List of Supplies Needed
Lesson 12: Rainbow Soup

General
☐ Lesson plan
☐ Activity worksheet
☐ Recipe

Cooking
☐ Cutting board or mat
☐ Plastic or butter knife
☐ Measuring spoons
☐ Measuring cups
☐ Wooden spoon
☐ Ladle
☐ Food chopper (for kids)
☐ Can opener (if needed)
☐ Stock pot

Food & Produce

Rainbow Soup
☐ Quinoa
☐ Onion
☐ Celery
☐ Carrots
☐ Potatoes
☐ Chard (or other greens)
☐ Vegetable oil
☐ Cauliflower
☐ Garlic
☐ Diced tomatoes (fresh or can)
☐ Water
☐ Salt & pepper to taste
☐ Sweet paprika
☐ Kosher salt
☐ Ground cumin
☐ Ground coriander
☐ Ground black pepper
☐ Ground cinnamon
☐ Ground ginger
☐ Ground cayenne pepper

Find detailed lesson plans, printable recipes & more at:
foodliteracycenter.org/lesson12