



# Flavour Fiesta

A Dips and Spreads Workshop

Facilitation Guide



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# Introduction

The Dips and Spreads Facilitation Guide will lead facilitators through the process of planning and implementing a Food Skills workshop that teaches participants to prepare delicious dips and spreads from scratch paired with some tasty sides.

## Workshop Objectives

Youth dip into their creativity with this workshop that explores some tasty homemade dips and spreads with local vegetables and sides. Youth learn to create their own recipe to take home so they can spread the word!

## Workshop Goals

- Learn new food skills, such as recipe reading, knife skills, and a variety of food preparation techniques like seasoning, sauteing, boiling, and blending.
- Explore new and different foods and flavours through the cooking and tasting process.

## Who Could Be Involved

### Program Leader

The person taking charge of the project. A leader keeps the program on track while sharing responsibility with other team members.

### Program Assistants

People asked to help run different program areas of the program, based on their skills and experience.

### Intended Participants

Interested children and youth.

### Community Partners

Local groups or organizations interested in supporting the program. Examples could include town councils, local businesses, food banks, or other non-profit organizations. Ask all program leaders and program assistants if they have connections to community partners who may want to support the work.



# Facilitation Guidance

## Facilitator Role Overview

### Setting a Positive, Inclusive Tone

#### Warm Welcome

Encourage facilitators to greet participants by name, if possible, and introduce themselves.

#### Celebrating Curiosity and Diversity

Reinforce that there's no "right" way to enjoy food—everyone has different tastes and experiences. For example, facilitators might remind the group, "All taste buds are welcome here! Let's find out what each of us loves in a dip."

#### Encouraging Exploration

Emphasize that the workshop is a space to try new things without pressure. Facilitators can model open-mindedness by sharing personal food preferences or talking about new foods they've tried recently.

#### Using Inclusive Language

Avoid food judgments (no "good" or "bad" foods). Focus on the concept of "**nourishing foods**" that give us energy and nutrients.

#### Building Confidence

Remind facilitators to acknowledge each child's choices and creativity positively, even if they don't make the "typical" dip or try all the ingredients.

#### How We Want to Be Talking About Food

Emphasize positive, non-judgmental language (e.g., "fueling our bodies" instead of "good/bad foods").

#### What is Nourishing Food?

Nourishing foods give us the energy to play, learn, and grow!



# Workshop Timelines

Pre-Workshop

During Workshop

Post Workshop

## Pre-Workshop

Contact Nourish Nova Scotia for planning support as needed

- Set a date and time.
- Find a location (*E.g., community/school kitchen, school classroom or food lab*).

Note: Confirm if location has access to outlets for blenders, table space to set up stations, washing station for handwashing and dishes, and ideally fridge/freezer access or coolers for cold ingredient storage and food safety.

- Identify the number of participants.
- Identify dietary restrictions and allergens.
- Identify facilitators for the workshop.
- Gather workshop resources:
  - Facilitation guide
  - Check-In/Out Questions (See page 11)
  - Opening Activity (See page 12)
  - Equipment Checklist (See page 15)
  - Ingredients Checklist (See page 16)
  - Sample Grocery List (See page 18)
  - Dips & Spreads Recipes (See page 20)
- Shop for ingredients.



# During Workshop

## 1 Prepare the Workshop Space

Arrive 30 minutes to 1 hour ahead of workshop start time.

- Sanitize all countertops.
- Set up space.  
Move tables, chairs, and equipment, as required. Ensure outlets are easily accessed, set blenders and stations up near outlets.
- Lay out ingredients by recipe.
- Prepare ingredients to go along with dips (*chop vegetables, cut bread etc.*).
- Prepare the opening activity. (See page 12)

## 2 Workshop Introduction (10 min)

- Welcome participants, explain any space rules.

Suggested space rules to touch on:

- Respect people's identities and pronouns
- Listen actively
- Show compassion and empathy
- Peer-to-peer support
- Respecting food safety rules and guidelines

- Explain the session: goals, objectives, and agenda. (See page 3)
- Complete check-in. (See page 11)
- Handwashing for all.

