LESSON 15:
SWEET POTATO BISCUITS & PUMPKIN PIE SMOOTHIE

SWEET POTATO BISCUITS

	Students Per Class		
Ingredient	**10**	**15**	**20**
Flour	2 cups	3 cups	4 cups
Baking powder	1 tbsp	1 1/2 tbsp	2 tbsp
Salt	1 tsp	1 1/2 tsp	2 tsp
Unsalted Butter	1/3 cup	1/2 cup	2/3 cup
Canned sweet potato	1 cup	1 1/2 cup	2 cup
Water	1/2 cup	3/4 cup	1 cup

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:
Preheat oven to 450°F. Melt butter by placing on top of oven. Line baking tray with foil. Open can of sweet potatoes, drain and rinse. Prepare the food processor.

Directions:

1. Have students measure the dry ingredients (flour, baking powder, and salt) into a medium bowl and mix.
2. Ask students to measure canned sweet potatoes and water into the food processor. Blend until smooth.
3. Measure the butter and add it into the bowl with the dry ingredients. Add the blended sweet potato to the bowl and stir all ingredients to combine and form a uniform dough.
4. Divide dough into equal portions and distribute to students to shape into biscuits. Instruct students to form balls, then press down to make flat disc shapes about 1/2 inch thick.
5. Place biscuits on lined baking tray and bake for 10-12 minutes or until golden brown.
6. Let cool and enjoy!

DID YOU KNOW?
Sweet potato biscuits are like edible mood rings—they can change color depending on the pH of the dough!

DID YOU KNOW?
Pumpkin pie wasn't always made with a crust—early American settlers sometimes baked spiced pumpkin right inside a hollowed-out pumpkin shell.

PUMPKIN PIE SMOOTHIE

	Students Per Class		
Ingredient	**10**	**15**	**20**
Banana	2	3	4
Vanilla Greek yogurt	1 cup	1 1/2 cup	2 cups
Pumpkin puree	1 cup	1 1/2 cup	2 cups
Milk	1 cup	1 1/2 cup	2 cups
Vanilla extract	2 tsp	3 tsp	4 tsp
Honey	1/4 cup	1/3 cup	1/2 cup
Ground cinnamon	1 tsp	1 1/2 tsp	2 tsp
Pumpkin pie spice	1 tsp	1 1/2 tsp	2 tsp

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:
Prepare the blender.

Directions:

1. Have student volunteers measure ingredients and add to blender.
2. Blend until combined.
3. Instructors: pour each student about a 1/2 cup portion. Enjoy!

LESSON 15: ROOT VEGGIES IN BAKING

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh produce
- Banana

Dairy
- Vanilla Greek yogurt
- Milk
- Unsalted Butter

Pantry Staples:
- Flour (NUT & SESAME FREE)
- Pumpkin puree (NUT & SESAME FREE)
- Canned sweet potato
- Pumpkin pie spice
- Baking powder
- Water

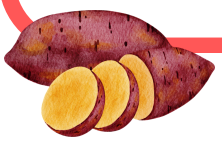
Ingredients in the bin:
- Vanilla extract
- Honey
- Cinnamon
- Salt

OBJECTIVES

- ☑ Understand that root veggies grow underground
- ☑ Learn how to safely peel vegetables
- ☑ Explore some baked recipes that contain root veggies

STAR INGREDIENT: SWEET POTATO

- Sweet potatoes are root vegetables that grow underground and come in colors like orange, purple, and white.
- They're packed with nutrients like fiber, vitamin A (great for your eyes!), and antioxidants.
- They are a good source of potassium, a mineral that helps keep your muscles working and your heart beating at the right rhythm



INTRODUCTION

2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum) arrive early, set up for the class, take attendance, review allergies.
- Can anyone guess what dishes we may be making with the ingredients today?
  - Banana, Vanilla Greek yogurt, Pumpkin puree, Honey, Canned Sweet potato
- As you are completing the biscuits, discuss the Star Ingredient - sweet potato! Does anyone like sweet potatoes? Have you ever had them before?
- Talk about the Star Technique: peeling!
  - Has anyone peeled vegetables before?
  - What are some other fruits and vegetables that are typically peeled before we eat them?
  - What is a downside of peeling vegetables?
    - We lose some of the fiber that comes from the skin!
- Demonstrate the Star Technique when peeling open the bananas
- Additionally, discuss the Cooking Pro fact described on the next page.

ENGAGMENT TIPS

When measuring flour, sweet potatoes, or other ingredients, have different students each measure part of the amount so everyone can participate.

Students love shaping dough. Let them have a few minutes to stretch and play with it before rolling into balls.

Do the blender dance! While the smoothie blends, let students dance by their chairs. When it stops, they freeze.

LESSON 15:
ROOT VEGGIES IN BAKING

STAR TECHNIQUE: PEELING

- Peeling means removing the outer skin or layer of a fruit or vegetable before eating or cooking it.
- What tools do you usually use to peel?
  - You can use your hands, a vegetable peeler, or a knife to peel food!
- What foods do you usually peel?
  - Bananas, oranges, potatoes, carrots, cucumbers, and apples are some common foods that need peeling.
- Why peel?
  - Peeling helps remove tough or inedible skin, making food easier to eat. Some peels can taste bitter or be hard to chew, so we take them off before eating.

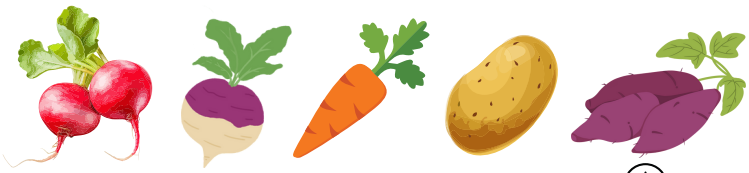
COOKING PRO: BAKED POTATOES

Microwaving potatoes before baking is a great time-saver! Just poke a few holes in the potato with a fork and microwave it for a few minutes, depending on size. This jump-starts the cooking process by heating the inside quickly, so when you transfer it to the oven, it finishes baking much faster. You still get that crispy skin and fluffy inside—just in less time!

DEVELOPMENT

5-7 min

- Explain that today we're diving into root vegetables, and how they can be a great addition in our baked meals!
- Key Q's:
  - Do you know what a root vegetable is?
  - Have you ever baked with root vegetables like carrots or potatoes before? What did you make?
- Root Veggies in Baking
  - The Options Are Endless: Root vegetables are plants that grow underground. There are many different types of root veggies, all in variety of flavors and textures! For example, carrots and sweet potatoes are both naturally sweet, while beets and turnips have an earthy taste. Radishes and parsnips have a mild, almost spicy flavor.
  - Nutritious and Delicious: Root vegetables are not only tasty but also packed with good nutrients! Sweet potatoes, for example, are high in vitamin A, which helps keep your eyes healthy. Carrots are full of beta-carotene and fiber, helping to keep your body strong and your digestion healthy. Beets give you folate and potassium, which are important for steady energy and muscles.
  - Perfect for Baking: Root vegetables can be baked in lots of yummy ways! You can roast them whole in the oven, like with sweet potatoes or beets, so they get soft on the inside, but stay crispy on the outside. You can also cut them into small pieces, toss them with some olive oil and different spices, and bake them until they're golden and crispy. Carrots, parsnips, and turnips taste great when baked in a casserole or mashed into a creamy side dish. They are also great as a dessert- you can bake carrots or sweet potatoes with a little bit of cinnamon and honey for a delicious sweet treat.



10 min

END OF CLASS CHECKLIST

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal