



## DID YOU KNOW?

A true key lime pie is actually pale yellow in color rather than the bright green color we more commonly see!

## DID YOU KNOW?

Citrus fruits are a good source of vitamin C

## DID YOU KNOW?

- The key lime pie is a staple dessert in the Florida Keys. Although everyone may have their own unique recipe, the traditional key lime pie filling contains key lime juice, sweetened condensed milk, and egg yolks. This dessert is so popular in Florida, especially the Keys, that it was declared the official Florida state pie in 2006.

## MINI KEY LIME PIE

Serving Size: 12 cups, 1 per student

### Ingredients to buy:

Crust

- 1/2 box graham crackers (NUT FREE & SESAME FREE)
- 4 tbsp. unsalted butter, melted

Filling:

- 12 oz cream cheese, room temperature
- 2 key limes: zest and 3 tbsp juice
- 1 ½ cup whipping cream
- Graham cracker crumbs for garnish
- 1/3 cup and 1 tbsp sugar
- 1 tsp. vanilla extract
- 12 cups for serving
- 6 small ziplock bags

### PREP BEFORE CLASS:

- Tip: Set oven to a low temperature; place butter and cream cheese in two separate bowls to soften on top of the oven. If using metal bowls, place inside oven.
- Wash limes.

### Directions:

Crust:

1. Divide graham crackers evenly between ziplock bags and have students crush them. Add crumbs into bowl, and spoon 1 tbsp crumbs into each student's cup. Add tsp melted butter. Have students mix well and set aside.

Filling:

1. Have students zest two limes and then juice the limes into bowl.
2. Add 1 cup whipping cream, vanilla extract and 1 tbsp. of sugar to the food processor and blend until whipped.
3. Have students take turns measuring and mixing together cream cheese, 1/3 cup sugar, 3 tbsp. lime juice, and zest until well combined. If the mixture is too lumpy, blend in the food processor until smooth.
4. Fold in ½ cup of whipping cream into the cream cheese mixture. Save the rest for garnish.

Assembly:

1. Press down graham cracker and butter mixture to form a crust. Spoon cream cheese mixture on top of graham cracker crust.
2. Garnish with extra graham cracker crumbs and whipped cream. Enjoy!



# FIRST CLASS: KITCHEN SAFETY

## SHOPPING LIST

### Ingredients to buy:

- 1 sleeve graham crackers (NUT FREE & SESAME FREE)
- 4 tbsp. unsalted butter
- 12 oz cream cheese
- 2 key limes
- 1 ½ cup whipping cream

### Ingredients in the bin:

- sugar
- vanilla extract
- 12 cups for serving
- 6 small 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

## 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!

## INTRODUCTION

🕒 5-7 min

- 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 student go around and share their name and their favorite food.
- Have student's 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?
- Come up together with rules for the class, by guiding kids to suggest rules below. 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 kids to act up/demonstrate how they would wash hands. Etc
- Establish the nine rules to follow in the class - see sidebar for iCook rules. Make sure students understand not only the rule but why it is important.
- Ask the students to identify the ingredients from the recipe. Have them guess what we might be making today.
- Discuss fruits that are considered citrus and their benefits. Key Qs:
  - What are some examples of citrus fruits? Citrus fruits include lemon, lime, orange, and grapefruit.
  - What are the benefits of eating citrus fruits? These fruits are high in antioxidants, which fight off the "bad guys" that can cause harm to our body.

## STAR INGREDIENT: LIME

- Where did limes originate from? Southeast Asia
- Where are most limes grown currently? India is the top producer, followed by Mexico and China.
- What important nutrients are found in limes? Many nutrients are found in limes, including vitamin C, vitamin B6, vitamin A, vitamin E, folate, magnesium, and more!
- Did you know? A lime tree can grow up to 16 feet tall!
- What cuisine(s) is lime greatly used in? Both lime juice and zest are common ingredients in Mexican, Vietnamese, and Thai dishes.

## COOKING PRO

- Benefits of Vitamin C: vitamin C is known as an antioxidant, which is very important for keeping our immune system strong and healthy.
- Antioxidants “fight” against the “bad guys” in our body to keep us from getting sick.
- Vitamin C also helps our body absorb iron from the food we eat. Iron is crucial for long lasting energy to get us through the day!

## DEVELOPMENT

🕒 5-7 min

As you are completing the Key Lime Pie recipe discuss the following:

- What is the citrus fruit used in this recipe?
- What is the difference between a key lime and the typical Persian limes we might see at the store? A key lime is smaller and contains more seeds than a Persian lime. The skin of a key lime is thin and more yellow in color.
- Discuss the Star Ingredient and Star Technique as students are zesting and juicing lime.
- What is the most common vitamin found in citrus fruits? Discuss the Cooking Pro below to describe the benefits of vitamin C.

## STAR TECHNIQUE: ZESTING

- What is zesting? To grate small amounts of something, usually citrus peels, and add it to a recipe for flavor and/or color.
- What tools do you use to zest? A citrus zester or grater
- What types of food do you zest? Typically, citrus fruits like lime, lemon, and orange are most commonly used for zest.
- Why do we add fruit zest to recipes? Zesting can add a lot of flavor to a dish in a small way. It is also used as a colorful garnish on top of a dish.
- How do you know to stop zesting a certain part of a fruit? Only grate or zest the very outer skin of a citrus fruit. Do not zest, or use, the inner white portion of the peel.

## 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