If possible, try to keep one sink dedicated to handwashing.

(See page 29 for a link to our handwashing activity)



### 3 Opening Activity (15 min)

**Name that Dip!** (See page 12 for activity details)

- Separate youth into groups.
  - Recommend groups of up to 3 participants.
  - Can let youth choose their groups or randomly assign numbers to correspond with their group.
- Set up activity.

Place the cards with dip names, photos of the dips and a pantry of ingredients on a common table/ ingredient name tags. (See page 14 for sample ingredient tags)
- Gather Participants and explain the goal of the activity.

*“We’re going to have fun learning where different dips come from while exploring flavours from around the world.”*

Note: Some dips and spreads are common to several countries, so this is an opportunity to discuss cultural diversity and similarities.
- Carry out activity & reflect.

### 4 Dips & Spreads Creation and Testing (30 min)

**Each group should choose a workstation with an assigned dip.**

- Recipe Introduction:** Have each group read their recipe to ensure that all the ingredients they need are at their station and that the instructions are clear.
- Dip Preparation:** Have each group make their dip according to the recipes. Groups will prepare their ingredients if needed (i.e., Wash, cut, and peel produce).

Encourage them to taste and adjust, until they reach the desired taste and texture.

Note: Highlight the importance of food safety (e.g., clean hands and no double-dipping).



- Recipe Card Customization:** Have participants fill out blank recipe cards with their updated recipe, for them to keep and take home. If not providing blank recipe cards, plan to provide printed copies of the recipe for youth to keep.

### Facilitation Tips

- Rotate around the room to answer questions and encourage creativity.
- Highlight the importance of food safety (e.g., clean hands, no double-dipping, safe knife use).

## 5 Taste Testing and Sensory Exploration (20 min)

- Taste Test:** Once all dips are completed and divided, allow the full group to taste test each dip.
- Sensory Exploration and Discussion:** Ask participants questions about their senses: taste, texture, smell, etc.

### Ways to Explore



Look



Feel



Taste



Smell

- What flavours do you notice when you try this dip?
- Which ingredient stands out the most in terms of flavour?
- Is there a flavour in the dip that you've never tasted before?
- Which dip is your favourite? Why?
- How would you describe the texture?
- Can you identify any ingredients from just smelling the dip?





## 5 Clean up (15 min)

- Task groups with cleaning their own stations and contributing to the overall cleanup of space.
- Facilitators to gather and equipment and food:
  - Gather and clean blenders/sharp items.
  - Pack up and distribute extra dips for participants to take home, labelling them with the participant's name and the date.
  - Pack up and store extra ingredients.

## 6 Group Discussion (5 min)

- Once the taste testing and cleanup are complete, debrief about what they liked and what they didn't like, and allow discussion.

## 7 Closing (5 min)

- At the end of the workshop, ask the group a checkout question (see page 30 for examples) and then gather feedback that includes:
  - Value of workshop,
  - Lessons learned,
  - Acceptance of opening activity,
  - Ingredient input,
  - Suggestions for dip-related activities,
  - Suggestions for future workshops.

## Post-Workshop

- Debrief with facilitators.  
What went well, what could be improved, etc.
- Gather youth feedback, compile and document.

Check out our **Facilitation Guide feedback survey!** We would love to hear how using the guide worked for you so that we can continue to improve and expand our resources.

[Facilitation Guide Feedback](#)



# Workshop Resources

The following pages include key resources to the planning and implementation of the workshop, including some suggested activities and questions, planning lists and recipe ideas. You may want to print some or all of these pages for the workshop.

## Tips for Success

- Involve your community and community partners (e.g., youth groups or youth-serving organizations) at the start of your program planning. This will not only help you understand the needs of your intended participants, but they will be more likely to benefit from and enjoy the program.
- Contact Nourish Nova Scotia staff for planning support as needed. We're here to help!
- Consult participants to determine if there are certain ingredient choices they're curious about or already enjoy.
- Encourage groups to be adventurous and explore ingredients they're unfamiliar with & not "yuck someone's yum".



