

# LESSON 8:

## BAKED APPLES & WHIPPED CREAM

### BAKED APPLES WITH WHIPPED CREAM

	Students Per Class		
Ingredient	10	15	20
Baked apples			
Apples	5	8	10
Cinnamon	½ tbsp	¾ tbsp	1 tbsp
Sugar	1 tbsp	1.5 tbsp	3 tbsp
Whipped cream			
Heavy whipping cream	1 ¼ cup	2 cups	2 ½ cups
Sugar	1 tsp	1 ½ tsp	2 tsp
Vanilla	1/2 tsp	¾ tsp	1 tsp
Other: muffin tin and foil baking cups.			
🚫 : Make sure it is Peanut, Nut, and Sesame FREE.			

#### PREP BEFORE CLASS:

Preheat the oven to 350°F. Wash and core apples, cut into wedges. Distribute 1 foil baking cup per student.

#### Directions:

Baked Apples:

1. Distribute apple wedges equally between students, have students dice apple using the bear claw technique. Have each student place their apples in their muffin tin.
2. Measure and mix together sugar and cinnamon in a small bowl.
3. Have students take a spoon and sprinkle cinnamon and sugar mix over diced apples. Add to baking cup and muffin tin.
4. Bake for 12 minutes, until apple edges start to turn golden brown.

Whipped Cream:

1. Meanwhile, in food processor, measure and add heavy whipping cream. Blend until it has reached desired consistency (Do not over- whip! Or it will turn into butter). Add sugar and vanilla when it is done, and blend for 5 more seconds.
2. Once apples have cooled, top with whipped cream and enjoy!

#### DID YOU KNOW?

Granny Smith apples stay tart after baking, making them perfect for desserts!

#### DID YOU KNOW?

Baked apples pair perfectly with warm spices like cinnamon, nutmeg, and clove!



# LESSON 8:

## WONDERFUL WHITE BITES

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Ingredients to buy:

##### Fresh Produce:

- Apples

##### Dairy:

- Heavy whipping cream


#### Ingredients in the bin:

- Cinnamon
- Sugar
- Vanilla extract
- Foil baking liners

### OBJECTIVES

- ☒ Discuss this week's theme: White Bites Delight!
- ☒ 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:

While getting the recipe started, introduce today's Star Ingredient — apples! Encourage students to gently hold an apple, feel its skin, and look at its shape and color.

- Ask: What kind of fruit is an apple? How do apples help keep our bodies healthy? When you bite an apple, is it soft, crunchy, or juicy?

Star Technique:

Today, we'll learn how to fill food with yummy ingredients! Filling means putting something tasty inside to make it even better.

- Ask: What does it mean to fill something? Which tools do you use to fill? What kinds of food do you fill? Why do we fill ingredients?
- Show students how to scoop the filling carefully and place it inside the apple. Invite them to help take turns adding the filling.

Let's Learn Some Fun Food Facts!

- Finish up with a quick discussion of the fun facts listed on the next page of the curriculum.
- Use voices, gestures, or storytelling to bring the facts to life and keep them age-appropriate.

### STAR TECHNIQUE: FILLING



- Filling means to put yummy things inside something else!
- Which tools do you use to fill?
  - A spoon, small scoop, or even your fingers
- What kinds of food do you fill?
  - Apples with oats, celery with peanut butter, wraps with veggies, or muffins with batter.
- Why do we fill ingredients?
  - Filling makes food fun and tasty on the inside. It lets us add flavor and even hidden surprises!

# LESSON 8:

## WHITE BITES DELIGHT!

### STAR INGREDIENT:

#### APPLES



- Where do apples grow?
  - Apples grow on trees, and you can find apple orchards in many countries around the world!
- Did you know?
  - There are over 7,500 types of apples in the world, and each one tastes a little different!
- Why do apples keep you healthy?
  - Apples keep you healthy because they have vitamins that help your body fight sickness and fiber that helps your tummy feel good and keeps you full.
- What animals like apples?
  - Deer, squirrels, and even some farm animals love apples just like people do!

### DEVELOPMENT

White Fruits and Vegetables Are Important Too!

- Have you ever noticed that some fruits and vegetables are white on the inside? Even if their outsides are colorful- like a banana's yellow peel or a potato's brown skin- the inside can be bright white!
- Even though white fruits and vegetables aren't super colorful, they can still be really healthy! White fruits and veggies have special nutrients that help keep our hearts strong, our bones healthy, and our immune system ready to fight off germs. Some white foods, like garlic and onions, help protect our bodies from getting sick. Others, like bananas and potatoes, give us energy to play and grow.

Let's name some white fruits and vegetables!

- Bananas
- Cauliflower
- Garlic
- Onions
- Mushrooms
- Potatoes
- Pears
- Jicama



### ENGAGEMENT TIPS



When students are dicing the apples, always introduce (or reintroduce!) the bear claw technique. Check in with students routinely and challenge students to chop as finely as possible.



Remind students time needed to bake the apples and ask them to keep an eye on the classroom clock. Ask students to give a reminder when you are 5 minutes away, 2 minutes away, 230 seconds away, etc.



Have students take turns pulsing the food processor. Make sure they watch the consistency so it doesn't over mix - it could turn to butter!

### WONDERFUL WHITE BITES: FUN FACTS

- Cauliflower looks like a white tree. It's full of tiny bumps and grows in big round heads like a brain.
- Garlic has a super strong smell. It helps our bodies fight off colds and stay strong.
- Mushrooms are the only veggie that grows without sunshine- they like the shade. Some look like tiny umbrellas in the forest!
- Potatoes grow underground.
- Pears can be green or brown outside, but they're white, soft and juicy inside. They have a bell shape and are full of sweetness and fiber to help tummies feel good.
- Onions might make you cry when you cut them, but they're full of flavor!
- Jicama is crunchy like an apple but not sweet. It grows underground and is fun to dip and munch!

### 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