


LESSON 11:

BAKED APPLE CRUMBLE & FRUIT SMOOTHIE

BAKED APPLE CRUMBLE

Ingredient	Students Per Class		
	10	15	20
Apples	3	4 1/2	6
Brown sugar	1/4 cup	1/2 cup	3/4 cup
Flour	1/3 cup	1/2 cup	2/3 cup
Rolled oats 	1/3 cup	1/2 cup	2/3 cup
Cinnamon	1 1/2 tsp	2 tsp	3 tsp
Butter	1/3 cup	1/2 cup	2/3 cup

Other: Foil muffin liners

 : Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Preheat the oven to 375°F. Foil baking sheet. Melt butter by placing on toaster oven.

Directions:

1. Instructors, cut apples into sections, removing the core, and pass out the pieces to students.
2. Have students dice their apple piece into small cubes.
3. In a bowl, combine brown sugar, flour, rolled oats, and cinnamon. Mix until combined.
4. Have students create the mini baked apple crumbles by arranging a portion of the diced apples in a foil muffin liner. Top the apple pieces with a spoonful of the oat crumble mixture.
5. Bake for 25-30 minutes.
6. Enjoy!

DID YOU KNOW?

Apple crumble was invented during World War II as a simpler alternative to pie, as there were fewer ingredients available.



DID YOU KNOW?

Fruit smoothies were first popularized in the U.S. in the 1960s by health food stores inspired by Brazilian fruit drinks and they've been a popular drink ever since!

FRUIT SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Bananas	3	4 1/2	6
Strawberries	1 cup	1 1/2 cups	2 cups
Spinach	1 cup	1 1/2 cup	2 cup
Honey	1 tbsp	1 1/2 tbsp	2 tbsp
Plain Greek yogurt	1 1/4 cup	2 1/4 cup	3 cups
Water	2 cups	3 cups	4 cups

Other: Cups for serving.

 : Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Prepare the food blender.

Directions:

1. Have student volunteer wash hands and place fruit in blender.
2. Have student measure one cup of baby spinach leaves and add to the blender.
3. Measure the yogurt into the blender. Measure and add honey.
4. Have a student add water to the blender.
5. Cover the blender and blend until smooth. Students may take turns blending.
6. Add additional water to thin if necessary.
7. Serve in cups and enjoy!

LESSON 11:

MAKING VEGGIES FUN

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Apples
- Bananas
- Strawberries
- Spinach

Dairy:

- Plain Greek yogurt
- Butter

Pantry Staples:

- All purpose flour
- Brown sugar
- Rolled oats


Ingredients in the bin:

- Honey
- Cinnamon
- Cups for serving
- Foil baking cups

OBJECTIVES

- ☒ Learn about the nutrition and history of oats
- ☒ Work on the technique: dicing
- ☒ Explore how inventive recipes can make fruit and veggies fun

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.
- Can anyone guess what dishes we may be making with the ingredients today?
 - Bananas, Strawberries, Greek yogurt, Honey, Apples, Oats, Spinach, Cinnamon
- As you are completing the apple crumble, discuss the Star Ingredient – oats!
 - Do you like to eat oats for breakfast?
 - Have you ever had oats in a dessert before? a
- Talk about the Star Technique: dicing!
 - Do you know that dicing is the word for cutting vegetables into small cubes?
- Demonstrate the Star Technique by showing how to safely hold a knife using the bear-claw technique. Have students dice apples into small cubes after demonstrating.
- Additionally, discuss the Cooking Pro fact described on the next page.

STAR INGREDIENT: OATS

- Oats are a whole grain because they contain all 3 parts of the grain: the bran, germ, and endosperm.
- Oats contain soluble fiber, which helps with digestion and can support heart health..
- Oats were first grown in the Middle East, but became popular in Europe. They started as a wild plant in the Fertile Crescent but since they grew well in cooler, wetter climates they became an important food in places like Scotland, Ireland, and Central Europe.

ENGAGEMENT TIPS



Do the blender dance! While the smoothie blends, let students dance by their chairs. When it stops, they freeze.



When students dice their apple pieces, reteach the bear claw technique for safe cutting. Check in often as they work.

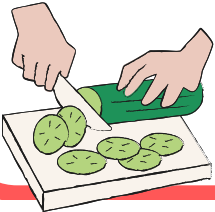


Remind students the apple pie crumbles bake for 25–30 minutes. Have them watch the clock and call out when 5 and 2 minutes remain.

STAR TECHNIQUE:

DICING

- Dicing means to cut an ingredient into small cubes or squares that are about the size of the tip of your thumb or dice that you use in a board game.
- Which tools do you use to dice?
 - Knife, cutting board.
- What types of food do you dice?
 - Fruits, veggies, meats
- Why do we dice ingredients?
 - Dicing ingredients makes it easier to mix them into recipes and allows the food to cook more quickly.



COOKING PRO:

BLENDING



If you're adding ingredients that are tougher to break down—like raw greens, oats, or seeds—it helps to blend them with your liquid first before adding the rest of the smoothie ingredients. This gives your blender more time to break them into a smoother texture without chunks. Try blending in stages next time you make a smoothie!

DEVELOPMENT

⌚ 5-7 min

- Did you know that vegetables can actually be fun to eat? A lot of people think veggies are just something grown-ups tell you to eat—like it's a rule. But vegetables are more than that. They're food that helps your body do all kinds of important things: grow strong, think clearly, heal quickly, and even feel better when you're sick.
- Sometimes, people think they don't like vegetables just because they've only had them one way—like plain boiled broccoli or mushy peas. But the way a food is cooked or served can totally change how it tastes. That's why we're going to look at ways to make veggies more exciting, colorful, and even delicious.
- One way to do that is by using vegetables in creative recipes. Foods like baked apples and smoothies are fun recipes we make in class that are new ways to eat fruits and vegetables! What are some of the recipes that you have had fun making in this class?
- When you get to help make the food—chopping, choosing colors, or putting things together—it becomes more fun. You get to be the chef, and you might even discover a new veggie you like, just because you tried it in a different way.
- The more you try vegetables in fun and different recipes, the more chances you have to find the ones you enjoy. Not everyone likes every vegetable, and that's okay. But if you give them a real try, you might be surprised by what you end up liking.
- So today, instead of thinking of veggies as something you have to eat, think of them as ingredients to explore. You might find out that vegetables can be tasty, colorful, and even cool.
- Are there some fun recipes and techniques you want to try at home that you have learned in this class?

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