# Check-In/Out Questions & Opening Activity

## Question Suggestions

### Check-In

- What's your favourite dip, and why?
- Have you ever tried a dip from another country/ part of the world? If so, which one?
- What is one thing you're excited to learn today?
- What are your favourite sides to have with a dip?

### Check-Out

- What was the most surprising thing you learned about dips today?
- Which dip did you enjoy making the most, and why?
- What new ingredients or flavours would you like to try in a dip?



# Opening Activity

## Name that Dip!

**Objective:** To introduce participants to ingredients found in popular dips from around the world, encouraging curiosity, teamwork, and an appreciation for cultural diversity through a fun and interactive matching activity.

**Overview:** Participants will work together to match dip ingredients to a popular dip from around the world.

### Materials Needed

- **Photo cards of various dips** (e.g., guacamole, hummus, tzatziki, salsa, baba ghanoush). Ideally, you are choosing photos of the dips you are making during the session, so that youth can taste them after the activity.
- **Ingredient name tags** or actual ingredients if you are making the dips after (e.g., avocados, tomatoes, chickpeas, olive oil, cucumbers, yoghurt). (See page 14)
- Optional: Whiteboard or chart paper to display answers.

### 1 Introduce the Activity

“Today, we’re going to take a trip around the world, through dips! On the table there will be a set of cards with photos of popular dips from different parts of the world. Your job is to match the dip to the ingredients most commonly associated with it. Work together as a team, have fun and see if you learn something new!”





## 2 Discuss Answers and Give Cultural Context

- Once participants finish matching, review answers all together and give some cultural context.

### Dip context examples

**Guacamole (Mexico):** “Guacamole dates back to the Aztecs, who prized avocados for their rich flavour and nutritional benefits.”

**Hummus (Middle East):** “Hummus is a staple food across the Middle East, often enjoyed with pita bread in a mezze platter.”

**Tzatziki (Greece):** “This refreshing yogurt and cucumber dip is a key part of Greek cuisine and pairs perfectly with grilled meats.”

**Salsa (Mexico):** “Salsa, meaning ‘sauce’ in Spanish, comes in many varieties and is made with fresh tomatoes, lime, and herbs.”

**Raita (India):** “Similar in texture to tzatziki, Raita is often paired with spicy Indian dishes to cool and refresh the palate.”

### Facilitator Tip When Discussing Cultural Contexts




The same dips can often be found across different countries and regions, sometimes showcasing ingredient variations. This is a great opportunity to illustrate the power of food as a connector and showcase the beauty of cultural diversity in food.




# Opening Activity Tags

Print out and cut up for youth to match the tags to the recipe



## Fruits, Vegetables, and Herbs

 Lemon	 Lime	 Tomato
 Cucumber	 Eggplant	 Garlic
 Avocados	 Spinach	 Parsley
 Onion	 Chives	 Cilantro

## Dairy

 Yoghurt	 Sour Cream	 Parmesan
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## Spices

 Paprika	 Cumin	 Coriander
 Salt	 Pepper	
		
		
		
		

# Equipment and Ingredients Needed to Run Workshop

## Equipment Checklist

- Blender or Food Processor**  
Quantity: 1 per work station
- Measuring cups and spoons**  
Quantity: 1 set per work station
- Bowls | Small to medium**  
Quantity: 4-5
- Serving Bowls | Large**  
Quantity: Enough for each dip
- Cutting Board**  
Quantity: 1-4 per work station
- Knives | Regular or child friendly**  
Quantity: Enough for all participants
- Can opener**  
Quantity: 2-4
- Utensils (Knives, spoons, forks) | Compostable or reusable**  
Quantity: Enough for all participants
- Vegetable peeler**  
Quantity: 2-4
- Spatulas**  
Quantity: 1 per workstation
- Plates**  
Quantity: Enough for all participants
- Strainer | To wash vegetables**  
Quantity: 1-2
- Napkins**  
Quantity: 1 package
- Take-out containers**  
Quantity: Enough for all participants
- Cleaning supplies: sponge, soap, drying cloth**  
Quantity: Enough for all participants
- Extension cords (if necessary) – check your space beforehand to ensure that your blender cords will reach outlets**  
Quantity: As needed
- First aid kit – purchase or identify where one is located on site.**  
Quantity: 1 kit per session

**Tip:** Before gathering equipment and materials, check the workspace to see what equipment or supplies are already available, some spaces may have items such as cutting boards, knives, peelers etc.



