

LESSON 10

STRAWBERRY MUFFINS AND SALAD

STRAWBERRY MUFFINS

Makes 12 servings, 1 per student

Ingredients:

- 2/3 cup strawberries
- 1/8 cup sugar
- 1.5 cups all-purpose flour (NUT FREE)
- 1/2 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 cup honey
- 1/4 cup applesauce
- 3/4 cup milk
- 1/3 cup butter, melted

PREP BEFORE CLASS:

Preheat oven to 375 degrees. Melt butter.

Directions:

1. Have students chop strawberries.
2. Combine strawberries and sugar in a small bowl. Mash gently and set aside.
3. In a large bowl add all other ingredients and stir just until combined.
4. Have a student add sugared strawberries and gently fold in.
5. Fill foil liners and bake for 15–20 minutes or until an inserted toothpick comes out clean.
6. Serve warm! Enjoy!

DID YOU KNOW?

Strawberries are the only fruit to wear their seeds on the outside! Each strawberry has about 200 seeds.



DID YOU KNOW?

Spinach is a great source of iron!

STRAWBERRY SALAD

Makes 12 servings

Ingredients:

- 1 bag (6oz) spinach
- ½ pint fresh strawberries
- Bunch of green onions
- ¾ cup feta cheese

For the dressing

- 1 lemon
- 2 tbsp white vinegar
- 1/3 cup sugar
- 1 tbsp olive oil

PREP BEFORE CLASS:

Wash spinach and strawberries.

Directions:

1. Pass out spinach, fruit, green onion, and feta cheese. Instruct students to slice strawberries and green onion.
2. Have students assist with making dressing: zest lemon and juice to measure 2tbsp. Combine and whisk the rest of dressing ingredients.
3. Have each student place spinach leaves on their individual plates. Add toppings, and then drizzle with dressing.
4. Enjoy!

LESSON 10: RADICAL RED

OBJECTIVES

- Explain why strawberries are healthy
- Discuss why we need Vitamin C in our diets
- Describe the difference between baking and roasting

STAR INGREDIENT: STRAWBERRIES

- What food group are strawberries in? Fruits!
- Where do strawberries come from? Strawberries are native to North America
- What important nutrients are found in strawberries? Strawberries are a great source of Vitamin C, folate, manganese, and potassium.
- What does Vitamin C do? Vitamin C is important to our immune health and preventing other diseases
- Did you know? California produces 80% of the strawberries in the US.



INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Discuss where strawberries come from. Strawberries are native to North America, and are one of the first fruits harvested in the spring!
- Have students think of various recipes strawberries are used in (desserts, jams, smoothies, salads, etc.)

DEVELOPMENT

🕒 5-7 min

- As you are completing the Strawberry Muffin, discuss Star ingredient. Key Q's: What does Vitamin C do? Strawberries are rich in a nutrient called vitamin C.
- Every vitamin has a specific 'job' that help different parts of our bodies work. Vitamin C is essential to immune system health, which means it helps defend your body against viruses and bacteria. Vitamin C also helps your body grow! Vitamin C is also an antioxidant, which means it can keep your body feeling younger and more healthy over time.
- Other benefits include helping your memory, your heart, and keeping your skin healthy. Because Vitamin C is so good for so many different parts of our bodies, we always want to make sure we are adding fresh fruits and veggies to our diets!
- Besides strawberries, what other fruits and vegetables contain Vitamin C? Apples, Apricots, Tomatoes, Pineapple, Oranges, Lemons, Limes, Kale, Spinach, Grapefruit, Watermelon, Cantaloupe, Papaya, Cabbage, and Kiwi all provide your body with the Vitamin C that is needs!
- As you are preparing to bake the Strawberry Muffins, discuss the Star Technique. Ask students if they have ever baked a recipe at home. What kinds of recipes usually need to be baked?
- Me-You-Us: Teacher demonstrates how to chop strawberries. 2. A volunteer demonstrates 3. Class repeats.

LESSON 10: RADICAL RED

STAR TECHNIQUE: BAKING

- Baking is a method used to heat up ingredients that are combined into a batter, mainly used to make pastries and desserts! (e.g cookies, cupcakes, cakes, pie).
- What tools are needed to bake? Or roast? Oven, a timer, and a container to hold the batter or other ingredients!
- That said, you will additionally need tools such as mixing bowls, measuring cups/spoons, whisk, baking pan, spoons, spatula.

5 SENSES 5 TASTES

- | | |
|-----------|----------|
| • Sight | • Salt |
| • Smell | • Sugar |
| • Touch | • Bitter |
| • Taste | • Sour |
| • Hearing | • Umami |

ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding

COOKING PRO

The best way to cut a mango is to leave the peel on, slice down the side of the pit, and then cut a crosshatch into the peel. Push outwards, then scrape off the mango.



TASTE TEST

🕒 2-3 min

- When the class is ready to taste food, complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see 5 Senses and 5 Tastes graphic)
- How would you describe the dish? Use 5 Tastes to describe or use adjectives from "Words to Describe Food Taste, Smell, or Texture" page at the beginning of the instructor guide
- Repeat this for the second recipe.

THUMBS UP TEST

🕒 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

CLEAN UP & DIMISSAL

🕒 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all cutting boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it – or better!
- Dismiss from classroom in an orderly line and follow school dismissal procedures.
- Any issues? Contact your Program Coordinator.