

# LESSON 1

## S'MORE BITES & FRUIT KABOB

### S'MORES BITES

Serving Size: 12 servings, 1 per student

#### Ingredients to buy:

- 1/2 box Graham Crackers (NUT FREE)
- 2 oz chocolate bar (NUT FREE)
- 1 cup mini marshmallows
- 12 foil muffin tins

#### PREP BEFORE CLASS:

Pre-heat oven to 350F

#### Directions:

1. Pass a foil muffin tin to each student. Pass equal amount of graham crackers, chocolate, and marshmallows to each student.
2. Instruct students to place a few shards of graham cracker in the bottom of their muffin tin.
3. Have students add a rectangle of chocolate, and then 3-4 marshmallows.
4. Layer another graham cracker and a second rectangle of chocolate.
5. Arrange muffin tins on a baking sheet.
6. Bake for 5-6 minutes, until the marshmallows are toasted and the chocolate has melted.
7. Let cool down for 1-2 minutes. Enjoy!



#### DID YOU KNOW?

In some parts of the world, people use the fibers inside pineapple leaves to make clothing!

### PINEAPPLE DIP WITH FRUIT KABOBS

Serving Size: 12 student servings

#### Ingredients to buy:

- 3 cups plain yogurt
- 1 cup finely chopped (or crushed) canned pineapple, drained
- 12 large strawberries
- 2 bananas
- 24 grapes
- 2 tbsp. honey
- 1/4 tsp. cinnamon
- 12 toothpicks

#### PREP BEFORE CLASS:

Wash strawberries and grapes. Cut bananas into 12 pieces.

#### Directions:

1. Have student add yogurt, pineapple, honey, and cinnamon in a bowl.
2. Have students mix the ingredients together.
3. Pass grapes, strawberries, banana slice, and several toothpicks to each student.
4. Instruct students to cut strawberries and bananas into slices.
5. Have students carefully slide the fruit on the toothpick in the desired order.
6. Dip fruit kabobs in the pineapple dip. Enjoy!



#### DID YOU KNOW?

Pineapples are actually berries! Every "scale" is a berry that grew together with its neighbors.

# LESSON 1: NATURAL SWEETNESS

## SHOPPING LIST

### Ingredients to buy:

- 12 large strawberries
- 2 bananas
- 24 grapes
- 1 can chopped (or crushed) pineapple
- 3 cups plain yogurt
- 12 Graham Crackers (NUT FREE)
- 2 oz chocolate bar (NUT FREE)
- 1 cup mini marshmallows (NUT FREE)
- toothpicks

### Ingredients in the bin:

- 12 foil muffin tins
- honey
- cinnamon




## OBJECTIVES

- Understand the natural sweetness in foods
- Explain the process of skewering used in this recipe
- Summarize the importance of vitamin C

## STAR INGREDIENT: PINEAPPLE


- Did you know? Pineapples require a tropical environment to grow. In the U.S., pineapples are grown in Hawaii, Southern California, and Southern Florida.
- Pineapples are great for your immune system! Pineapple contains vitamin C, which helps your immune system fight off germs and heal wounds.
- Pineapples are often eaten raw and cooked, in sweet and savory foods, like on top of ice cream and on pizza!

## INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum)
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- Discuss that today we are going to be making recipes that use natural sweetness.
- Natural sweetness is an authentic source for sugar rather than processed forms of it like candy, soda, cookies, etc. Better alternatives for natural sweetness are: honey, dried fruits, fruits, and some vegetables.
- State that too much sugar consumption in general is unhealthy in the end, because it does not provide us with the vitamins and minerals that we need to function in everyday life. In fact, it makes us even more tired if we consume too much of it.
- Eating sugar in moderation is key to maintaining a healthy balance.

## DEVELOPMENT

 5-7 min

- As you are completing your first recipe discuss the Star Ingredient. Ask the students: How would you describe pineapple (sweet, sour, tart, juicy, yellow, rough)? How do you think baking the pineapple will affect its taste, texture, and color (have them feel and taste the pineapple before baking)
- Once you transitioned to the second recipe Pineapple Dip with Fruit Kebabs, discuss the Star Technique – Skewering.
- Me-You-Us. The teacher demonstrates how to cut fruit and then makes a kebab by skewing. Go around and make sure students are able to take part after examining the teacher.

# LESSON 1: NATURAL SWEETNESS

## ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding


## COOKING PRO: BROMELIADS

Pineapples contain the bromelain enzyme which can break down proteins, so you can use them to tenderize meat. When you eat too much pineapple, you can feel this take place—your mouth may start to burn! Pineapple is the only edible fruit of its kind, the Bromeliads.

## STAR TECHNIQUE: SKEWERING

- Skewering – process of cooking and serving pieces of food on a wooden or metal skewer/pin.
- What foods can be used for skewering? A variety of foods can be used. The foods can range from fruit and vegetables, to cheese and olives, to grilled meats and seafood.
- Example: shrimp and cherry tomatoes on skewer.

## 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