# Ingredients Checklist

## Hummus

- Chickpeas
- Fresh lemon juice
- Tahini
- Garlic
- Extra-virgin olive oil
- Ground cumin
- Salt

## Guacamole

- Avocados
- Yellow onion
- Roma tomatoes
- Fresh cilantro (optional)
- Jalapeno pepper (optional)
- Garlic
- Lime
- Sea salt

## Tzatziki

- Cucumber
- Greek yogurt
- Lemon juice
- Extra-virgin olive oil
- Garlic
- Sea salt
- Dill
- Fresh mint (optional)

## Raita

- Yoghurt
- Cucumber
- Red onion
- Lemon/ Lime juice
- Olive oil
- Ground cumin
- Ground coriander
- Fresh mint
- Fresh cilantro
- Salt
- Pepper

### Garden Salsa

- |   |  |
|---|--|
| <input type="checkbox"/> Fresh tomatoes | <input type="checkbox"/> Jalapeño (optional) |
| <input type="checkbox"/> Onion          | <input type="checkbox"/> Dill                |
| <input type="checkbox"/> Garlic         | <input type="checkbox"/> Sugar               |
| <input type="checkbox"/> Lime juice     | <input type="checkbox"/> Salt                |

### Baba ghanoush

- |                                      |   |
|--------------------------------------|---|
| <input type="checkbox"/> Eggplants   | <input type="checkbox"/> Extra-virgin olive oil |
| <input type="checkbox"/> Garlic      | <input type="checkbox"/> Fresh parsley          |
| <input type="checkbox"/> Lemon juice | <input type="checkbox"/> Salt                   |
| <input type="checkbox"/> Tahini      | <input type="checkbox"/> Cumin                  |

### Zaalouk

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Eggplants      | <input type="checkbox"/> Paprika      |
| <input type="checkbox"/> Fresh tomatoes | <input type="checkbox"/> Ground cumin |
| <input type="checkbox"/> Garlic         | <input type="checkbox"/> Salt         |
| <input type="checkbox"/> Fresh cilantro | <input type="checkbox"/> Olive oil    |
| <input type="checkbox"/> Fresh Parsley  | <input type="checkbox"/> Water        |
| <input type="checkbox"/> Lemon          |                                       |

### Spring Spinach Dip

- |   |   |
|---|---|
| <input type="checkbox"/> Garlic   | <input type="checkbox"/> Chives/ green onions |
| <input type="checkbox"/> Spinach  | <input type="checkbox"/> Salt and pepper      |
| <input type="checkbox"/> Fresh herbs (e.g.: thyme,<br>oregano, basil, sage, mint,<br>lemon balm, parsley) | <input type="checkbox"/> Sour cream           |
|   | <input type="checkbox"/> Yoghurt              |
|   | <input type="checkbox"/> Lime/ lemon juice    |

# Sample Grocery List

\*Using 4 dip recipes (guacamole, garden salsa, tzatziki, hummus)

Item	Amount to serve 12	Amount to serve 24	Category
Avocado	8	16	Produce
Yellow onion	1 large	2 large	Produce
Roma tomatoes	8	16	Produce
Cilantro	1 bunch	1-2 bunch	Produce
Jalapeno	1 pepper	1 pepper	Produce
Garlic	2 bulbs	4 bulbs	Produce
Lime	2	4	Produce
Lemon	3	6	Produce
Cucumber	2	4	Produce
Fresh dill	1 bunch	1 bunch	Produce
Bell peppers	3	6	Produce
Carrots	1 (340g) bag	1 (907g) bag	Produce
Baby tomatoes	1 pint	2 pints	Produce
Greek yogurt	1 (907g) tub	2 (907g) tub	Dairy
Chickpeas	4 cans	8 cans	Grocery

