

# LESSON 12: OATMEAL CHEESE BISCUITS & GREEN MACHINE SMOOTHIE

## OATMEAL CHEESE BISCUITS

Ingredient	Students Per Class		
	10	15	20
Olive oil	2 tbsp	3 tbsp	4 tbsp
Cream Cheese	3 oz	4.5 oz	6 oz
All-purpose flour 	1/2 cup	2/3 cup	1 cup
Rolled oats 	1 cup	1 1/2 cup	2 cups
Baking soda	1 tsp	1 1/2 tsp	2 tsp
Baking powder	1 tsp	1 1/2 tsp	2 tsp
Kosher salt	1/2 tsp	2/3 tsp	1 tsp
Milk	1/2 cup	2/3 cup	1 cup
Shredded sharp cheddar cheese	1/2 cup	2/3 cup	1 cup
Other: if too thick, add more milk			
 : Make sure it is Peanut, Nut, and Sesame FREE			

### PREP BEFORE CLASS:

Preheat the oven to 350 degrees F. Line tray with foil and grease with olive oil. Allow cream cheese to come to room temperature.

### Directions:

1. Have students measure and mix olive oil and cream cheese together in a bowl.
2. In a separate bowl have students measure and mix flour, oats, baking soda, baking powder, and salt.
3. Work the cream cheese into dry ingredients with your hands or utensils.
4. Measure milk and cheese, and mix until combined.
5. Divide dough equally for each student.
6. Have students coat hands in thin layer of flour
7. Have students roll dough into biscuits.
8. Collect and bake for 12-15 minutes.

### DID YOU KNOW?

Cheddar cheese originated in the English village of Cheddar in Somerset, England.

## GREEN MACHINE SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Cold water	2 1/2 cup	3 3/4 cup	5 cup
Baby spinach	2 cup	3 cup	4 cup
Kiwi	1	1 1/2	2
Green apple	1	1 1/2	2
Bananas	2	3	4
Honey	3 tbsp	4 1/2 tbsp	6 tbsp

Other: Cups for serving.

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

### PREP BEFORE CLASS:

Cut apple into quarters and remove core. Peel kiwi and cut bananas in half. Prepare the blender.

### Directions:

1. Pass out a piece of apple, kiwi, or 1/2 a banana to each student. Have students chop fruit into small chunks.
2. Measure water and spinach into blender along with chopped fruit and honey.
3. Puree until smooth.
4. Pour smoothie from blender, dividing evenly among plastic cups.
5. Enjoy!



### DID YOU KNOW?

Kiwifruit was named after the fuzzy brown kiwi bird that is native to New Zealand.

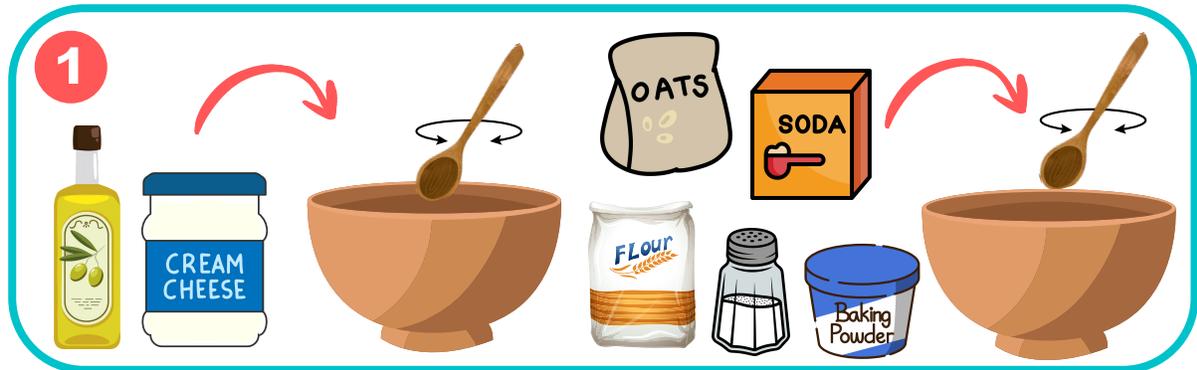


# LESSON 12

## OATMEAL CHEESE BISCUITS

### INGREDIENTS

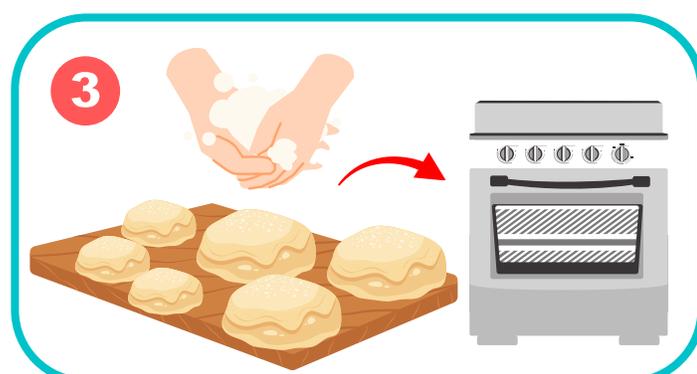
Olive Oil  
Cream Cheese  
All-Purpose Flour  
Rolled Oats  
Baking Soda  
Baking Powder  
Kosher Salt  
Milk  
Sharp Cheddar Cheese



Have students measure and mix cream cheese and olive oil in one bowl, and in a separate bowl mix the flour, oats, baking soda, baking powder, and salt.



