

3, 2, 1 Dressing

(K to 7)

Overview

Getting students excited about vegetables can be as easy as 1-2-3!

Students will make homemade salad dressing and increase their understanding about “foods to limit” that are used in small amounts. It’s also a fun way to get kids interested in salad.

Estimated time: 20 minutes

Food costs: \$3 to \$5 for the bag of spinach (other ingredients could be brought from home)

Materials

- Small bottle of vegetable oil
- Small bottle of white vinegar
- Small bag of sugar
- Small jar with lid
- Two tablespoons
- 1 bag of pre-washed spinach leaves

Procedures

Get everyone in the classroom to wash hands well. Select student volunteers to help with the following:

- Pour **3** Tbsp of vegetable oil into the jar.
- Pour **2** Tbsp white vinegar into the jar.
- Scoop **1** Tbsp of sugar into the jar.
- Seal the jar with the lid so it’s finger tight.
- Have the volunteers pass the jar around the classroom and give each student 3 “shakes” of the jar.
- Offer a leaf of spinach to each student in the class. Let the students decide if they would like to try it.
- Give each student the opportunity to dip their spinach leave into the jar of 3-2-1 dressing, making sure they’re careful to keep their hand underneath so it doesn’t drip on their desk!

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More information for Teachers

To offset food costs, find out about [mini food grants](#).

Refer to [Kitchen Equipment for your Classroom](#) for more preparation and food safety tips.

Curriculum Links

This lesson supports Big Ideas and Learning Standards in the Physical and Health Education [BC curriculum](#) and can also link to other subject areas.

Background

The more often you expose children to a food, the more inclined they are to taste it. But don't pressure or reward children for trying new foods. Research shows that children who are pressured or rewarded when trying a new food are less likely to go back to it than children who are simply exposed to it and allowed to decide on their own whether or not to eat it.

Want to do more nutrition education with your class?

Explore our other [lesson plans](#) or book a [free 1-hour workshop](#)