Item	Amount to serve 12	Amount to serve 24	Category
Tahini	1 (500g) jar	1 (500g) jar	Grocery
Olive oil	1 (750mL) bottle	1 (750mL) bottle	Grocery
Salt	1 (500g) container	1 (500g) container	Grocery
Sugar	1 (2kg) bag	1 (2kg) bag	Grocery
Crackers	1 box	2 boxes	Grocery
Mini naan bread	1 (400g) container	2 (400g) containers	Grocery
Pretzels	1 (200g) bag	2 (200g) bags	Grocery
Take out containers with lids	24	48	Supplies

### Ingredients for Dipping (included in the grocery list)

- Sliced Vegetables: Cucumbers, bell peppers, carrots, baby tomatoes
- Crackers
- Naan bread
- Pretzels

#### Note:

- There will most likely be leftover dips at the end of the workshop. Plan to provide containers with lids for participants to take the remaining dips home.
- If you would like to incorporate more dips, but don't have enough time or participants, you can add some store bought dips to the grocery list.

# Recipes

## Hummus

\*This recipe was adapted from The Mediterranean Dish

**Servings:** Up to 16  
**Prep time:** 20 min  
**Cook time:** 20 min



Dairy Free



Nut Free



Egg Free



Gluten Free



Soy Free



Vegan

### Ingredients

- 6 cups canned chickpeas, drained and rinsed
- 2-4 garlic cloves, minced
- 2/3 cup tahini
- 1 tsp kosher salt
- Juice of 2 lemons
- Hot water (if needed)
- Extra virgin olive oil
- 1 tsp sumac, cumin, or paprika

### Tips for success

Enjoy with warm pita and your favorite veggies!

### Directions

- 1** Drain and rinse chickpeas.
- 2** Add drained chickpeas and minced garlic to a food processor. Puree until a smooth, powder-like mixture forms.
- 3** At low speed, add tahini, salt, and lemon juice. Blend for about 4 minutes. If the texture is too thick, slowly add hot water, one tablespoon at a time, until desired consistency is reached.
- 4** Spread in a serving bowl and add a generous drizzle of olive oil and spices.

# Guacamole

\*This recipe was adapted from My Latina Table

**Servings: 12-14**  
**Prep time: 25 min**



Dairy Free



Nut Free



Egg Free



Gluten Free



Soy Free



Vegan

## Ingredients

- 8 avocados, ripe
- 1 small yellow onion, finely diced
- 4 Roma tomatoes, diced
- 6 tablespoons fresh cilantro, finely chopped
- 1 jalapeno pepper, seeds removed and finely diced (optional)
- 4 garlic cloves, minced
- 2 limes, juiced
- 1 teaspoon sea salt

## Tips for success

Add to tacos, nachos and salads for added flavour!

## Directions

- 1** Slice the avocados in half, remove the pit, and scoop into a mixing bowl.
- 2** Mash the avocado with a fork and make it as chunky or smooth as you'd like.
- 3** Add about half of the chopped jalapeno pepper and the remaining ingredients and stir together. Give it a taste and add a pinch more salt or lime juice if needed, as well as the remaining jalapeno for a spicier dip.
- 4** Serve with tortilla chips or sliced vegetables.

# Tzatziki

\*This recipe was adapted from The Mediterranean Dish

**Servings: 10-12**  
**Prep time: 15 min**



Nut Free



Egg Free



Gluten Free



Soy Free



Vegetarian

## Ingredients

- 2 medium English cucumbers, partially peeled (striped)
- 2 teaspoons kosher salt, divided
- 1 to 2 garlic cloves, peeled, finely grated or minced
- 2 tablespoon Extra Virgin Olive Oil
- 4 cups plain Greek yogurt
- Handful of chopped fresh dill or mint (optional)
- ½ teaspoon white or black pepper

## Tips for success

For a complete meal, serve with kebabs and pita!

