions.**
- “Tear the outer part of kale away from the stem. Chop it or tear it up into bite-size pieces.
- We should all have our two cups of chopped kale ready to pour into our salad bowls.”

Add Some Toppings

1. Measure 1 ½ cups of corn
2. Chop two tomatoes with serrated knife
3. Add to salad



- “Measure out 1 ½ cups of thawed frozen corn and pour into your salad bowl.”
- Chop two medium tomatoes using our serrated knives.”
- **Pause and wait for participants to chop up the tomatoes.**
- “Once you have your chopped tomatoes, pour them into your salad bowls.”
- *Optional: You can use no-salt-added canned corn instead of the frozen corn.*



- **Play video for “Cutting Cucumber” (0:46)**
 - <https://youtu.be/f7y9WWBbfWY>
 - *Ensure that closed captioning is on for the video as it plays.*
- This video demonstrates how to cut a cucumber in seconds.

Add Cucumbers

1. Peel cucumbers
 - Slide peeler down cucumber skin
 - Remember to cut the ends off
2. Use chef's knife to cut in half long ways
3. Cut each half in half again
4. Take each quarter and cut long ways again
5. Slice each thin slice into bite-sized pieces
6. Pour cucumber into salad



- “Peel and chop the cucumbers. Pour the chopped cucumber into your salad bowls.”
- **EXPLAIN HOW TO:** “Take your peeler and carefully slide it down the cucumber and continue this motion to remove strips until the entire skin is off. Once the cucumber is fully peeled, take your chef’s knives and cut the cucumber in half long ways. Next, cut each half in half again and make sure to also cut off the top end of the cucumber. Now, take each quarter of the cucumber and cut it long ways. Lastly, slice each thin slice into bite-size pieces.”
- **Pause and wait for participants to chop up the cucumbers.**

Add Edamame

1. Pour ½ cup edamame into salad

- Edamame is a soybean
- Rich in protein
- Great for vegetarian meals



- “Now, we will add even more green to our salad with our edamame. Edamame is actually a soybean. So it’s rich in protein and it’s a great ingredient for vegetarian meals.
- Put the half cup of thawed, shelled edamame into your salad bowls.”



- **Play video for “Chopping Onion” (0:28)**
 - <https://youtu.be/xfbXE66acCk>
 - *Ensure that closed captioning is on for the video as it plays*
- *This videos demonstrates a quick and easy way to chop an onion.*

Add Onions

1. Peel onion
2. Use Chef's knife
3. Cut in half
4. Cut off the stem end
5. Make small vertical cuts from middle up
 - ¼ inch long
6. Cut onion horizontally over the long slices



- “Chop the red onion. Pour the chopped onion into your salad bowls.
- **EXPLAIN HOW TO:** “The onion should already be peeled and cut in half. Use your chef’s knife and cut the stem end off first. You will want to make small vertical cuts (about ¼ inch long) from the middle side upwards. You can cut the slices as thin or thick as you want for your salad. Next, cut the onion horizontally over the long slices and repeat this process along the entire half onion.”

Add Avocado

- Packed with nutrients and healthy unsaturated fats
 - Good for hearts
- How to pick an avocado?
 - Heavy for its size
 - Press near the stem with thumb
 - Should be soft



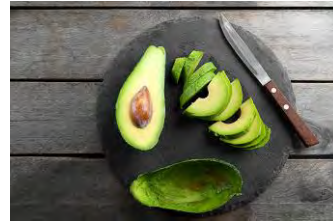
- “We will move on to the avocado. Even though avocados contain more calories than most veggies, they are packed with nutrients and healthy unsaturated fats that are better for our hearts. Plus, they taste really good.
- *Supplemental Video: How to pick an avocado pulled from “Be a Sharper Chef” video (8:34-8:55)*
 - <https://www.facebook.com/AHAlivehealthy/videos/3388093181284108/>
 - *Ensure that closed captioning is on for the video as it plays.*



- **Play video for “How to Work with an Avocado” (0:50)**
 - https://www.youtube.com/watch?v=fm3miW8IS3E&feature=emb_logo
 - *Ensure that closed captioning is on for the video as it plays.*
- *This video demonstrates how to work with a fresh avocado.*

Cut Avocado

1. Use chef's knife
2. Cut avocado in half
3. Avoid pit (seed) in middle
4. Twist open avocado and dig out the pit (seed)
5. Cut each in half again
6. Peel the skin off
7. Take quarter slices and slice in half again
8. Cut into bite-size pieces



- “Cut the avocado and put it in the salad bowls.”
- **EXPLAIN HOW TO:** “Cut the avocado in half using a chef’s knife. Be careful to avoid the large seed/ pit in the middle. The easiest way to do this is place the knife tip at the top of the avocado in the middle and slide the knife around in a circle avoiding the seed/pit. Next, just twist open the avocado and dig out the seed/pit. Cut each half avocado in half again and peel the skin away from the flesh. Take quarter slices and slice them in half again. Continue cutting them until they are bite-size pieces.”

