

SAVORY APPLE CHEDDAR PUFF PASTRY

Ingredient	Students Per Class		
	10	15	20
Sliced apples	2 apples	3 apples	4 apples
Shredded cheddar cheese	6 oz	9 oz	12 oz
Puff pastry sheets	2 sheets	3 sheets	4 sheets

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

PREP BEFORE CLASS:

Preheat oven to 400 degrees.

Directions:

1. Roll the thawed puff pastry on a foil lined baking sheet.
2. Pass out apple pieces to students so that they can practice slicing.
3. Spread cheddar around puff pastry, and have the students place their apples over the cheese.
4. Cook pastry for 20 to 25 minutes, or until the puff pastry is browned.
5. Repeat steps 1-5 for the second pastry.
6. Remove from oven and cool.
7. Serve and enjoy!



GREEK YOGURT PARFAIT

Ingredient	Students Per Class		
	10	15	20
Greek yogurt	3 cups	4 1/2 cups	6 cups
Strawberries	1 pint	1 1/2 pints	2 pints
Bananas	2	2 1/2	3
Honey	3 tbsp	5 tbsp	7 tbsp
Oats 	2 cups	3 cups	4 cups
Sugar	3 tbsp	4 1/2 tbsp	6 tbsp
Vanilla	1/2 tsp	2/3 tsp	1 tsp

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

PREP BEFORE CLASS:

Rinse strawberries and cut bananas into 12 pieces.

Directions:

1. Measure all the ingredients for the granola: oats, sugar, and vanilla. Mix together, place on baking sheet lined with foil and bake for 10-15 minutes.
2. Pass 1-2 strawberries and 1 piece of banana to each student and instruct them to slice it.
3. Pass each student a plastic cup.
4. Mix the Greek yogurt and honey together in a small bowl
5. Pass the Greek yogurt around the classroom. Instruct students to layer 1 tbsp of yogurt in their cup.
6. Stack the sliced strawberries and bananas on top of the yogurt.
7. Pass granola and have students layer a teaspoon of granola on top of the fruit
8. Repeat the 3 layers three times to build their parfaits. Enjoy!



LESSON 18

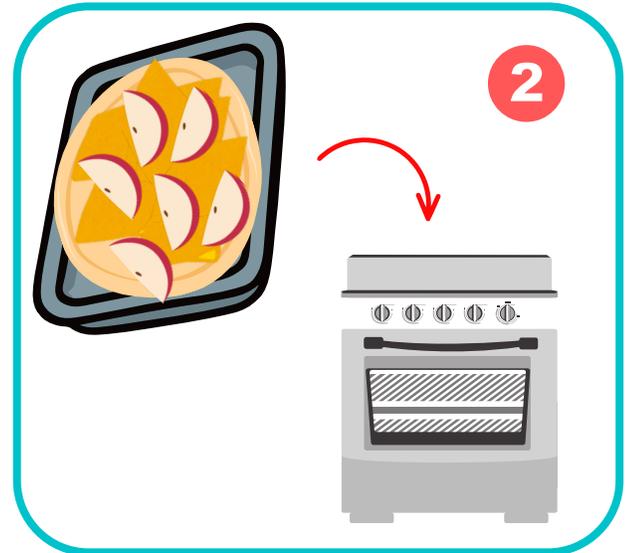
SAVORY APPLE CHEDDAR PUFF PASTRY

INGREDIENTS

Apples
Cheddar Cheese
Puff Pastry



Roll out puff pastry on foil lined baking sheet. Have students slice apple

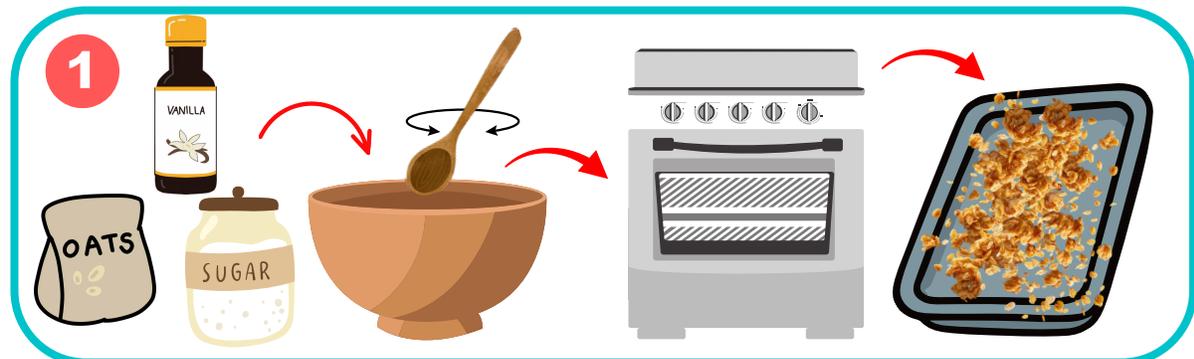


Spread cheddar and apple slices around puff pastry. Bake in preheated 400 degree oven for 20-25 minutes. Let cool and enjoy!

