



Roasting Vegetables

Have you ever wondered how high heat affects the taste and texture of vegetables? Do you think the surface area of a vegetable affects how it cooks? Do you think your favorite vegetable will cook more quickly than other vegetables?

Today you are going to learn how factors like oven temperature and vegetable size affect how the vegetables cook. First you will draw a picture of your favorite vegetable. Then you will watch a video and complete a worksheet. Finally, you will get in the kitchen and roast some vegetables.

Before you get started:

- Collect all the materials listed below
- Find a quiet place to sit

Materials:

- Computer or phone with internet access to view video
- Notepad, paper and pencil (markers or colored pencils if available)

Vocabulary:

- **Roasting:** the action of cooking something in an oven or over an open fire
- **Texture:** the feel, appearance, or consistency of a surface or a substance
- **Surface area:** the total area of the outer surfaces of an object
- **Starchy vegetables:** vegetables that have lots of starch (a type of carbohydrate). Examples include corn, squash, potatoes, and yams.
- **Cruciferous vegetables:** Vegetables in the brassica family; cauliflower, cabbage, kale, bok choy, broccoli, and brussels sprouts
- **Density:** the degree of compactness of a substance
- **Seasoning:** salt, herbs, or spices added to food to enhance flavor

DRAW: Draw your favorite vegetable. Use a piece of paper or a notepad. [Click here](#) to see Ms. Griselda's drawing of her favorite vegetable.

WATCH: You will watch "How to Roast Vegetables" <https://tinyurl.com/ESYroasting>. First, watch the video without taking notes.

ANSWER: Utilizing the video, answer questions in the [Video Worksheet](#) or on a piece of paper. We recommend you rewatch the video and pause as often as you need to answer the questions.

COOK: Now, look in your fridge and ask yourself, “Do I have any vegetables that could be roasted?” Give it a try and be creative with your seasonings! Be sure to check with an adult at home as you prepare to chop vegetables and get your oven ready for roasting. Use the [Visual Aid for Roasting](#) to help you!

References:

How to Roast Vegetables. Tasty.co. *Youtube*. Retrieved from <https://www.youtube.com/watch?v=NCHnpfbD894>

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