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Chopped Salad Competition Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Know Your Knives Demo](#)
- Video – [Cutting Cucumber](#)
- Video – [Chopping Onion](#)
- Video – [How to Work with an Avocado](#)
- Article – [Keep Fruits & Vegetable Fresher Longer](#)

Find these resources in this lesson

- Recipe – [Chopped Colorful Veggie Salad](#)
- Handout – [Basic Kitchen Knives](#)
- Handout – [Build a Healthier Salad Infographic](#)
- Handout – [Eat More Color Infographic](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

DEMO SUPPLIES

- Chef's knife
- Boning knife
- Serrated knife
- Paring knife

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Know Your Knives Demo Script

Review picture of knives to familiarize yourself.

SAY:

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.

Hold up and show the classic chef's knife while talking through the next part.

SAY:

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.

Hold the chef's knife up while demoing the next part. (Consider inviting participants up to the

SAY:

Start by pinching the knife blade where it connects to the handle, between your
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blade that connects directly to the handle.
Continue by lightly wrapping the rest of
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Place celery or similar vegetable on cutting board. Start chopping celery while demoing the next part.

SAY:

The focus of your grip should be on pinching the blade. Position your knife so that it touches your middle knuckle
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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.

Move chopped celery into a bowl for tasting and bring your boning knife to the cutting board.
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to cut anything.

SAY:

The boning knife is best used when
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you're dealing with bones, you need a
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Move the boning knife to the side and bring the paring knife and strawberries to the cutting board. Demo the next part.

SAY:

The paring knife is a great tool for slicing and mincing.

Move the paring knife to the side and bring the serrated knife and bell pepper to the cutting board. Demo the next part.

SAY:

Chopped Salad Competition Activity Script

Divide up participants into teams to work on making the Chopped Colorful Veggie Salad.

Invite group members to pick up their

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if you have set everything up at their stations

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SAY:

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Chopped Colorful Veggie Salad

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

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some favorite vegetables, and almost all the colors of the rainbow!

INGREDIENTS

- 2 cups packed kale or spinach, chopped
- 1 ½ cups frozen corn, thawed
- 1 cup chopped tomatoes (about 2 medium tomatoes)
- 1 cup peeled, chopped cucumber (about 1 medium)
- ½ cup shelled, frozen edamame, thawed
- ½ cup chopped red onion (about ½ medium red onion)
- 1 avocado, diced
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- Pepper, to taste

DIRECTIONS

1. In a large bowl, combine the kale, corn, tomatoes, cucumber, edamame, red onion, and avocado.
2. In a small bowl, whisk together the lime juice and oil. Toss with the kale mixture. Season with the pepper.

Tip: You can use no-salt-added canned corn instead of the frozen corn.

Kids in the kitchen? Once the cucumber is peeled and cut in half, let the kids help seed it by using a spoon and scraping down the middle.

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CHEF'S KNIFE

Go-to knife for most cooking and kitchen tasks, except to carve poultry and skin large vegetables

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal?
If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
