

## POPCORN CAULIFLOWER

Ingredient	Students Per Class		
	10	15	20
Cauliflower heads	4 heads	6 heads	8 heads
Parmesan cheese	1 cup	1 ½ cup	2 cups
Thyme	2 tsp	3 tsp	1 tbs
Garlic powder	½ tsp	1 tsp	1 tsp
Salt	1 tbs	2 tsp	2 tbs
Olive oil	¼ cup	¼ cup	½ cup

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

### PREP BEFORE CLASS:

Preheat oven to 400 degrees F.

### Directions:

1. Cut cauliflower into bite size pieces and place on baking sheet.
2. Measure and add garlic powder, salt, olive oil and thyme into bowl.
3. Spoon mixture on top of cauliflower.
4. Add parmesan cheese on top of cauliflower as desired.
5. Bake at 400 degrees for 15-20 minutes, or until tender, and enjoy!



### DID YOU KNOW?

Cauliflower means "cabbage flower" because it is a flower that has not fully developed.



### DID YOU KNOW?

Horchata is often made with rice, but in some cultures it is made with ground melon seeds.

## BANANA HORCHATA

Ingredient	Students Per Class		
	10	15	20
Uncooked white rice	1/2 cup	3/4 cup	1 cup
Cinnamon	1/2 tsp	3/4 tsp	1 tsp
Milk	1 cup	1 1/2 cup	2 cup
Banana	1	1 1/2	2
Evaporated milk	4 oz (1/3 can)	6 oz (1/2 can)	8 oz (2/3 can)
Sweetened condensed milk	4 oz (1/3 can)	6 oz (1/2 can)	8 oz (2/3 can)
Water	3 1/3 cup	5 cup	6 2/3 cup

Other: Cups for serving.

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

### PREP BEFORE CLASS:

Open cans. Prepare the blender.

### Directions:

1. Soak the rice and cinnamon in 1 cup of water for 10 minutes in a blender.
2. After soaking, blend water, rice, banana and cinnamon until mixture is smooth.
3. Allow to settle, and then slowly pour liquid into a bowl, so that the solids stay in the bottom of the blender.
4. Add the remaining water, milk, evaporated milk, and condensed milk to the bowl.
5. Stir mixture with a spoon and blend until smooth.
6. Pour into individual cups and sprinkle with cinnamon and if desired. Enjoy!

# LESSON 13

## POPCORN CAULIFLOWER

### INGREDIENTS

Cauliflower Heads  
Parmesan Cheese  
Thyme  
Garlic Powder  
Salt  
Olive Oil



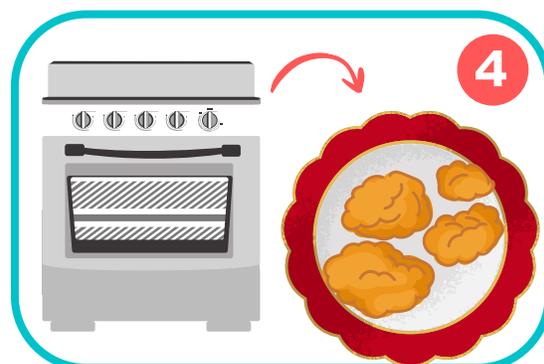
1 Cut cauliflower into bite size heads and place onto baking sheet



2 Measure and add garlic powder, salt, olive oil, and thyme into bowl



3 Spoon mixture on top of cauliflower. Add parmesan cheese on top as desired



4 Bake at preheated 400 degree oven, let cool and enjoy!

## BANANA HORCHATA

### INGREDIENTS

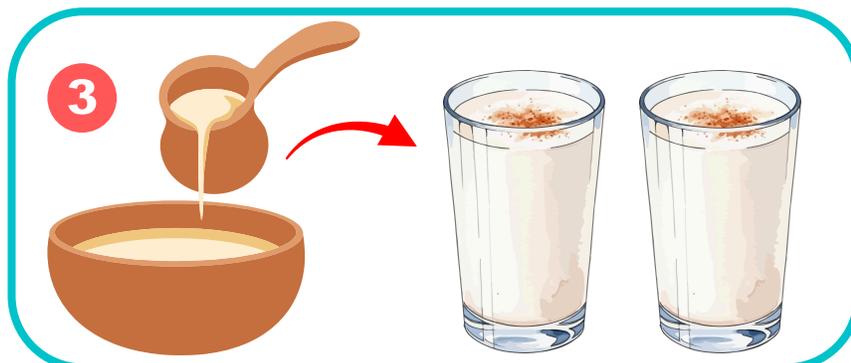
Uncooked White Rice  
Cinnamon  
Milk  
Banana  
Evaporated Milk  
Condensed Milk  
Water



