



### DID YOU KNOW?

Lassi is a popular Indian drink that can be savory or sweet!

## MANGO LASSI

Makes 12 servings

### Ingredients:

- 2 fresh mangos or 1 cup frozen mango
- 2 cup milk
- 2 cups plain nonfat yogurt
- 1 tbsp honey
- Mint leaves for garnish (optional)

### PREP BEFORE CLASS:

Wash mint.

### Directions:

1. If using fresh mango, slice into quarters and have students dice into small chunks
2. Measure and add all the ingredients into the blender.
3. Blend until smooth
4. Can add mint as garnish or into the lassi for a fresh flavor (only need 1-2 leaves)
5. Enjoy!

## COOKIE DOUGH DIP

Serving Size: 12 servings

### Ingredients:

- 1/3 cup unsalted butter (room temperature)
- 8 oz cream cheese (room temperature)
- 1/4 cup sugar
- 1 tsp. vanilla extract
- 3/4 cup chocolate chips (NUT & SESAME FREE)
- 1/2 box graham crackers for serving (NUT & SESAME FREE)

### PREP BEFORE CLASS:

Pass each student a graham cracker.

### Directions:

1. Use blender to beat butter and cream cheese until fluffy, about 2 minutes
2. Add in sugar and vanilla extract until combined
3. Fold in chocolate chips until evenly dispersed. Do not blend once chocolate chips are added!
4. Serve with graham crackers. Enjoy!



### DID YOU KNOW?

The name cookie comes from a Dutch word, Koekje, which means small or little cake.

# LESSON 4: SWEET SNACKS

## SHOPPING LIST

### Ingredients to buy:

- Mint leaves for garnish (optional)
- 2 fresh mangos or 1 cup frozen mango
- 2 cups milk
- 2 cups plain nonfat yogurt
- ½ cup unsalted butter
- 8 oz cream cheese
- ¾ cup chocolate chips (NUT & SESAME FREE)
- 1/2 box graham crackers (NUT & SESAME FREE)

### Ingredients in the bin:

- honey
- sugar
- vanilla extract

## OBJECTIVES

- Describe different sweet snacks.
- Identify the cooking tools that are used for blending.
- Name one reason mangos are good for us.

## COOKING PRO

Making smoothies using a blender is a great way to add vegetables into your diet. Try adding vegetables to your smoothies like spinach and kale! Incorporating fruits with them as well can make the flavoring better. It also gives you an extra boost of important vitamins and minerals.

## 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 are sweet!
- Sweet snacks can range from fresh, frozen, to dried fruit, dark chocolate, and more! These are healthier choices than rather eating cookies, candy, cake, and others.
- Healthy eating can help our immune system stay strong and not be broken down by sugar. Nothing is wrong with eating sugar, but too much consumption of it can make you sick and tired. If you do eat sweets, try to go for snacks that are naturally sweet and don't have too many added sugars.

# LESSON 4: SWEET SNACKS

## STAR INGREDIENT: MANGO

- What are mangos? They are a smooth-skinned, kidney-shaped, tropical fruit produced by the tropical tree *Mangifera indica*.
- Where do mangos come from? Mangos grow in hot, tropical climates. Most of the mangos sold in the U.S come from Mexico, Haiti, Brazil, Ecuador, Peru, and Guatemala.
- What do they taste like? Typically, sweet if ripe, have a sweet-sour taste if unripe.
- Why are mangos good for us?
  - Vitamin A: builds healthy eyes and bones
  - Vitamin C: essential for healthy gums and teeth
  - Folate: important for brain health.
- Did you know? In India, the mango is a symbol of love, and a basket of mangos is considered a gesture of friendship.



## DEVELOPMENT

🕒 5-7 min

- Ask the class what their favorite sweet snack is. How often do they have it?
- As you are completing your Mango Lassi recipe discuss the Star Ingredient. Ask the students: Do you all know where mangos come from? What do they taste like? Have you had a mango? How do you peel a mango?
- As you are completing the Cookie Dough Dip, discuss the Star Technique. Blending is a great way to incorporate different ingredients into a healthier diet by combining them together.
- Have students add the various ingredients to the blender.

## STAR TECHNIQUE: BLENDING

- What is blending? Blending is simply mixing or combining ingredients together!
- What are the benefits of blending? When you blend fruits, vs juicing them you have the fiber intact. Fiber helps keep your tummy healthy.
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees frozen desserts and more!

## 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

## 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