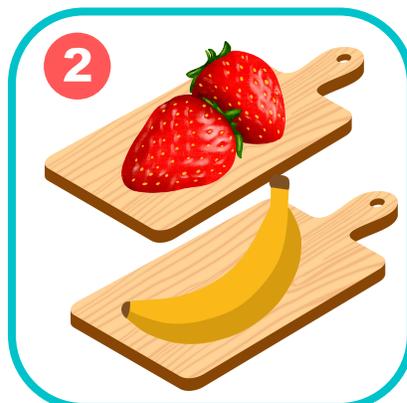
GREEK YOGURT PARFAIT

INGREDIENTS

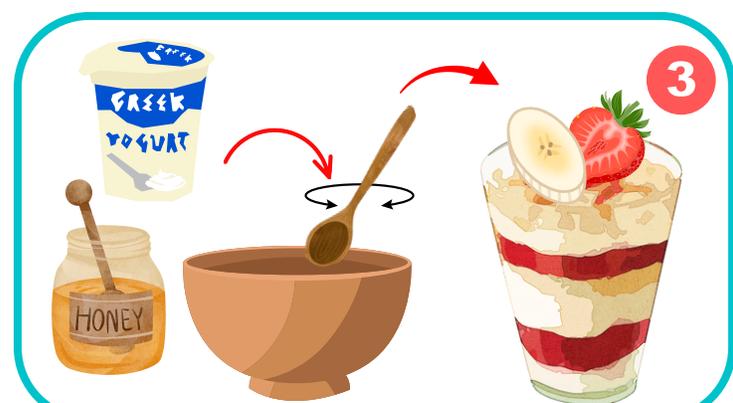
Greek Yogurt
Strawberries
Bananas
Honey
Oats
Sugar
Vanilla



Mix oats, sugar, and vanilla in a bowl. Spread onto baking sheet and bake in preheated oven for 10-15 minutes. Set granola aside.



Have students slice strawberries and bananas



Mix yogurt and honey together. Pass portion of yogurt mix to each student and instruct to layer the fruit and granola in their cups. Enjoy!

LESSON 18:

FAST AND FIERCE NIBBLES

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Produce:

- Apples
- Strawberries
- Bananas

Other:

- Oats

Frozen:

- Puff pastry sheets

Dairy:

- Shredded cheddar cheese
- Greek yogurt

Ingredients in the bin:

- Sugar
- Vanilla
- Honey

OBJECTIVES

- Identify ways to customize both recipes
- Demonstrate proper layering techniques
- Describe the benefits of greek yogurt

STAR INGREDIENT: GREEK YOGURT

- Greek yogurt has about double the amount of protein of regular yogurt!
- In addition to protein, Greek yogurt is high in calcium and probiotics
- Greek yogurt goes through a straining process during production that removes the whey protein to make the consistency thick and have less lactose content - this means people who are lactose intolerant may have fewer side effects if eating Greek yogurt!
- In its originating country, Greece, Greek yogurt is traditionally called straggisto

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
- Ask students: What kinds of foods do you usually eat for breakfast? Has anyone ever tried puff pastry?
- Breakfast foods can be fun, colorful, and full of cheesy flavor—even without eggs!
- Today we're making savory apple cheddar puff pastry and Greek yogurt parfait, two easy and healthy ways to enjoy a well rounded meal!
- With these recipes, the students will be able to go about their day "fast and fierce" in school, exercise, and play!

ENGAGEMENT TIPS



In order to keep workstations as clean as possible, have students wipe down counters with a paper towel and place bowls in the sink.



When students chop, review the bear claw technique for safety. Check in often and encourage them to chop ingredients finely and evenly.



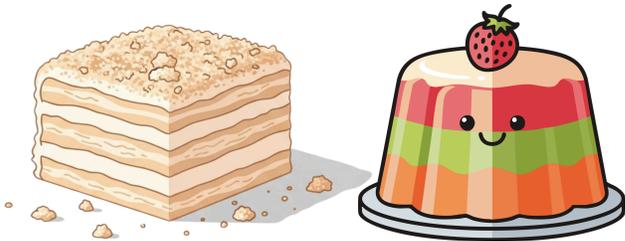
At a separate table, have each ingredient prepared and ask students to line up. Students can then assemble their recipe, going from ingredient to ingredient. While students are waiting in line, ask what other ingredients they could add to this particular recipe if they were making it at home.

LESSON 18:

FAST AND FIERCE NIBBLES

STAR TECHNIQUE: LAYERING

- Layering means building a dish by adding components that have different flavors and textures
- How are we laying our Greek yogurt parfait today?
- What other food recipes can be layer? Cakes, lasagna, dips
- Why do we layer? To make the end recipe look visually pleasing, to add more flavor and textures to the recipe
- How do we layer food? Start by adding the base ingredient, then add the second ingredient on top, then continue in that pattern until all ingredients are finished



DEVELOPMENT

- As you start preparing the Savory Puff Pastry recipe, ask the students if they know how the puff pastry “puffs.”
 - It’s because there’s tiny, thin layers of butter in between the dough. When the dough is in the oven and the butter melts, this causes the dough to rise and puff!
 - What other pastries have you had that also puff like puff pastry?
- Start discussing the star technique: Layering. Just like there’s layers in the puff pastry, we will be layering ingredients in our Greek yogurt parfait!
- There won’t be a noticeable difference in taste when we layer our foods, however layering our foods is a great way to decorate our foods!
- Ask the students what other foods they might like to layer on their parfaits and what they think would taste good.
- Discuss the star ingredient: Greek yogurt.
- Greek yogurt is a great source of calcium and protein, which will help our bodies work “fast and fierce!”
 - Greek yogurt comes in many different flavors, which is great when customizing our parfaits. Just changing the flavor of the yogurt base can give us a whole new flavor sensation when eating our snack!

COOKING PRO

Spread cheese evenly across the puff pastry before adding the apples. This helps the fruit stick in place while baking and ensures that every bite has a balanced combination of cheese and fruit. A well-distributed layer of cheese also prevents the pastry from becoming soggy in spots.



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