

Fun Bites

Picnic Basket Checklist

Prepare for your picnic!

Use this checklist to make sure you've packed everything you need.







- ☐ Rad-Snacks
- ☐ Games
- ☐ Drinks
- ☐ Blanket
- ☐ Ice Packs
- ☐ Napkins
- ☐ Serving Utensils
- ☐ Trash Bag
- ☐ Forks, Knives, and Spoons
- ☐ Cups and Plates



Cook With Caution

Bacteria are very small. We cannot see them, but they live all around us - even on our food!

Most bacteria are not harmful. Some are even used to make foods such as yogurt and pickles. However, bacteria living on raw chicken can make us sick. Take caution and stop harmful bacteria in its tracks!

-  Bacteria from raw chicken can spread to your hands and work station.
-  Wash your hands and work station with warm soapy water.
-  Bacteria from raw chicken can spread to other ready-to-eat foods.
-  Separate raw chicken from all other foods and utensils.
-  Bacteria from raw chicken are killed if heated above 165 degrees F.
-  Cook your chicken thoroughly. Use a thermometer.

Ingredient Spotlight

American Barbeque Sauces

Barbeque sauce can look and taste very different throughout the United States!

- **In Kansas, the sauce is sweet and tangy!**
Popular in grocery stores everywhere, it is thick and gooey, made with tomato or ketchup, sugar, vinegar, and spices.
- **In Texas, the sauce is spicy and smoky!**
It looks like tomato soup and is made with lots of spices, black pepper, vinegar, and little tomato. Texans call it "mop sauce!"
- **In North and South Carolina, the sauce is very tangy and tart!**
It is thin like water and made with vinegar, pepper and in some cases a touch of mustard or tomato. It's called "dip!"



Kitchen Tips

Picnic Safety:

Perishable food should not be left at room temperature for longer than 4 hours.

Save Time:

Shred a rotisserie chicken rather than roasting raw chicken.

Bulk Cheese:

Save money - buy your cheddar cheese in bulk and freeze it!

Spice it Up:

Add a zesty pinch of cumin or crunchy sprinkle of poppy seed to your slaw.



Hungry for more?

Check out our homemade BBQ sauce recipe at raddishkids.com/pages/packmeapicnic

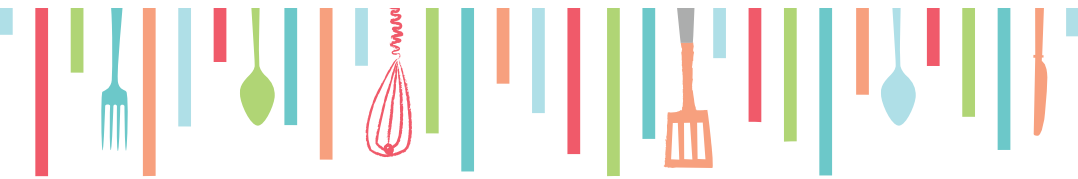


Safety is the most important ingredient in every recipe. Always wash your hands before cooking and make sure an adult is present. Visit raddishkids.com/pages/safety for all our guidelines.

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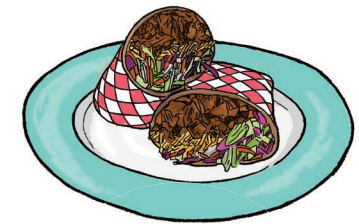
Backyard BBQ Chicken Wrap

Lunch

Enjoy barbeque favorites wrapped in a portable picnic lunch!

Smother slow roasted chicken in thick, tangy sauce. Stack it with crunchy coleslaw and cheddar cheese inside a soft tortilla. Bend, roll and fold – your lunch is ready to go!