Mix the two bowls together with hands or utensil. Add and mix in milk and cheese

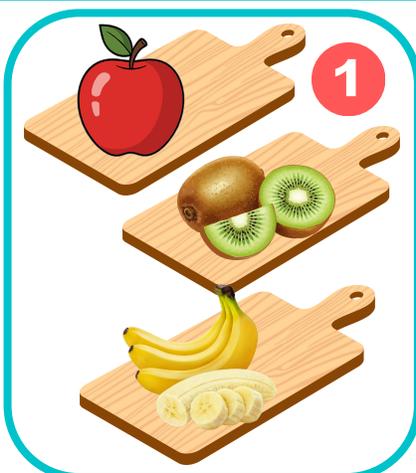


Have students coat hands with flour to roll the dough into biscuits. Bake in preheated 350 degree oven for 12-15 minutes. Let cool and enjoy!

## GREEN MACHINE SMOOTHIE

### INGREDIENTS

Cold Water  
Baby Spinach  
Kiwi  
Green Apple  
Bananas  
Honey  
Cups



Have students cut apple, kiwi, and banana into chunks



Blend together chopped fruit, water, spinach, and honey and blend until smooth. Pour into cups and enjoy!

# LESSON 12:

## GO GREEN, GET STRONG!

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Ingredients to buy:

##### Produce:

- Baby spinach
- Kiwi
- Green apple
- Bananas

##### Dairy:

- Cream cheese
- Milk
- Shredded sharp cheddar cheese

##### Dry Baking Goods:

- All-purpose flour (NUT FREE)
- Rolled oats (NUT FREE)
- Baking soda
- Baking powder
- Serving cups

#### Ingredients in the bin:

- Salt
- Honey
- Olive Oil



### OBJECTIVES

- Describe why green fruits and veggies are important to include in our diets
- Demonstrate how to roll dough for desired shape
- Discuss kiwi fruit and why we might consider it a superfood

### COOKING PRO

Always read the entire recipe before starting! This helps you understand the steps and ensures you have all the ingredients and tools ready to go. Preparation is key to stress-free cooking!

### 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. Have them guess what we might be making today!
  - Have they ever eaten a meal or snack with these ingredients?
- Introduce the first recipe: oatmeal cheese biscuits. Ask what ingredients are in these biscuits that may not be in a traditional biscuit
  - The cheese in the biscuit has calcium, which aids in bone strength and growth – “Get Strong!”
- Introduce the second recipe: green machine smoothie. Ask the students if they’ve ever had a smoothie that was green, and what ingredient they think might make it green.

### ENGAGEMENT TIPS



While mixing dry and wet ingredients, have each student take a turn whisking. Count out loud “1-2-3-4-5 PASS!” to keep things moving and fun. Remind students to use their wrists to control the whisk and avoid spills.



When students are chopping, review the bear claw technique. Check in often and encourage them to chop ingredients finely and safely.



Introduce the blender dance! When the blender is running to mix the smoothie students dance. When it stops, they freeze.

# LESSON 12: GO GREEN, GET STRONG!

## STAR TECHNIQUE: ROLLING

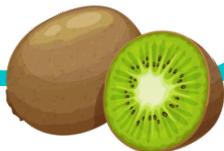
- What is rolling? Rolling is when we take dough in between our hands and roll it into a ball
- Why do we roll our dough? So the end product can be in a circular, neat shape.
- What tools do you need to roll? Just your hands! You can also use a spoon to help scoop the dough if needed.
- What do we usually roll? Uncooked dough that will be baked or cooked – biscuits, cookies, bread rolls, and more!



## STAR INGREDIENT:

### KIWI

- Kiwis are a superfood! They have more nutrients than many common fruits. Kiwis are high in fiber, Vitamin C, E, and K, and potassium.
- Which do you think has more Vitamin C, an orange or a kiwi? A kiwi has twice the amount of Vitamin C of an orange!
- The kiwi has a fuzzy peel. Many people don't eat it but it can be eaten
- Kiwis were first grown in New Zealand. They are named after Kiwi Birds, because both are brown and fuzzy
- Kiwis are known to help you sleep better, so eat a kiwi as your midnight snack!



## DEVELOPMENT

 5-7 min

- While the class is preparing the recipes, discuss the importance of having a well rounded snack/meal. This is what helps you perform like a superhero!
- When demonstrating the star technique, rolling, emphasize being gentle and being careful not to squish the dough – we want the biscuits to come out round!
- When preparing the smoothie, explain how the spinach is the ingredient that makes the recipe green
  - Baby spinach is the main ingredient that makes the smoothie green even though almost all the other ingredients in the smoothie recipe are green – “Get Strong!”
  - Baby spinach also supports bone health because of the magnesium and folate, with additional vitamin A, K, and iron!
- Talk about how although the star ingredient, kiwi, is green, it provides more benefits other than just turning the smoothie green!

## 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