



LESSON 1:

STRAWBERRY CHEESECAKE

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Ingredient	Students Per Class		
	10	15	20
Crust:			
Graham crackers 	1 1/2 sleeve	2 1/4 sleeve	3 sleeves
Unsalted butter	4 tbsp	6 tbsp	8 tbsp
Filling:			
Cream cheese, 8 oz block	1 1/2	2 1/4	3
Sugar	1/3 cup	1/2 cup	2/3 cup
Topping:			
Strawberries	1 cup	1 1/2 cup	2 cup
Sugar	1 tbsp	1 1/2 tbsp	2 tbsp
Whipped cream:			
Whipping cream	1 1/2 cup	2 1/4 cup	3 cup
Sugar	1 tbsp	1 1/2 tbsp	2 tbsp
Other: Cups for serving. 1 small ziplock bag for every 2 students.			
 : Must be NUT, PEANUT, and SESAME FREE			

PREP BEFORE CLASS:

Prepare food processor. Optional: Set oven to low temperature to soften butter and cream cheese on top of or inside oven

Directions:

Crust:

1. Have students crush graham crackers in zip-lock bags. Make sure they are tightly sealed! Combine with melted butter in a mixing bowl. Mix well and set aside.

Filling

1. For the whipped cream, instruct students to add whipping cream, vanilla extract, and sugar to food process and blend until stiff peaks form.
2. In a separate bowl, add cream cheese and sugar. Whisk to combine.
3. Fold in 1/3 of the whipped cream into the cream cheese mixture. Save the rest for garnish.
4. For the topping, have student quarter strawberries, In a separate bowl, add strawberries, sugar, and have students stir and mash to release the juice.

Assembly

1. Press graham cracker and butter mixture into plastic cup to make the crust. Spoon cream cheese mixture on top.
2. Add strawberry mixture and top with whipped cream.
3. Garnish with extra graham cracker crumbs. Enjoy!

DID YOU KNOW?

Strawberries aren't just red—they can also be yellow or white!

DID YOU KNOW?



Strawberries are the only fruit that has its seeds on the outside. So when you bite into one, you're actually eating tiny little seeds!



LESSON 1:

KITCHEN SAFETY

SHOPPING LIST

Ingredients to buy: Please see recipe for amounts, varies by class size

Fresh Produce:

- Strawberries

Dairy:

- Unsalted butter
- Cream cheese
- Whipping cream

Pantry Staples:

- Graham crackers (NUT & SESAME FREE)

Ingredients in the bin:

- Sugar
- Vanilla extract
- Cups for serving
- Ziplock bags

OBJECTIVE



Students will be able to name at least 4 of 9 iCook rules that promote kitchen safety



Students will demonstrate the ability to prepare a simple recipe

INTRODUCTION

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Introduce yourself. Share three of your favorite foods. Have students go around and share their name and their favorite foods.
- Have students raise their hands to answer the following questions:
 - Do you like cooking or baking?
 - Do you help your parents cook at home?
 - What's your favorite thing to make at home?
 - What do you do at home to be safe in the kitchen?
 - Why is kitchen safety important?
- In today's cooking class, we're going to talk about kitchen safety. Kitchen safety is important because it helps prevent accidents and injuries. The kitchen can be a dangerous place if proper precautions are not taken. This includes handling sharp knives and hot surfaces, using electrical appliances, and dealing with potential foodborne illnesses.
- To ensure everyone's safety in the kitchen, we need to follow safety rules. Go over the rules for the class together. You can help them come up with rules by asking leading questions like:
 - "What was the first thing we did when we came to the class?"
 Washed hands. Let's have it as our number one rule. Invite students to demonstrate how they would wash their hands.
- Establish the nine rules to follow in the class – see sidebar for iCook rules. Make sure students understand not only the rule, but also why it is important.

iCOOK RULES

1. Wash hands with soap before cooking
2. Wash fruits and vegetables
3. Stay away from oven and blender (only adult can use these)
4. Keep your station clean (clean as you go)
5. Do not play with knives
6. "One bite rule": Taste at least one bite of every dish we make
7. Raise a hand if you want to speak up/ask question
8. Ask teacher if you can go to the restroom
9. Have fun!

ENGAGEMENT TIPS

While whipping cream, have students listen for the sound to change as it thickens. Ask them to raise their hands when they hear it get higher-pitched.



While whisking or folding, have each student take a turn. Count "1-2-3-4-5 PASS!" and remind them to use their wrists to avoid spills.



Introduce the bear claw technique for safe cutting. Demonstrate clearly and check in as students practice.

LESSON 1:

KITCHEN SAFETY



STAR INGREDIENT: STRAWBERRIES

- Strawberries grow as low-lying plants and are enjoyed by people all over the world! There are many different types of strawberries, but the most common ones are the June-bearing and everbearing varieties. Some of these can grow as big as your hand!
- Strawberries are great for you because they're packed with Vitamin C, which helps keep your immune system strong and your skin glowing! They also have fiber, which helps keep your tummy happy.
- Did you know? The world's largest strawberry weighed over 10 ounces. That's more than 5 times the size of an average strawberry!
- When are strawberries usually eaten? The strawberry season in North America runs from spring to early summer, making it the perfect time to add them to your smoothies, desserts, and snacks!

COOKING PRO

Chefs always read a recipe all the way through before they start cooking. This helps them understand the steps involved and make sure they have all the necessary ingredients and equipment.



DEVELOPMENT

⌚ 5-7 min

As you are completing the recipe discuss the following:

- Have you had cheesecake before?
- How do you think it is made? Can you name the steps?
- What are the ingredients that we are using today that are not used in a traditional recipe?
- The history of cheesecake dates back to ancient times. The exact origin is unclear, but it is believed to have been enjoyed by ancient Greeks and Romans. The first recorded mention of cheesecake was in a recipe by the ancient Greek writer Athenaeus in the 3rd century BC.
- Cheesecake gained popularity throughout Europe during the Middle Ages. However, the modern version of cheesecake, similar to what we know today, emerged in the United States in the 18th century. European immigrants brought their traditional recipes, but American adaptations included the use of cream cheese, which gave the cheesecake its rich and creamy texture.
- In 1872, a dairyman named William Lawrence accidentally created the first cream cheese while trying to replicate a French cheese called Neufchâtel. His invention revolutionized cheesecake recipes, leading to the smooth and tangy cream cheese-based cheesecakes we enjoy today.

STAR TECHNIQUE: FOLDING

- Folding is a gentler mixing technique than "stirring" and "mixing." It is meant to combine two mixtures of different thickness and weight into one mixture while keeping as much of the air as possible in the whipped item.
- What tools are used in folding? A bowl, rubber spatula
- How to fold: Add light ingredients to the heavy ingredients Gently scoop the bottom of mixture over the top. Rotate the bowl and repeat. Add more of the lighter mixture until everything is combined.

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