

the  
**Super Crew**

# Bean and Veggie Enchiladas

Eat powerful plant foods with the Super Crew®!

**Grades: K-5**

**Designed by:**

SuperKids Nutrition Inc. in partnership with the American Institute for Cancer Research.

**Time Allotted for the Lesson:**

Approximately 30 minutes for lesson plan, plus 45 minutes for food preparation (with adequate prep work completed).

**Instructional Objectives:**

**Nutrition Information:**

- ✓ Students will learn about some of the components of whole plant foods like fiber and how it is known to protect against colon cancer and help with weight control.
- ✓ Students will identify select whole plant foods, like fruits, vegetables, whole grains, beans, spices and herbs and be able to explain why eating different colors is beneficial.
- ✓ Students will learn about the benefits of beans as an alternative protein choice.

**Self-assessment:**

- ✓ Students will identify their favorite whole plant foods and do a self-assessment of what ratio of their plates contains whole plant foods vs. animal foods.

**Health Behavior Change:**

- ✓ Students will be able to name at least one benefit of whole plant foods and understand how they contribute to their overall health.
- ✓ Students will be able to taste a whole plant food recipe in order to increase the likelihood of incorporating more whole plant foods into their diet at home.

**Culinary Skills:**

- ✓ Students will identify the different beneficial ingredients in a recipe and develop a taste for them.
- ✓ Students will learn that they can easily prepare items like bean and veggie enchiladas at home, rather than buying them frozen or pre-prepared at the store or eating them out in a restaurant.
- ✓ Students will learn how to prepare Bean and Veggie Enchiladas from the AICR Test Kitchen.

**Self-efficacy/Action plan:**

- ✓ Students will receive supplemental material to track their progress in eating more colorful whole plant foods throughout the week.

**Overview:**

The lesson will focus on the benefits of eating whole plant foods like beans, which are naturally low in fat and loaded with beneficial nutrients including protein, complex carbohydrates and fiber. Students will learn and discuss the benefits of eating whole plant foods and how the addition of these healthy foods can help them to grow up to be strong and healthy. Afterwards, students will have the opportunity to prepare Bean and Veggie Enchiladas to see how delicious these foods can really be!



## Preparation:

- ✓ Review equipment inventory, make sure oven is working and buy any necessary tools
- ✓ Make copies of the handouts and recipes for the students
- ✓ Create a grocery list
- ✓ Purchase all ingredients about 1-2 days in advance
- ✓ Fill out form below for organization

Students and Site	
Age Group of Kids	K-5
Number of Kids	6-12
Kitchen or Classroom	Both
One-time Class	✓
Duration of Class	45 min.

✓ Check all that apply			
Nutrition Activity	✓	"Cold" Cooking	
Cooking Demo	✓	Minimal Equipment	
Tasting	✓	Full Kitchen	✓
No Cooking			

## Materials/Resources Needed

- ✓ Computer and projector
- ✓ Internet access
- ✓ Recipe handout and Super Crew Color Tracker with Shield for kids

Bean and Veggie Enchiladas: Grocery List
<b>Ingredients</b> ( <i>serves approximately 6 children</i> )
<input type="checkbox"/> Vegetable oil spray
<input type="checkbox"/> 1 can (16 oz.) fat-free, reduced sodium refried beans
<input type="checkbox"/> 1 cup fresh or frozen (slightly thawed) chopped, mixed color bell peppers
<input type="checkbox"/> 1/2 cup shredded carrots
<input type="checkbox"/> 2 Roma tomatoes, chopped
<input type="checkbox"/> 1 tsp olive oil
<input type="checkbox"/> 1 small onion, finely chopped (about 1/2 cup)
<input type="checkbox"/> 1 medium garlic clove, minced or finely chopped
<input type="checkbox"/> 6 whole-wheat or corn tortillas (approximately 8-inches in diameter)
<input type="checkbox"/> 3/4 cup (6 oz.) enchilada sauce
<input type="checkbox"/> 1/2 cup shredded low-fat cheddar cheese
<input type="checkbox"/> Shredded Romaine lettuce, low-fat or nonfat sour cream, and prepared salsa for garnish (optional)
<input type="checkbox"/> 2 Portobello mushrooms, thinly sliced (optional)
<input type="checkbox"/> 1 Tbsp. of balsamic vinegar, 1 Tbsp. of soy sauce and 1 tsp. of olive oil to sauté optional Portobello mushrooms