Make The Dressing

1. Measure ingredients and mix together

- 2 tablespoons lime juice
- 1 tablespoon olive oil



- “We are finished adding all of our veggies to our salad. Now, it’s time to make a simple dressing. This would also be a great opportunity for you to get kids involved (if applicable). You want to get them to measure the ingredients and mix them together. So, in your small bowls, add two tablespoons of lime juice and one tablespoon of olive oil and whisk them together.”
- **Pause and wait for participants to mix the lime juice and olive oil together.**

Toss Salad Together

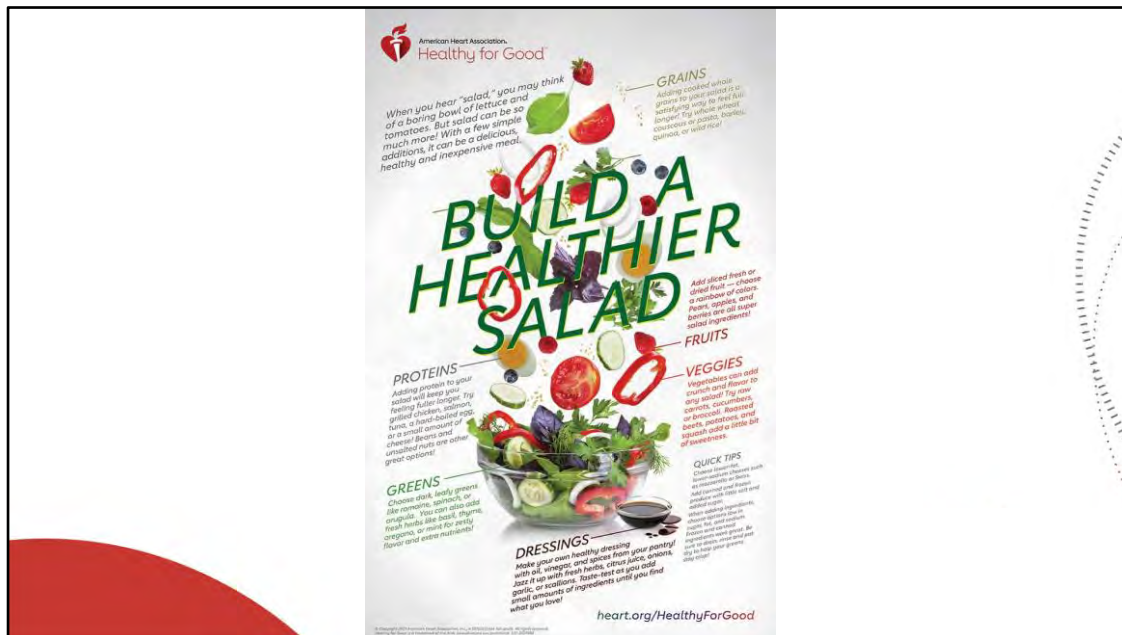
1. Add the dressing
2. Add dash of pepper if you like
3. Toss salad
4. Enjoy!



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- “Now we can pour all of this dressing into our salad bowls. You can add a dash or two of pepper on top if you’d like. Lastly, we will toss all of our ingredients together using wooden spoons (or something similar). You have made your own veggie salad!
- Once everyone has finished making the dish, divide it into bowls and share with your team.”
- **Walk around the room and choose a winner.**



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- **Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together.**
- *Supplemental handout: “Basic Kitchen Knives” on page 7 of the Chopped Salad Competition lesson plan.*
- *Supplemental resource: Adaptive Kitchen Equipment*
 - <https://www.wellness4ky.org/resource/adaptive-kitchen-equipment/>



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- *Supplemental handout: “Build a Healthier Salad” on page 8 of the Chopped Salad Competition lesson plan.*
 - Updated handout - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/build-a-healthier-salad>

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BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- grapes
- purple figs
- rasins

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radishes
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- shubunks
- strawberries
- tomatoes
- watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kale
- leeks
- limes
- mustard greens
- okra
- peas
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

ORANGE & YELLOW

- acorn squash
- butternut squash
- spinach
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- grapes
- yellow apples
- yellow peppers
- yellow squash

WHITE

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots

EAT SMART MOVE MORE BE WELL

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- *Supplemental handout: “Eat More Color” on page 9 of the Chopped Salad Competition lesson plan.*
 - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/eat-more-color>

keep FOODS FRESH longer

FRUIT

Apples - Store on the counter up to a week or in the fridge for longer. Keep away from other produce.

Avocados - Ripen on the counter then store in the fridge.

Bananas - Ripen on the counter away from sunlight and heat.

Berries, Cherries & Grapes - Keep blueberries, blackberries, strawberries and raspberries in dry, covered containers in the fridge. Wash when ready to eat.

Citrus fruit - The crisper drawer or mesh bag in the fridge is best for clementine, grapefruit, lemons, limes and oranges.

Melons - Cantaloupe and honeydew, cut or not, should be kept in the fridge. Keep watermelon in a dark, dry place away from other produce. Put any cut melon in the fridge.

Stone fruit - Keep nectarines, peaches and plums in a paper bag on the counter until they ripen then move to the fridge for a few more days.