## Directions

- 1** Use a box grater to grate the cucumbers.
- 2** In a large bowl, toss the grated cucumbers with 1 teaspoon kosher salt. Spoon the grated cucumber into a cheese cloth or a paper towel and squeeze dry, discarding the liquid.
- 3** Back in the bowl, combine the grated garlic with the remaining 1 teaspoon salt and extra virgin olive oil. Mix to combine.
- 4** Add the grated cucumber to the bowl with the garlic mixture. Stir in the yogurt, and a pinch of white or black pepper. Stir to combine well. Taste and adjust seasoning as needed.

# Raita

\*This recipe was adapted from Feasting at Home

**Servings: 10-12**  
**Prep time: 20 min**



Nut  
Free



Egg  
Free



Gluten  
Free



Soy  
Free



Vegetarian

## Ingredients

- 1 1/2 cup plain yogurt
- 1 medium cucumber
- 2 tablespoon red onion
- 4 teaspoons lemon or lime juice
- 2 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon coriander
- 4–6 tablespoons fresh mint leaves
- 4–6 tablespoons fresh cilantro
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

## Directions

- 1** Peel and finely chop or grate your cucumber and red onion.
- 2** Chop your fresh mint and cilantro.
- 3** Place all ingredients in a bowl and stir. Taste and adjust seasoning as needed.
- 4** Garnish with fresh herbs.

### Tips for success

Raita can be served as a dip or a side dish. In India, raita is often paired with spicy dishes to cool and refresh the palate, or mixed with rice or naan to serve it with a curry.



# Garden Salsa

\*This recipe was developed by Nourish staff

**Servings: 12-14**  
**Prep time: 20 min**



Dairy Free



Nut Free



Egg Free



Gluten Free



Soy Free



Vegan

## Ingredients

- 4 roma tomatoes or 1 pint of cherry tomatoes
- 1 sweet Pepper (ex: bell pepper, banana pepper)
- 1 garlic clove
- 1 chili pepper (ex: jalapeño, cayenne, habanero)
- 1 tsp lemon juice
- 1/4 medium onion
- 1/4 bunch of cilantro
- Salt to taste

## Tips for success

Add to tacos, nachos and salads for added flavour!

## Directions

- 1** Roughly chop your tomatoes, sweet pepper, garlic and chili pepper and blend in blender or food processor. For a chunkier salsa, pulse your ingredients rather than blend them.
- 2** Separately, finely dice the onions and the cilantro.
- 3** Put the salsa in a bowl, add the cilantro and onion, and stir well. Add the lemon juice and salt.
- 4** Taste and adjust flavour as needed.
- 5** Serve with nachos, tacos, pierogis, or any desired side!

# Baba Ghanoush

\*This recipe was adapted from My Latina Table

**Servings: 10**

**Prep time: 20 min**

**Cook Time: 40 min**



Egg  
Free



Gluten  
Free



Soy  
Free



Vegetarian

## Ingredients

- 2 eggplants
- ¼ cup tahini
- 1 lemon, juiced
- 1 garlic clove, minced
- 1 tablespoon plain Greek yogurt
- kosher salt and black pepper
- 1 teaspoon sumac
- extra virgin olive oil
- toasted pine nuts for garnish

## Directions

- 1** Heat oven to 425 degrees F. Trim eggplants and cut them in half, salt both sides and set aside to "sweat out" excess water for about 30 minutes.
- 2** Pat eggplants dry and arrange them on a lightly-oiled baking sheet, flesh side down. Roast for 40 minutes or until very tender and cooked through.
- 3** Allow the eggplants time to cool, then use a spoon to scoop up the flesh and place it in a bowl. Use a fork to break the flesh down into smaller pieces.
- 4** Add the tahini, garlic, lemon juice, Greek yogurt, salt, pepper and sumac. Mix gently with a wooden spoon or a fork until combined.
- 5** Cover the baba ganoush and chill in the fridge for 30-60 minutes.
- 6** To serve, top with a drizzle of extra virgin olive oil and toasted pine nuts.

