





CHOCOLATE CAKE

Ingredient	Students Per Class		
	10	15	20
All-purpose flour 	1 1/2 cup	2 1/4 cup	3 cup
Sugar	1 cup	1 1/2 cup	2 cup
Cocoa powder 	1/4 cup	1/3 cup	1/2 cup
Baking powder	1 tsp	1 1/2 tsp	2 tsp
Baking soda	1/2 tsp	3/4 tsp	1 tsp
Salt	1/8 tsp	1/8 tsp	1/4 tsp
Oil	1/4 cup	1/3 cup	1/2 cup
White vinegar	1 tbsp	1 1/2 tbsp	2 tbsp
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Water	1 cup	1 1/2 cup	2 cup
Chocolate chips 	1 cup	1 1/2 cup	2 cup
Other: Foil muffin tins  : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Preheat oven to 400°F.

Directions:

1. In a large mixing bowl, combine flour, sugar, cocoa powder, baking powder, baking soda and salt. Whisk to combine.
2. In a medium bowl combine water, oil, vanilla and vinegar. Whisk to combine.
3. Add the contents from the wet ingredient bowl to the dry ingredient bowl. Mix until combined.
4. Add chocolate chips. Use a spatula to fold them into the batter.
5. Distribute the batter evenly amongst muffin tins. Fill 2/3 full--otherwise, they may overflow!
6. Bake for 20 - 22 minutes. Enjoy!







DID YOU KNOW?

Chocolate dates as far back as 4,000 years ago to Ancient Mesoamerica, which is present day Mexico.



CHOCOLATE HUMMUS

Ingredient	Students Per Class		
	10	15	20
Chickpeas, canned	16 oz	2 16 oz	2 16 oz
Cocoa powder 	1/4 cup	1/3 cup	1/2 cup
Chocolate chips 	1/2 cup	3/4 cup	1 cup
Honey	1/3 cup	1/2 cup	2/3 cup
Salt	1/2 tsp	3/4 tsp	1 tsp
Vanilla extract	1 tbsp	1 1/2 tbsp	2 tbsp
Water	1/4 cup	1/3 cup	1/2 cup
Bag of pretzels 	1/2	3/4	1
Other: Cups and spoons for serving  : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Open the chickpeas and drain. Prepare the blender.

Directions:

1. Have students take turns measuring the ingredients.
2. Add ingredients except for the water and pretzels to the blender.
3. Process until completely smooth.
4. If hummus is too thick, add the water slowly and blend until combined.
5. Scoop about 1/3 cup of hummus on each student's plate
6. Instruct students to taste the hummus with pretzels. Enjoy!

LESSON 10:

SMART SUBSTITUTIONS

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- All-purpose flour (NUT & SESAME FREE)
- Cocoa powder (NUT & SESAME FREE)
- Baking powder
- Baking soda
- Chocolate chips (NUT & SESAME FREE)
- Chickpeas, canned
- White vinegar
- Bag of pretzels (NUT & SESAME FREE)

Ingredients in bin:

- Sugar
- Vanilla extract
- Salt
- Honey
- Cups and spoons for serving
- Foil muffin tins

OBJECTIVES

- ☒ Learn how to customize foods
- ☒ Discuss smart substitutions for ingredients
- ☒ Learn why chocolate can be good for us

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.
- 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 where cocoa powder comes from. Cocoa powder originates from Mesoamerica. It was first developed as a crop in many ancient South American cultures, with the Aztecs and the Mayans being the most well-known of these indigenous populations.

DEVELOPMENT

🕒 5 - 7 min

- As you are completing the chocolate muffin recipe, discuss the Star Ingredient - Chocolate.
- Discuss what cocoa powder is. Key Q's:
 - What is cocoa powder? How is cocoa powder made? Cocoa powder is made by first fermenting and then roasting cocoa beans at a high temperature. After that, the cocoa beans are crushed to form cocoa nibs and then cocoa powder.



STAR INGREDIENT: CHOCOLATE

- Where does chocolate come from?
 - Chocolate comes from cocoa beans, which grew on trees in Central and South America
- Why is chocolate good for us?
 - The raw cocoa beans are really good for you, full of vitamin C and magnesium, but they're bitter. The beans also have a fair amount of caffeine in them, like coffee or tea.
- What can we do with chocolate?
 - Chocolate is often used in deserts. It's bitter on its own so we need to add a sweetener like sugar.
- Dark chocolate is more bitter, while milk chocolate has more sugar and milk, so it is sweeter.

LESSON 10:

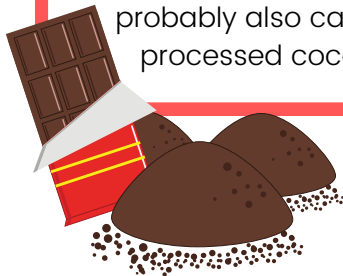
SMART SUBSTITUTIONS

DEVELOPMENT

- Progress to the topic of the class Smart Substitutions. Ask students if they have ever heard of the term "smart substitutions" and what they think it means. Encourage them to share their ideas.
- Write the term "smart substitutions" on the board (if available) and explain that it refers to making healthier choices by replacing certain ingredients with healthier alternatives in recipes.
 - Discuss why smart substitutions are important for creating healthier meals and snacks, such as reducing added sugars, saturated fats, or refined grains.
- Discuss common substitutions:
 - Using whole wheat flour instead of white flour in baking.
 - Using Greek yogurt instead of sour cream in dips or dressings.
 - Using mashed bananas or applesauce instead of butter or oil in baked goods.
 - Using herbs and spices to add flavor instead of excessive salt.
- Discuss the benefits of each substitution, such as increasing fiber content, reducing unhealthy fats, or adding more nutrients to the dish.

COOKING PRO


For baking, the type of cocoa you use does matter because of the acidity. If a recipe calls for baking soda, for example, natural cocoa powder works fine, because the acidity in the cocoa activates the baking soda. If a recipe calls for baking powder (or both baking powder and baking soda), then it probably also calls for Dutch-processed cocoa powder.



STAR TECHNIQUE: CUSTOMIZATION

- Customization: when you have choices to choose various foods or toppings to place onto your recipe!
- The basic structure of the recipe is the same, but additional flavors can be added or subtracted depending on the chef's taste.
- Both of today's recipes involve customization, because we could add or subtract ingredients without changing the whole recipe.
- What are some other examples? A smoothie or parfait is another great example of customization--you are able to choose multiple different ingredients and toppings to make a flavored masterpiece!
- Anyone can customize! No tools are required—just your knowledge of what ingredients taste good together.

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