



# Mystery Raw Vegetables Recipe

Here is an activity to be done during **Week 2** of the 2018 Défi Santé (Health Challenge), whose theme is **Gourmet explorers**. Have fun discovering mysterious vegetables with students, while varying the colors. It will be succulent accompanied by an ultrasimple dip.



## Expertise

### Pedagogical skills for the student:

- Develop knowledge
- Develop healthy lifestyle habits

### Professional expertise put forward by this activity:

- Planning and organizing activities
- Planning activities related to meals

### Educational Intentions (Suggestions):

At the end of the activity, students will have developed his knowledge and healthy habits

### Age Group:

Multiage

### Required Materials:

- Knives and cutting boards
- Plates for vegetables
- Bowls for the dip
- Aprons (optional)
- Colorful vegetables (choose from known and less known ones)
- For the dip:
  - Mayonnaise (beware of allergies) and nature yogurt in equal shares (depending on the number of students)
  - Ketchup (for a pink sauce) or curry and honey (for an Indian sauce)

# Mystery Raw Vegetables Recipe

## Instructions

### 1. Wash your hands

Washing your hands is always the first step when cooking!

### 2. Prepare the mystery raw vegetables

Wash the vegetables well. Prepare them on a cutting board. Make small bites to make it easy to eat and vary colors.

For example :

- Red: strips of red peppers, cherry tomatoes, radish
- Yellow / orange: carrot sticks, yellow beans
- Green: broccoli, snow peas, zucchini sticks
- Blue / purple: red cabbage (most of the time purple), purple pepper strips
- White / gray: bouquets of cauliflower, whole mushrooms, endive leaves, fennel sticks

### 3. Make the dip

Mix equal parts of mayonnaise and plain yogurt. Add ketchup, to get a pink sauce, or curry and honey, to make an Indian sauce.

### 4. Enjoy!

5. Send pictures of your activity!

Take a photo of the activity and send it to [info@defisante.ca](mailto:info@defisante.ca)!



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