Bean and Veggie Enchiladas: Equipment List
<input type="checkbox"/> 9-inch square casserole dish
<input type="checkbox"/> Medium bowl
<input type="checkbox"/> Can opener (for refried beans & enchilada sauce)
<input type="checkbox"/> Small non-stick skillet
<input type="checkbox"/> Knife (to chop onion)
<input type="checkbox"/> Mixing spoons
<input type="checkbox"/> Oven
<input type="checkbox"/> Plates
<input type="checkbox"/> Napkins



## Instructional Procedures:

### Engage your audience!

#### 1. Begin the lesson by saying that we are going to make Bean and Veggie Enchiladas and introduce the Super Crew Kids.

a. Introduce the Super Crew kids by projecting the images from the Super Crew kids site:

<http://www.superkidsnutrition.com/sckids/kids-body-powers.php#lift>

- Encourage kids to aim for 3-5 different colors a day of plant foods.
- The Super Crew gets their super powers from their favorite healthy foods.
- Eating lots of whole plant foods can make you healthy and give you a lot of energy like the Super Crew.
- Click on each Super Crew character, and then click on the body powers icon. Explain the different health powers or benefits that each plant food color provides.

#### 2. Briefly discuss the ingredients in the recipe. Explain that what they eat now impacts their health when they grow older. Lots of the foods in the enchiladas have super powers that help them grow strong and healthy!

- Discuss the super powers of whole plant foods like beans. Beans are a good source of protein, complex carbohydrates and fiber. Fiber is good for your digestive system, helps protect against cancer and keeps your cholesterol in check! Beans are also low in fat and a great alternative to animal protein.
- Discuss the super powers of orange foods like carrots and orange peppers. Both of these foods are a wonderful source of powerful nutrients called carotenoids! They help your eyes and skin. Peppers are also full of vitamin C to prevent you from getting sick.
- Refer to the simple color benefit descriptions that are listed with each Super Crew kid body powers on the Super Crew kids website. Additional teaching opportunities:
  - Discuss the super powers of white foods like garlic: Garlic (and onions, too) contains organosulfides – a type of fight-o-chemical that fights cancer. It lowers cholesterol and blood pressure and also reduces the risk of heart attack and stroke.
  - Discuss the super powers of red foods like tomatoes: Tomatoes are packed with vitamin A, C and lycopene. Tomatoes not only come in red but in orange and yellow too. Cool!
  - Discuss the super powers of whole (minimally processed or unprocessed) plant foods in general: Whole plant foods protect our DNA. **DNA is a list of instructions that tells our bodies what to do.** We want to make sure it tells our bodies to do the right things! By protecting our DNA, we help protect our eyesight and memory. We also slow down aging, prevent cancer, heart disease and diabetes. But most of all these foods help keep us looking, feeling, and thinking our best!

#### 3. Include as many whole plant foods as possible in your diet!

- Instructor will describe the importance of eating a diet rich in whole plant foods in a variety of colors.
- It's never too early to eat a healthy diet that includes plenty of cancer-fighting plant foods like vegetables to lower your cancer risk. For parents in the room, note that research suggests that new foods are even better accepted at ages 2 to 4 than they are at ages 4 to 8.
- Whole plant foods are foods like vegetables, fruits, whole grains and beans, nuts and seeds as well as herbs and spices.

