



# LESSON 3:

## BUGS ON A LOG & BANANA SUSHI

### BUGS ON A LOG

Ingredient	Students Per Class		
	10	15	20
Celery stalks	4	6	8
Honey	2 tbsp	3 tbsp	4 tbsp
Cream cheese	2 tbsp	3 tbsp	4 tbsp
Apples	2	3	4
Oranges	2	3	4
Raisins 	1/2 cup	3/4 cup	1 cup
Pretzel sticks 	6-8	9-12	12-16

Other: Cups and spoons for serving.

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

#### PREP BEFORE CLASS:

Wash all fruits and vegetables. Allow cream cheese to come to room temperature.

#### Directions:

1. Cut each celery stalk into 2-3 pieces to yield the desired size for your buggies
2. Add cream cheese and honey to a small bowl and mix until well combined.
3. Slice an apples and oranges into thin, round slices.
4. Use a spreading knife to spread your cream cheese onto your celery log
5. Create your buggies by topping your celery log with pretzel sticks, apple slices, orange slices, or raisins.
6. Create a few different buggies and enjoy!



#### DID YOU KNOW?


Celery is made up of about 95% water, which makes it an incredibly hydrating snack!



#### DID YOU KNOW?

Banana sushi is a great way to practice using chopsticks!

### BANANA SUSHI

Ingredient	Students Per Class		
	10	15	20
Bananas	5	7.5 or 8	10
Vanilla Greek yogurt	4 cup	6 cup	8 cup
Sun butter	1/2 cup	1 cup	1 1/2 cup
Honey 	2 tbsp	3 tbsp	4 tbsp
Rolled oats	1/2 cup	3/4 cup	1 cup
Cinnamon	2 tbsp	3 tbsp	4 tbsp

Other: Cups and spoons for serving.

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

**PREP BEFORE CLASS:** Slice each banana in half, keeping peel on.

#### Directions:

1. Using a spreading knife, have students spread sun butter all over their individual tortillas.
2. Have students peel their banana halves, and slice lengthwise into four quarters.
3. Roll banana slices into the tortilla, creating a log shape. The sun butter will stick to the banana and hold the roll together.
4. Have students carefully slice the roll into individual rounds.
5. Sprinkle "sushi" rolls with cinnamon or honey if desired and enjoy!

# LESSON 3

## SNACK-TASTIC TIME

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Ingredients to buy:

##### Fresh Produce:

- Celery stalks
- Apples
- Oranges
- Bananas
- Frozen mixed berries

##### Dairy:

- Cream cheese
- Vanilla Greek yogurt

##### Pantry Staples:

- Rolled oats (NUT & SESAME FREE)
- Raisins (Nut & SESAME FREE)
- Pretzel sticks (NUT & SESAME FREE)
- Sun butter (NUT & SESAME FREE)

#### Ingredients in the bin:

- Honey
- Cinnamon

### OBJECTIVES

- ☒ Discuss this week's theme: Snack-tastic Time!
- ☒ Teach the star ingredient and demonstrate the star technique
- ☒ Talk about this week's fun facts!

### 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.

Let's Explore Today's Ingredients! Show the ingredients from both recipes. Hold up an item, then ask:

- Can anyone tell me what this is?
- Have you ever eaten this before? Do you like it?
- What do you think we're going to make with these ingredients today?

Star Ingredient:

- As you prepare the banana sushi, highlight the Star Ingredient of the day- banana! If possible, let students touch a piece of banana and explore it up close.
  - Ask: Where do bananas grow? What do you call a lot of bananas? Why are bananas good for us? What happens when bananas get too ripe? What color are bananas when the aren't ripe yet?

Star Technique:

- Today we're learning a new skill: topping! Let's practice how to spruce up our meals with yummy toppings.
  - Ask: What is topping food? What kinds of food do you top? Why do we add toppings?
- Demonstrate how to top the celery sticks with the raisin 'bugs'!

Let's Learn Some Fun Food Facts!

- Finish up with a quick discussion of the fun facts!

### STAR TECHNIQUE: TOPPING



- Topping means to add a little something on top of your food to make it extra fun, tasty, or pretty! You can use fruit, sprinkles, cheese, or even raisins to decorate your snack.
- What kinds of food do you top?
  - Yogurt, banana splits, parfaits, toast, or bugs on a log.
- Why do we add toppings?
  - Toppings give our food more color, flavor, and crunch. They also let us be creative and make our snack special—just the way we like it!



# LESSON 3

## SNACK-TASTIC TIME

### STAR INGREDIENT:

#### BANANA



- Where do bananas grow?
  - Bananas grow on tall plants in warm, tropical places like South America, Africa, and Asia!
- What is a bunch of bananas called?
  - Bananas grow in big bunches called hands.
- Why are bananas good for us?
  - Bananas have potassium, which helps keep our muscles strong and our hearts healthy!
- Did you know?
  - Bananas are actually berries! Even though they don't look like other berries, scientists say they are.
- What happens when bananas get too ripe?
  - Bananas turn brown and get sweeter when they are very ripe—perfect for making banana bread!

### DEVELOPMENT


Let's Talk About Snacks!

- Remember when we talked about breakfast and how it helps wake up our bodies and brains? Well, guess what! We're talking about snacks today!
  - Snacks are small meals we eat between breakfast, lunch, or dinner. They help us when our tummies start feeling hungry again, especially after playing or learning a lot!

Good snacks give us:

- Energy to keep going
- Focus to pay attention
- Happy bellies so we don't feel grumpy or tired



 5-7 min

### ENGAGEMENT TIPS



Remind students of the bear claw technique! When slicing the apples and oranges, make sure to check in with students routinely.



In order to keep workstations as clean as possible, and to keep students busy between recipes, have them wipe down cutting boards with a paper towel and place knives in the sink.



After students are rolling their banana in the tortilla with sun butter, have them line up the sprinkle cinnamon or honey on top

### SNACK-TASTIC TIME: FUN FACTS

- Snacks give your body a little boost of energy between meals, just like a car needs more gas to keep driving!
- Some animals like squirrels and chipmunks snack all day long to stay busy and strong!
- A snack can be crunchy like carrots, juicy like apples, or soft like yogurt—there are so many kinds!
- Some healthy snacks like fruits, veggies, and cheese help your muscles, brain, and tummy feel happy.
- Bees snack on flower nectar while they buzz from flower to flower!
- Long ago, kids used to snack on nuts, berries, and dried fruits because there weren't stores with snack packs yet!
- A snack doesn't have to be big— even a handful of grapes or a few crackers can be just right!
- In different countries, snacks can be very different. Some kids eat seaweed, others snack on spicy corn, and some snack on sweet bread!

### END OF CLASS CHECKLIST

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

 10 min