Tomatoes - Always store at room temperature as the fridge will make them rot quickly. Keep loose in a bowl away from sun or heat (like the stove.)

General Storage Tips - Produce can be stored on the counter or in the fridge at 40° F or below. Refrigerate all produce that is pre-cut or peeled.

VEGETABLES

Broccoli & Cauliflower - Best kept in separate fridge drawers away from other produce.

Celery & Green Beans - Store in the fridge.

Corn - Store in the fridge inside their husks.

Cucumbers & Eggplant - Keep in the fridge on the top shelf.

Leafy green vegetables - Greens like lettuce, collards, chard, kale, and spinach should be stored in the fridge.

Onion family - Store garlic and onions in a cool, dark, and dry space but separate from other foods because of strong odors.

Mushrooms - Keep unwashed in the fridge. Moisture makes them slimy.

Peppers - Keep in the fridge on the top shelf.

Root vegetables - Store carrots, beets, and radishes in the fridge. Store potatoes, sweet potatoes, and winter squashes in a cool, dark, and dry place like a pantry or cellar.



Information in this handout was sourced from The American Heart Association: www.heart.org/en/healthy-living/healthy-eating/add-color/keep-fruits--vegetables-fresher-longer

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- *Supplemental handout: Keep Foods Fresher Longer*
 - <https://www.wellness4ky.org/resource/keep-foods-fresh-longer/>
- *Supplemental resource: “Keep Fruits & Vegetables Fresher Longer”*
 - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/keep-fruits--vegetables-fresher-longer>



- **Discuss what a “SMART” goal is.**
 - Specific -- clearly defined
 - Measurable -- able to be measured (numbers!)
 - Attainable -- achievable or within reach
 - Relevant -- appropriate or applicable
 - Time-Based -- given a due date
- *Supplemental video:*
 - *Achieve More by Setting SMART Goals (1:15)-*
<https://youtu.be/yA53yhiOe04>

SMART Goal Example

Goal:

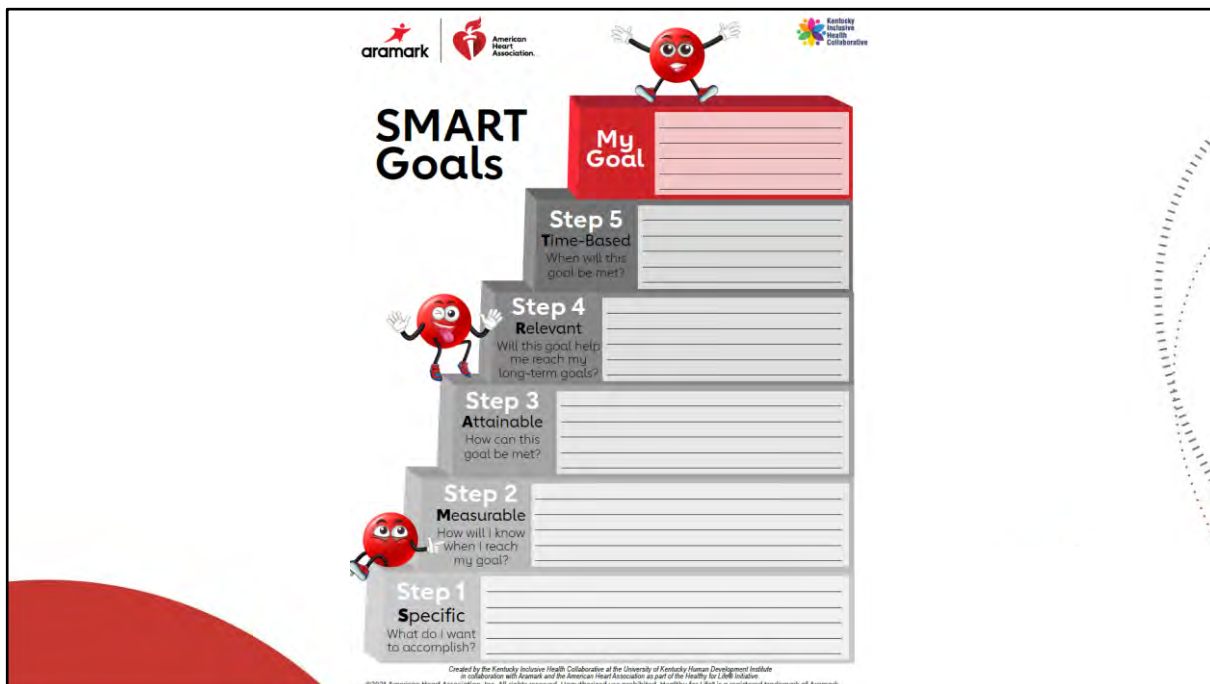
I will chop and use more fresh fruits and vegetables when cooking.

SMART Goal:

I will work on chopping and adding vegetables into a side salad with a meal three times a week.



- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.



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- **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/smartgoals.pdf?la=en>



Questions?

- **Invite participants to ask questions.**

Thank You!



- **Thank participants**
- **If applicable, encourage them to join the next activity**
 - **Provide date/time/location if known**