



# Spoons Across America

## Food Explorer

This activity is all having your child practice their food exploration skills through making a healthy snack!

First review a nutrition label of a Dorito a bag with your child. Make sure to highlight all the ingredients and lack of nutritional content in a bag of chips. Instead of snacking on those chips, with the artificial flavors and high salt content in these chips, for this activity you will be making your own version of a healthy snack by making Garbonzitos (the recipe is on the back)!

Before you make the Garbanzitos, have your child taste each ingredient. Explain to your child that taste is just one of the ways that we make decisions about what we like or don't like to eat. There are other senses that we use to make discoveries about the world around us, including the foods we choose to eat. Lead your child in observing, smelling, tasting, and describing each component, emphasizing juicy and descriptive vocabulary. Push your child to use words beyond "good" and "gross." Ask questions like: How does it smell? What do they feel like in your mouth? Crunchy? Hard? Soft? Smooth? What flavors and tastes do you notice? Is it sweet? Sour? Bitter? Salty? Umami?

Let your child create their own blend of spices and seasonings, and sprinkled it on chickpeas that are sautéed until they were crispy and crunchy. The seasoning tastes just like Doritos, but is much healthier! This seasoning blend is also delicious on roasted vegetables and even meat! You can even shake the seasoning over popcorn! After your child makes the Garbaniztos, have them describe the snack with descriptive language. What do you taste now that everything is combined? Would you add, change, or take out an ingredient?

### Food Explorer Vocabulary

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SWEET	SOUR	SMOKY
SALTY	BITTER	SHARP
BLAND	FLAVORFUL	WATERY
SPICY	COLD	TANGY
HOT	FRESH	WARM
MILD	OILY	STRONG
PEPPERY	RIPE	SAVORY
PUNGENT	TART	EARTHY

### Food Explorers at Home!

*With your child, find a new fruit or vegetable at the grocery store or your local farmers market. Use your senses to explore it and make observations below!*

**Fruit or Vegetable name:** \_\_\_\_\_

**What does it LOOK like?** \_\_\_\_\_

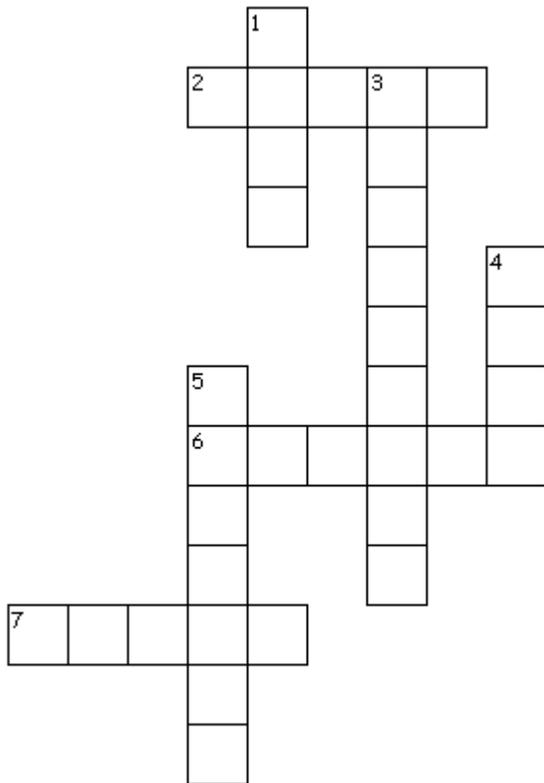
**What does it SMELL like?** \_\_\_\_\_

**What does it TASTE like?** \_\_\_\_\_

**What does it FEEL like?** \_\_\_\_\_

**Draw it!**

# Crossword Puzzle



## Across

2. To cook food in an oven
6. Instructions for preparing a dish
7. A small amount of food eaten between meals

## Down

1. Human's source of energy
3. Herbs or spices added to food to add flavor
4. A thick, green leafy vegetable
5. The texture of chips



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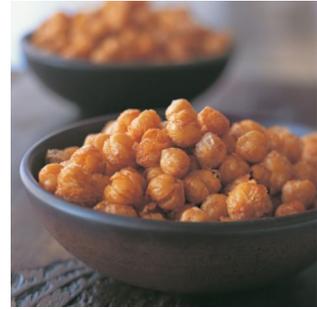
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# Make it Yourself: Garbanzitos

## Ingredients:

- 1 can chick peas,  
drained and dried
- ¼ cup nutritional yeast\*
- 1 tsp onion or garlic powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp chili powder
- ¼ tsp cayenne powder (optional)
- 4 Tbsp canola or olive oil
- 1 tsp salt



## Directions:

1. Combine the nutritional yeast, spices and salt in a small bag. Seal and shake to mix.
2. Heat the oil (enough to coat the bottom of the pan) a skillet set on high heat until sizzling.
3. Add the chickpeas and cook, stirring frequently with tongs or a spoon, until they are golden and crispy, about 5-6 minutes.
4. Remove the chickpeas from the pan with a slotted spoon and drain on paper towel.
5. Transfer the drained chickpeas to a bowl and add the seasoning mixture, stirring to coat every chickpea.

Note: Chick peas can also be roasted in a hot oven. Coat chickpeas with oil and toss with spice mixture. Roast in an even layer on the pan, shaking a few times, until crispy. About 15 minutes.

Mix it UP! Try the seasonal mixture on everything from roasted veggies to fish to even popcorn! Experiment with more or less spice to suit your palate! Try adding the spice mixture before cooking to see how that changes the flavor and texture of the chick peas!

\* Nutritional yeast is a deactivated yeast that contains protein and B-vitamins. It has a cheesy, nutty flavor and is often used for flavoring foods. If you can't find nutritional yeast, substitute with freshly grated parmesan cheese.