- These “superhero” foods protect us because plant foods contain lots of phytochemicals or what the Super Crew calls “fight-o-chemicals,” which are natural compounds that protect the plant – and people who eat those plants.
  - These compounds give plants their vibrant colors and work together against cancer development when we absorb them from eating whole plant foods.
  - An example of a phytochemical is beta-carotene, which makes carrots orange.
  - Beta-carotene also protects our cells from damage that can lead to cancer.
- Whole plant foods are also rich in fiber, which is known to protect against colon cancer and to help with weight control.
  - This is because fiber-rich whole grains are digested more slowly than refined foods made from white flour, keeping us satisfied to prevent weight gain that is linked to higher cancer risk.
- Whole plant foods are important because they are lower in calories compared to foods from animals. Eating fruit and vegetables at every meal – at least 5 half-cup servings a day – is a low-fat, low-sugar and filling way to eat.

#### 4. **Super Crew Tracker (Handout: The Super Crew Color Tracker with Shield)**

- Use the Super Crew Color tracker activity to have students track the colors of whole plant foods they ate today. Then encourage them to continue the tracker for the rest of the week!

### How to Cook Bean and Veggie Enchiladas:

**Instructor will introduce recipe and help children prepare.**

Before Cooking:

1. Explain: “Today we are going to make a recipe that has a number of colorful whole plant foods which contain super-powers!”
2. Introduce bean and veggie enchiladas. Review the different powers of each ingredient in the dish:
  - Beans (brown)
  - Colorful bell peppers (yellow, green, red or orange) & carrots (orange)
  - Garlic and onions (beige and white)
  - Tomatoes (red)
  - Re-emphasize the importance of whole plant foods
  - Whole-grain tortillas (brown - whole wheat or yellow corn)
3. Review hand washing:
  - Good hand washing habits are your first line of defense against the spread of many illnesses, not just the common cold.
  - Hand washing can prevent the transfer of germs and foodborne illnesses.
  - Scrub hands with warm, soapy water for at least 15 seconds (according to the CDC).
  - Don’t forget to wash your hands before, during and after cooking!



## Bean and Veggie Enchiladas Recipe

### Ingredients:

- ✓ Vegetable oil spray
- ✓ 1 can (16 oz.) fat-free, reduced sodium refried **beans**
- ✓ 1 cup fresh or frozen (slightly thawed) mixed **bell peppers**
- ✓ ½ cup shredded **carrots**
- ✓ 2 Roma **tomatoes**, chopped
- ✓ 1 tsp. olive oil
- ✓ 1 small **onion**, finely chopped (about 2/3 cup)
- ✓ 1 medium **garlic clove**, minced or finely chopped
- ✓ 6 **whole-wheat** tortillas (approximately 8 inches in diameter)
- ✓ ¾ cup (6 oz.) enchilada sauce
- ✓ ½ cup shredded low-fat cheddar cheese
- ✓ Shredded romaine lettuce, low-fat or nonfat sour cream and prepared salsa for garnish (optional)
- ✓ *Optional, for flavor boost:* 2 Portobello mushrooms, thinly sliced and sautéed with 1 Tbsp. of Balsamic vinegar, 1 Tbsp. of soy sauce and 1 tsp. of olive oil



### Directions:

1. Preheat oven to 350 degrees.
2. Lightly spray a 9-inch square pan with vegetable oil spray; set aside.
3. In a medium bowl, combine refried beans, bell peppers, carrots and tomatoes; set aside.
4. Pour olive oil into a small non-stick skillet and heat over medium-high heat until oil is hot. Add onions and cook for 2-3 minutes or until onions are tender, stirring occasionally. Add garlic and cook for 1-2 minutes more.
5. Spoon cooked onions and garlic into reserved bean mixture; stir until ingredients are thoroughly mixed.
6. Spoon 1/6 of bean mixture down center of each tortilla; roll up. Place filled tortillas side-by-side, seam side down, in prepared pan.
7. Pour enchilada sauce over tortillas.
8. Bake, uncovered, for 20 minutes; remove from oven and sprinkle with shredded cheese.
9. Bake an additional 5 minutes or until cheese is melted and tortillas are heated through.
10. If desired, top each tortilla with shredded lettuce, sour cream and salsa.

### Goal Activity

#### Assessment:

Have children complete the Super Crew Color Tracker Activity. Tell students to aim for 3-5 different colors a day.

Visit [www.superkidsnutrition.com](http://www.superkidsnutrition.com) for more fun activities with the Super Crew.