"My whole family loved this! Even my little brother." – Chef Erika, age 11



Culinary Skills + Kitchen Connections



Culture



Kitchen Safety



Cooking Techniques



Reading Comprehension



Senses

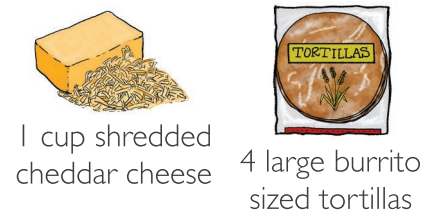
What You Need

Ingredients

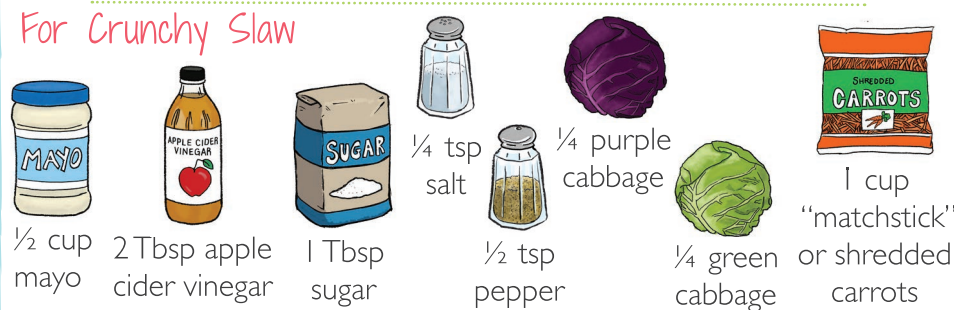
For BBQ Chicken



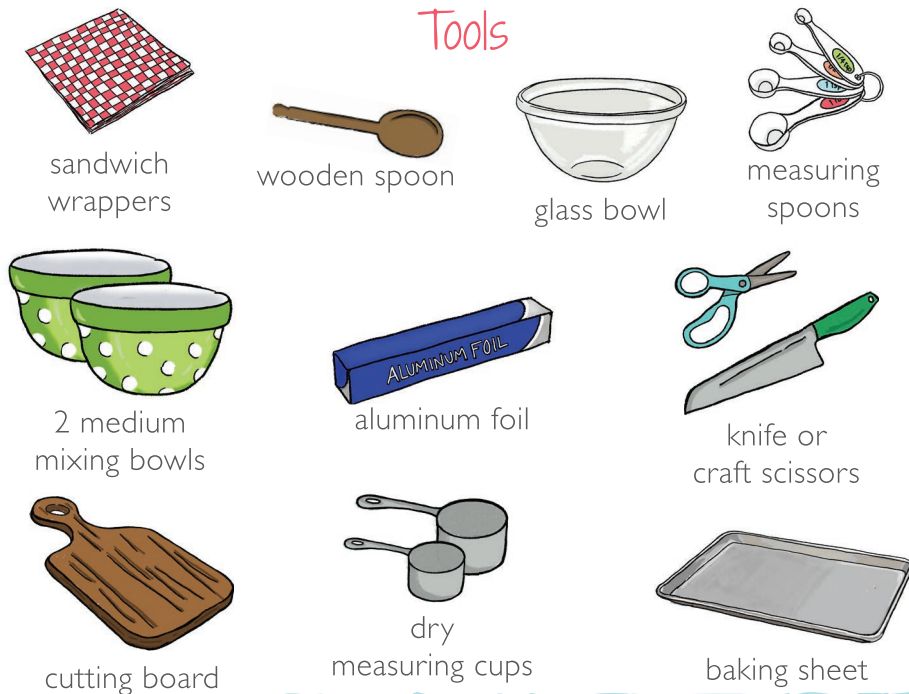
For Sandwich Wrap



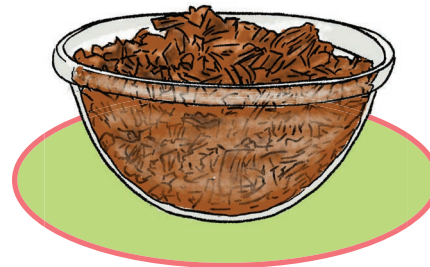
For Crunchy Slaw



Tools



BBQ Chicken



1



Place chicken on foil-lined baking sheet. Season and bake in preheated 350° F oven for 20-25 minutes.

2



Cool chicken for 15 minutes. Then shred into small pieces. Place in bowl.

3



Add BBQ sauce. Stir until chicken is coated. TASTE & SHARE!

Crunchy Slaw



1



Stir mayo, vinegar, sugar, salt, and pepper in a small bowl.

2



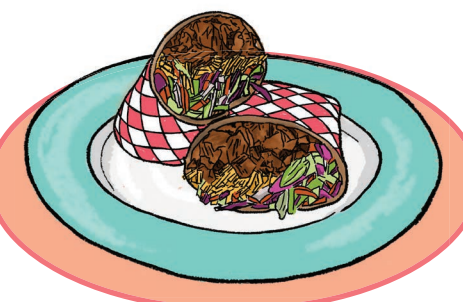
Cut thin strips of purple and green cabbage. Add to large bowl.

3



Mix carrots and sauce into cabbage. TASTE & SHARE!

Wrap It Up!

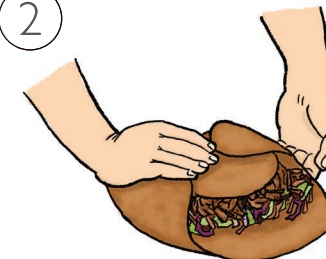


1



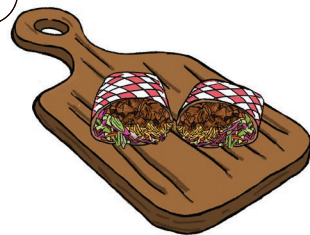
Layer a spoonful of slaw, scoop of chicken, and sprinkle of cheese in the center of each tortilla.

2



Cover the fillings with front edge of the tortilla. Fold the sides toward the center.

3



Roll the tortilla forward to close. Wrap in paper and cut in half. TASTE & SHARE!