1 Blend the soaked rice, cinnamon, banana, and water until smooth



2 Once settled, pour liquid into bowl while leaving the solids in blender. Add the condensed and evaporated milk and water and mix



3 Pour finished horchata into cups, sprinkle with cinnamon and enjoy!

# LESSON 13: CHARGED UP SNACKS

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

#### Produce:

- Cauliflower head
- Thyme
- Banana

#### Dairy:

- Parmesan cheese
- Milk
- Evaporated milk
- Sweetened condensed milk

#### Dry Baking Goods:

- Garlic powder
- Uncooked white rice
- Cinnamon
- Serving cups

### Ingredients in the bin:

- Salt
- Honey
- Olive Oil

## OBJECTIVES



Be able to identify carbohydrates found in both recipes.



Explain why seasoning is important and how it changes the flavor of recipe.



Discuss the differences between simple and complex carbohydrates and how each affects energy levels.

## 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!
- Ask the students what kinds of snacks they like to eat to make them feel “charged up!”
  - Describe how carbohydrates are the main source of energy fuel for your body and brain, and carbohydrates are what will keep you energized throughout the day
  - Ask students what are some carbohydrates that are in these recipes today
- Introduce the first recipe: Popcorn Cauliflower.
  - Have they ever eaten cauliflower?
  - There are other snacks that have the term “popcorn” but aren’t the actual popped corn – popcorn chicken, popcorn shrimp, and more.
- Introduce the second recipe: Horchata.
  - Have they ever drank horchata before?
  - Mention that many cultures have their own versions of horchata made with different ingredients (seeds, nuts, grains).

## STAR INGREDIENT: CAULIFLOWER



- Cauliflower is a modified form of cabbage, and it’s also related to broccoli, brussels sprouts, and kale!
- Did you know cauliflower can be different colors? Colors can range from white, green, purple, and orange!
- Cauliflower is rich in vitamin C, vitamin K, high in folate, and high in fiber!

# LESSON 13: CHARGED UP SNACKS

## STAR TECHNIQUE: SEASONING

- Today we will learn a fun cooking technique: Seasoning.
- Why is seasoning important? Seasoning with different spices and flavor enhancers that can change a meal from boring or exciting!
- What types of spices are used in seasonings? Salt, pepper, oregano, basil, cumin, paprika, jalapeno, etc..
- How do you know what is the right amount of spice? Each person has a different tolerance and preference for spices. But when learning about seasonings, its best to refer to the flavor star to find the best balance between savory, sweet, bitter, sour, and spicy.

## DEVELOPMENT

- As you start preparing the popcorn cauliflower, discuss how this most of the ingredients used are carbohydrates, which is great to help us feel charged up!
- When making the popcorn cauliflower discuss the star technique, seasoning.
  - How would the recipe taste if we didn't season the cauliflower with garlic powder, thyme, salt, and cheese?
  - When do we season our recipes? Before, during, or after the cooking process?
    - Depends on the recipe!
- When preparing the Horchata, ask the students what would happen if we kept the rice in and didn't strain it out.
  - It would be hard to drink!
- Discuss how horchata has two different forms of carbohydrates to get our energy up: simple and complex carbohydrates
  - Simple carbohydrates process very quick in your body and gives you instant energy - sweetened condense milk and honey
  - Complex carbohydrates are process slower in your body, which gives you energy for longer - the rice in the horchata.

## COOKING PRO

Taking time to prepare ingredients properly, like soaking rice for smoother blending or roasting cauliflower to help spices stick, allows each recipe to develop better texture and deeper flavor, making the final dish more successful and satisfying.



## ENGAGEMENT TIPS



While mixing or whisking, let each student have a turn. Count "1-2-3-4-5 PASS!" to keep it moving. Remind students to use their wrists to control the tool and avoid spills.



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



When using a new herb or spice, let students feel and smell it. Ask what it reminds them of and what herbs or spices they know.

## 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