



List of Supplies Needed

Lesson 11: Veggie Fresh Rolls

General

- Lesson plan
- Activity worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/lesson11

Cooking

- Cutting board or cutting mat
- Plastic or butter knife
- Measuring spoons & measuring cups
- Grater
- Whisk
- Spoon
- Juicer (optional)
- Chopper (optional)
- Rimmed plate/bowl to soak rice paper
- Ceramic plate or plastic mat to roll rice paper

Food & Produce

Veggie Fresh Rolls

- Rice paper
- Cilantro
- Mint
- Green onions
- Carrot
- Cabbage
- Lettuce
- Warm water to soften rice paper

Sunbutter Dipping Sauce (Option A)

- Hoisin sauce
- Rice vinegar
- Soy sauce
- Lime juice
- Chili garlic sauce
- Brown sugar
- Water
- Sunflower seed butter or peanut butter

Soy Dipping Sauce (Option B)

- Soy sauce
- Rice vinegar
- Sugar
- Water
- Garlic (optional)
- Ginger (optional)
- Lemon (optional)

