

LESSON 1:

OATMEAL CUPS AND PEAR PARFAIT

BAKED OATMEAL CUPS

Makes 12 student servings, 1 muffin tin per student

Ingredients:

- 2.5 cups old fashioned rolled oats
- 1 tsp. cinnamon
- ¼ tsp. salt
- 1 tsp. baking powder
- ¾ cup milk
- 4 tbsp. honey
- ¾ tsp. vanilla
- 1/2 cup applesauce
- 1 medium pear
- 12 muffin tins

PREP BEFORE CLASS:

Preheat oven to 350 degrees F.

Directions:

1. Have a student volunteer measure the oats into a bowl.
2. Have students measure the cinnamon, salt, and baking powder into the bowl with the oats.
3. In a separate bowl, have a student measure the milk, then add the honey, vanilla extract, and applesauce into the same bowl.
4. Have a student add the dry ingredients to the wet ingredients and mix together.
5. Pour into 12 muffin tins.
6. Bake for 15 minutes in preheated oven. Watch the oven, time might vary.
7. Let cool and enjoy!

DID YOU KNOW?

Oats are one of the oldest cereal grains. They were first cultivated in China around 7,000 B.C.!



DID YOU KNOW?

Pears are a part of the rose family.

PERFECT MORNING PEAR PARFAIT

Makes 12 student servings, 1/3 cup per student

Ingredients:

- 4 cups vanilla Greek yogurt
- 2 tbsp. honey
- 1 pear
- 2 tbsp. cinnamon

PREP BEFORE CLASS:

Wash pear; cut into 12 equal pieces.

Directions:

1. Pass 1 piece of pear to each student. Have students dice their pear piece into very small chunks.
2. Measure 2 tbsp. yogurt into each individual cup.
3. Students can then add their pear pieces, and measure about 1/2 tsp honey and a sprinkle of cinnamon on top.
4. Add another 2 tbsp. yogurt to each cup. Encourage students to leave the parfait in layers instead of mixing.
5. Enjoy!

LESSON 1: ENHANCING AROMA

SHOPPING LIST

Ingredients to buy:

- 2 pears
- 1/2 cup applesauce
- 4 cups vanilla Greek yogurt
- ¾ cup milk
- 2.5 cups old fashioned rolled oats
- 1 tsp. cinnamon
- 1 tsp. baking powder

Ingredients in the bin:

- honey
- vanilla
- salt

OBJECTIVES

- Understand how spices and herbs contribute to the aroma of food.
- Learn common spices and herbs known for their great aromas
- Learn how to incorporate spices for aroma in food

STAR TECHNIQUE: LAYERING

- Layering means to place ingredients on top of each other, sometimes following a pattern
- Which tools do you use to layer? Hands, spoon, or spatula
- Why do we want to layer ingredients in a recipe? We layer ingredients to build flavors of the dish
- Layering can also refer to the visual presentation of a dish, where different colors, textures, and flavors are arranged in layers. This technique is often used in dishes such as salads, sandwiches, and desserts.
- What are we layering in today's recipe?



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
- Ask the students to identify the ingredients from both recipes, guess what we are making and cuisine the recipes belong to.
- Today we are making Oatmeal Cups and a Pear Parfait. We are going to be using multiple ingredients, some don't have much of a smell and other's make the dish even more appetizing.
- Have you ever wondered why some foods smell so delicious?
- Have you ever smelled something good and gotten hungry? The smell - or "aroma" - influences our expectations and appetite even before we take the first bite.

DEVELOPMENT

🕒 5-7 min

- As you are chopping discuss knife safety (see Knife Skills section at the beginning of the curriculum for more information)
- As you are completing the oatmeal cups recipe, discuss the star ingredient, cinnamon.

COOKING PRO: TOASTING CINNAMON

To enhance the aroma and flavor of cinnamon, consider toasting the cinnamon sticks or ground cinnamon before using them in your recipe. Simply heat a dry skillet over medium-low heat, add the cinnamon sticks or ground cinnamon, and gently toast them for a minute or two until fragrant. Be careful not to burn them!

LESSON 1: ENHANCING AROMA



STAR INGREDIENT: CINNAMON

Pass a small amount of cinnamon in a cup around and have students smell it. What does it smell like? Learn more:

- Cinnamon comes from the bark of trees belonging to the Cinnamomum genus.
- It has been used for thousands of years and was highly prized in ancient civilizations such as Egypt and Rome.
- Cinnamon is native to Sri Lanka but is now cultivated in several countries, including India, Indonesia, and Vietnam.
- Rich in antioxidants: Cinnamon is packed with antioxidants that help protect the body against oxidative damage caused by harmful free radicals.
- Supports healthy blood sugar levels: Cinnamon has been shown to improve insulin sensitivity and may help regulate blood sugar levels.
- Enhances brain function: The scent of cinnamon has been linked to improved cognitive function, memory, and attention span. Including cinnamon in recipes can help keep kids mentally sharp.
- Boosts metabolism: Cinnamon has been found to increase metabolism and improve digestion, which can aid in weight management.


DEVELOPMENT (CONT.)

- There are many foods that smell good, and one way to enhance both flavor and aroma is through herbs and spices.
- Spices are dried seeds, bark, roots, or fruits of plants, while herbs are the leaves and stems of plants. Spices and herbs have been used for centuries to add flavor and aroma to food in various cuisines around the world.
- Some spices and herbs are common in baked goods, such as a cinnamon or cloves. Others might be better suited with meat or vegetables, like basil, thyme, and rosemary. Fragrant herbs can be used in marinades, sauces, dressings, and as garnishes to add freshness and aroma to dishes.
- When it comes to releasing the aroma, there are some cooking techniques that help chefs get the most out of their herbs and spices. These can be dry roasting, grinding, crushing, and infusing in oils or liquids.
- No matter what you use, it's important to get the right balance so you can taste the herb or spice but it doesn't overpower the dish.

CINNAMON USES

- Baking: Cinnamon is commonly used in baking, adding warmth and depth of flavor to cookies, cakes, muffins, bread, and pies.
- Spiced beverages: Cinnamon is an essential ingredient in spiced beverages like chai tea, mulled cider, and hot chocolate.
- Breakfast dishes: Sprinkle cinnamon over oatmeal, pancakes, French toast, or yogurt to enhance the flavor.
- Savory dishes: In certain cuisines, cinnamon is used in savory dishes such as stews, curries, and Middle Eastern dishes to add a subtle warmth and complexity to the flavors.

END OF CLASS CHECKLIST

 10 min

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