



KINDERGARTEN KITCHEN

Little Hands, *Happy Salads*

Eight no-cook salads that children make themselves: tearing, peeling, mashing, mixing and sprinkling.

1 Rainbow Fruit Chaat

2 Kosambari

3 Sprouts Salad

4 Sun Sticks with Curd Dip

5 Sweet Corn Cup

6 Peanut Tomato Salad

7 Banana Coconut Mash

8 Paneer Rainbow Sticks

Before we start: teacher's checklist

-  **Wash hands** before you begin. Make it a song!
-  **Check allergies** (peanuts, dairy) before the day.
-  **The teacher cuts** hard foods beforehand. Children use plastic knives on soft foods only.
-  **Small bowls:** one for each child, or one for each pair.
-  **Talk while you make:** name each food, its colour, where it grows, how it feels and smells.
-  **Serve a friend** first, then yourself.
-  **Clean up together:** wipe the tables and put the peels in the compost bin.

SALAD 1



Rainbow Fruit Chaat

Ages 3+

15 min

No cooking

We learn: Colours · counting · sorting

We need

Banana

Grapes

Papaya

Lemon

Apple

Pomegranate seeds

Chaat masala

Let's make

- 1 Peel the banana and slice it with a plastic knife.
- 2 Pull the grapes off their stalks.
- 3 Drop in the pomegranate seeds.
- 4 Add the fruit the teacher has cut.
- 5 Sprinkle chaat masala, squeeze the lemon and mix gently.



How many colours can you find in your bowl?



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SALAD 2



Kosambari

Moong dal salad

Ages 4+

15 min

No cooking

We learn: Soaking · textures

We need

Moong dal, soaked 2 hours

Cucumber

Coriander

Salt

Grated carrot

Grated coconut

Lemon

Let's make

- 1 Drain the soaked dal.
- 2 Add the carrot, cucumber and coconut.
- 3 Tear the coriander leaves with your fingers.
- 4 Squeeze the lemon and add a pinch of salt.
- 5 Mix it all together.



What happened to the dal when it slept in water?



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SALAD 3



Sprouts Salad

👤 Ages 4+

🕒 10 min

🔥 No cooking

We learn: Seeds · growing · science

🥣 We need



Sprouted moong



Onion (optional)



Salt



Chopped tomato



Lemon



A pinch of pepper

🌿 Let's make

- 1 Look at the sprouts with a magnifying glass.
- 2 How long are their tails?
- 3 Put the sprouts in a bowl and add the tomato.
- 4 Squeeze the lemon and add the salt.
- 5 Mix and taste.



Sprout the seeds in class 2 or 3 days before. What changed each day?



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SALAD 4



Sun Sticks with Curd Dip

👤 Ages 3+

🕒 10 min

🔥 No cooking

We learn: Long and short · patterns

🥣 We need



Carrot sticks



Thick curd



A pinch of jeera powder



Cucumber sticks



A pinch of salt

🌿 Let's make

- 1 Spoon the curd into a small bowl.
- 2 Sprinkle in the salt and jeera, then stir.
- 3 Put the bowl in the middle of a plate.
- 4 Arrange the sticks around it like sun rays.
- 5 Dip and crunch!



Which stick is long? Which is short?



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SALAD 5



Sweet Corn Cup

👤 Ages 3+

🕒 10 min

🔥 No cooking

We learn: Counting · scooping

🍲 We need



Boiled sweet corn



A little butter



Salt



Chaat masala



Lemon

🌿 Let's make

- 1 Spoon the corn into small cups.
- 2 Add a little butter.
- 3 Sprinkle the salt and masala.
- 4 Squeeze the lemon.
- 5 Stir and eat with a spoon.



Can you count 10 kernels on your spoon?



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SALAD 6



Peanut Tomato Salad

👤 Ages 4+

🕒 15 min

🔥 No cooking

We learn: Senses · fine motor

🍲 We need



Roasted peanuts



Chopped tomato



Cucumber



Coriander



Lemon



Salt

🌿 Let's make

- 1 Rub the peanuts between your palms.
- 2 Blow the skins away. Whoosh!
- 3 Mix in the tomato and cucumber.
- 4 Tear in the coriander.
- 5 Add the lemon and salt, then mix.



Check for peanut allergies first.



What sound do the peanuts make in your hands?



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SALAD 7



Banana Coconut Mash

Ages 3+

10 min

No cooking

We learn: Soft and hard · smell · touch

We need



Ripe banana



Grated coconut



A little jaggery powder



A pinch of cardamom

Let's make

- 1 Peel the banana.
- 2 Mash it with a fork.
- 3 Mix in the coconut and jaggery.
- 4 Sprinkle the cardamom.
- 5 Smell it! Then taste it.



Is the banana soft or hard? And the coconut?



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SALAD 8



Paneer Rainbow Sticks

Ages 4+

15 min

No cooking

We learn: AB patterns · colours

We need



Paneer cubes



Capsicum: red, yellow, green



Ice-cream sticks



Salt



Pepper



Lemon

Let's make

- 1 Push a paneer cube onto the stick.
- 2 Then a capsicum piece.
- 3 Paneer, capsicum, paneer, capsicum...
- 4 Sprinkle salt and pepper.
- 5 Squeeze a little lemon.



What comes next in your pattern?



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