# Zaalouk

\*This recipe was adapted from the Mediterranean Dish

Servings: 16

Prep time: 20 min



Dairy Free



Nut Free



Egg Free



Gluten Free



Soy Free



Vegan

## Ingredients

- 2 medium eggplants, peeled and coarsely chopped
- 6 large tomatoes, peeled, seeded, and chopped
- 3 cloves garlic, finely chopped
- 1/4 cup fresh cilantro, coarsely chopped
- 1/4 cup fresh parsley, coarsely chopped
- 1.5 tablespoon paprika
- 1 tablespoon cumin
- 1 1/2 teaspoons salt
- 1/4 cup extra-virgin olive oil
- 1/3 cup water
- 1 lemon wedge

## Directions

- 1** Combine eggplant, tomatoes, garlic, cilantro, parsley, paprika, cumin, salt, oil and water in a large deep skillet or pot. Cover and simmer over medium to medium-high heat for 30 minutes, stirring occasionally.
- 2** With a spoon or potato masher, crush and blend tomatoes and eggplant.
- 3** Add lemon wedge to the pot. Keep simmering, uncovered, for 10 minutes, until there's no more water in the pan.
- 4** The zaalouk is ready once the mixture has reached a thick dip-like consistency. To serve, drizzle with olive oil before serving.

# Spring Spinach Dip

\*This recipe was adapted from Natasha's Kitchen

**Servings: 10 (or 2 cups)**  
**Prep time: 15 min**



Nut Free



Egg Free



Gluten Free



Soy Free



Vegetarian

## Ingredients

- 1 garlic clove
- 2 big handfuls of fresh spinach (stems are ok, trim brown ends)
- 2-3 tablespoons of chopped fresh herbs (cilantro, parsley, dill, rosemary, etc.)
- 2-3 tablespoons of chopped chives or green onion
- ½ tsp salt
- 1 small tub sour cream (227g)
- ½ cup yogurt
- 2-3 tablespoons lime or lemon juice
- Optional: pepper, dried herbs

## Directions

- 1** Peel garlic.
- 2** Prep herbs of choice and chives/ green onions by removing stems, cutting off the green onion roots.
- 3** Combine all ingredients in a food processor and puree. An immersion blender can also be used.
- 4** Taste and adjust seasoning to taste.

### Tips for success

Serve with chopped vegetables, pita or crackers!

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# Appendix

## Other Resources on our Website

- Cinnamon Hand Washing Activity

# Glossary of Terms

## Food Literacy

The knowledge, skills and attitudes necessary to choose, grow, prepare and enjoy food to support one's health, community & the environment.

## Nourish Nova Scotia

Nourish is a non-profit supporting healthy food environments for children and youth.



# FAQ

## Common Questions

### What should I do if a participant has a food allergy?

Always ask participants ahead of time about any food allergies or dietary restrictions. Ensure there are alternative ingredients or dips available that accommodate these needs.

### Can I make dips ahead of time?

Yes, if you have a smaller group but would like to include a variety of dips, you could prepare dips before the participants arrive, or purchase the dips.

### What if we have limited time?

If you're short on time, prioritize making dips that can be made more quickly, prepare ingredients ahead of time to save preparation time or include some store-bought dips.

### How can I ensure everyone is involved in the workshop?

To promote teamwork, divide tasks (chopping, mixing, tasting etc.) among group members. Ensuring everyone has a role!

### How long does the workshop take?

The workshop typically runs for 1.5-2 hours, including setup, activities, and cleanup.



# Food Safety and Supervision Tips

## Guidelines for safely handling ingredients and equipment

**Handwashing:** Begin with an instruction to wash hands properly with soap and water before touching any food.

- See page 29 for a link to our cinnamon handwashing activity.

