





# LESSON 11:

## AVOCADO BROWNIES & KALE PESTO

### AVOCADO BROWNIES

Ingredient	Students Per Class		
	10	15	20
Avocado	1/2	3/4	1
Olive oil	1/4 cup	1/3 cup	1/2 cup
Oats 	1 1/4 cup	2 cup	2 1/2 cup
Cocoa powder 	1/2 cup	3/4 cup	1 cup
Honey	1/2 cup	3/4 cup	1 cup
Baking soda	1 tsp	1 1/2 tsp	2 tsp
Salt	1/2 tsp	3/4 tsp	1 tsp
Water	1/2 cup	3/4 cup	1 cup
Chocolate chips 	1/2 cup	3/4 cup	1 cup
Other: Foil baking cups per student.			
 : Make sure it is Peanut, Nut, and Sesame FREE			

#### PREP BEFORE CLASS:

Preheat oven to 375°F. Pass baking cups to each student. Prepare the blender and muffin tin.

#### Directions:



1. Demonstrate how to pit the avocado and remove meat from skin. Have a volunteer mash the avocado.
2. Have students measure olive oil and whisk together oil and avocado until the mixture is creamy and smooth.
3. Blend oats in the blender until fine like flour.
4. Have students measure and add oat flour, cocoa powder, honey, baking soda, salt, and water to mixing bowl. Stir until well combined. Fold in chocolate chips.
5. Add 1/4 cup of the batter to each student's baking cup. Collect and bake for 15 minutes. Watch the oven, as time may vary.
6. Remove and let cool for 2-3 minutes. Enjoy!



#### DID YOU KNOW?

Basil is a leafy green plant that grows in the sunshine- some people call it the "king of herbs" because it is so delicious!

### KALE PESTO

Ingredient	Students Per Class		
	10	15	20
Kale	2 cups	3 cups	4 cups
Basil	1 cup	1 1/2 cup	2 cup
Parmesan cheese	1/2 cup	3/4 cup	1 cup
Salt	1/2 tsp	3/4 tsp	1 tsp
Olive oil	1/2 cup	3/4 cup	1 cup
Box of Triscuit crackers 	1/2	3/4	1
 : Make sure it is Peanut, Nut, and Sesame FREE			

#### PREP BEFORE CLASS:

Rinse kale and basil. Prepare the blender.

#### Directions:

1. Begin by passing greens to each student, and instruct them to remove the leaves from stem and roughly chop.
2. Collect greens and add them to the blender.
3. Have student measure and add the parmesan and salt to the blender, and pulse until well combined.
4. Slowly add olive oil until mixture is creamy (add more olive oil if consistency is too thick).
5. Pass equal amount of pesto to each student and taste with the crackers.
6. Enjoy!

# LESSON 11:

## DELICIOUS DESSERTS

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Ingredients to buy:

##### Fresh Produce:

- Avocado
- Kale
- Basil

##### Dairy:

- Parmesan cheese

##### Pantry Staples:

- Oats (NUT & SESAME FREE)
- Cocoa Powder (NUT & SESAME FREE)
- Baking Soda
- Chocolate chips (NUT & SESAME FREE)
- Triscuit Crackers (NUT & SESAME FREE)

##### Other:

- Water

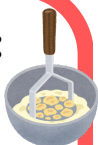
#### Ingredients in the bin:

- Salt
- Honey
- Olive oil
- Muffin tin and foil baking cups

### OBJECTIVES

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

### STAR TECHNIQUE: MASHING



- Mashing means to press and squish soft foods to make them smooth or mushy. You can mash with a fork, a spoon, or a special tool called a masher!
- Which tools do you use to mash?
  - A fork, a spoon, or a potato masher.
- Why do we mash ingredients?
  - Mashing helps mix things up and makes it easier to spread, stir, or eat. It also changes how the food feels and tastes!

### 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 making the avocado brownies, introduce the Star Ingredient of the day! Invite students to hold or gently pass around a piece of avocado so they can explore it up close.
  - Ask: What are avocados? Why are avocados good for us? What do avocados taste like? Are avocados a fruit or a vegetable? Can you eat avocado skin?

Star Technique:

- Today, we'll practice the skill of mashing!
  - Ask: What does it mean to mash something? Which tools do you use to mash? Why do we mash ingredients?
- Demonstrate mashing of the avocado and olive oil. Have the students help!

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.

# LESSON 11:

## DELICIOUS DESSERTS

### STAR INGREDIENT:


#### AVOCADO



- What are avocados?
  - Avocados are creamy, green fruits that grow on trees!
- Why are avocados good for us?
  - Avocados help give us energy! They have healthy fats that keep our hearts and brains strong.
- Did you know?
  - Avocados have a big seed in the middle! You can't eat the seed, but you can plant it to grow a tree.
- What do avocados taste like?
  - Avocados taste creamy and mild, so they go well with lots of foods!
- Are avocados a fruit or a vegetable?
  - Avocados are a fruit because they grow from a flower and have a seed inside.
- Can you eat avocado skin?
  - No! The skin is too tough, but the inside is soft and yummy.



### DEVELOPMENT

 5-7 min

There are so many different foods in the world- fruits, veggies, sandwiches, noodles... and yes, even cookies, cupcakes, and ice cream!

- All foods can have a place on our plates- some give us energy, some help us grow, and some are just really fun and yummy to eat!
- Sweet treats are foods too! They're tasty and can help make special moments feel exciting- like birthdays, holidays, or just a fun day with family or friends.

So why don't we eat them all the time?

- Because our bodies need lots of different foods to feel strong, healthy, and ready to play!
  - We need:
    - Fruits and veggies to keep our hearts and tummies happy
    - Grains to give us energy
    - Protein foods like cheese, beans, or eggs to help our muscles
    - And sweet treats? They're part of the mix too- because food is also about joy and fun!

Let's remember:

Some foods help us run, some help us grow, and some just make us smile- and that's important too! All foods can be part of taking care of our bodies in different ways.

### DELICIOUS DESSERTS: FUN FACTS

- People have been eating ice cream for hundreds of years, even before freezers existed!
- The biggest cookie in the world was as big as a swimming pool and weighed more than 40,000 pounds!
- Strawberries are the only fruit with seeds on the outside.
- The very first birthday cakes were made a long time ago in ancient Greece!
- Chocolate comes from a bean called a cocoa bean, and it grows on trees!
- Honey is made by bees — it's nature's sweet treat!
- The first lollipops were made by putting candy on sticks so they were easier to eat!

### ENGAGEMENT TIPS



When students mix the cocoa powder and other dry ingredients, ask them to observe how the ingredients change!



While using a spatula, make sure each student has a chance to use the tool. In order to keep it moving, count "1-2-3-4-5 PASS!" Remind the students to use their wrist to avoid spilling any ingredients.



Introduce (or reintroduce!) the bear claw technique to students and monitor as they chop the greens.

### 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