**Ingredient Safety:** Offer guidance on safe handling practices:

- **Rinse Fruits and Vegetables:** Always wash produce thoroughly to remove any dirt.
- **Safe Storage:** If needed, remind facilitators to store ingredients like dairy and fresh produce in a cooler or fridge until ready for use.

## General Knife Safety

- **Grip and Control:** Show children how to hold the knife by gripping the handle firmly with their dominant hand and keeping fingers of the other hand curled in a “claw” shape to stabilize the food.
- **Cutting Surface:** Always use a non-slip cutting board, and place a damp cloth or grip pad underneath to prevent slipping.
- **First Aid Awareness:** Know where the first aid kit is stored in case of minor cuts, and explain to kids what to do if they accidentally cut themselves (e.g., rinsing with water and calling an adult immediately).





# Age Appropriate Knife Safety

## Younger Children (Ages 8-10)

- Use child-safe or plastic knives for softer foods like tomatoes or cucumbers. These knives are less sharp but can cut through soft items effectively.
- Teach them basic techniques, like holding the food steady with one hand while cutting slowly and carefully with the other.
- Always have adult supervision for this age group when they're using any cutting tool, even child-safe knives.

## Older Children (Ages 11-14)

- Introduce small, beginner-friendly kitchen knives with a rounded tip and a non-slip handle.
- Teach basic techniques such as the "claw grip" (curling fingers under while holding the food) or the "bridge hold" (creating a bridge over the ingredient with your hand to keep the item steady) to keep fingers safely away from the blade.
- Start with softer fruits and vegetables and progress to firmer ones as they gain confidence, always with supervision.

## Teens (Ages 15-17)

- Teens with experience may be ready to use a standard chef's knife, but should still be supervised when cutting larger or tougher foods.
- Teach proper knife maintenance, like wiping the blade dry after washing and storing it safely.
- Teach or review basic techniques such as the "claw grip" (curling fingers under while holding the food) or the "bridge hold" (creating a bridge over the ingredient with your hand to keep the item steady) to keep fingers safely away from the blade.



# Allergen Identification

To ensure a safe and enjoyable experience for all participants, please consider the following allergens when preparing and serving dips. We recommend reviewing ingredient labels, communicating with participants about allergies, and offering alternatives as needed.

## Common Allergens in Dips

### Dairy

**Found in:**

Milk, cheese, sour cream, yogurt

**Substitutions:**

Dairy-free yogurt or plant-based cream

### Nuts

**Found in:**

Peanuts, tree nuts (e.g., almonds, cashews, walnuts)

**Substitutions:**

If using nuts in any dip (e.g. cashews in hummus) offer nut-free versions or use seeds like sunflower or pumpkin seeds instead.

**Note on Nut Usage:** Due to the high risk of peanut allergies, it's recommended to avoid using peanuts and peanut butter in workshops, especially when working with children and youth. Even trace amounts of peanuts can cause severe allergic reactions in some individuals.



## Gluten

### Found in:

Wheat, barley, rye (often found in bread or crackers for dipping).

### Substitutions:

Provide gluten-free crackers, rice cakes or fresh vegetables (carrot sticks, cucumber, bell pepper slices) for dipping.

## Sesame

### Found in:

Tahini (made from sesame seeds), sesame oil, sesame seeds in certain dips like hummus.

### Substitutions:

Use sunflower seed butter or other seed butter as a substitute for tahini.

## Eggs

### Found in:

Creamy dips or mayonnaise based sauces.

### Substitutions:

Opt for egg-free mayonnaise or replace eggs with avocado or a flax "egg" in creamy dips.



## Best Practices for Allergen Safety

- Label Ingredients:** Clearly label all workshop ingredients and provide an ingredient list for participants.
- Ask in Advance:** Check for participant allergies or dietary restrictions in advance.
- Avoid Cross-Contamination:** Use separate utensils and cutting boards for allergen-safe preparation.
- Offer Customization:** Encourage participants to skip ingredients they cannot eat and experiment with alternatives.

