



LESSON 7:

CARROT CAKE & CREAM CHEESE FROSTING

CARROT CAKE

Ingredient	Students Per Class		
	10	15	20
Grated carrots	1 1/4 cups	2 cups	2 1/2 cups
Flour 	1 1/4 cups	2 cups	2 1/2 cups
Baking powder	1 1/4 tsp	2 tsp	2 1/2 tsp
Baking soda	1/2 tsp	2/3 tsp	1 tsp
White sugar	4 tbsp	6 tbsp	8 tbsp
Brown sugar	1/2 cup	3/4 cup	1 cup
Plain yogurt	1/3 cup	1/2 cup	2/3 cup
Unsweetened applesauce	3 tbsp	5 tbsp	6 tbsp
Vanilla	1 tsp	1 1/2 tsp	2 tsp
Olive oil	1/3 cup	1/2 cup + 2 tsp	2/3 cup
Salt	1/3 tsp	1/2 tsp	1/2 tsp
Cinnamon	1 tsp	1 1/2 tsp	2 tsp
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

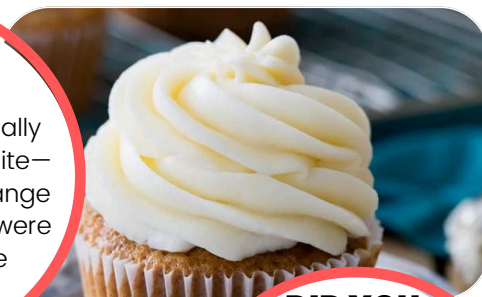
Preheat oven to 350°F. Blend the carrots if not grated.

Directions:

1. In a large bowl, combine flour, baking soda, baking powder, salt, and cinnamon. Stir.
2. In another bowl, whisk together brown sugar, granulated sugar, oil, yogurt, applesauce, and vanilla extract until smooth.
3. Pour the wet mixture into the dry ingredients. Stir gently until just combined. Fold in the grated carrots.
4. Spoon the batter into the muffin liners, filling each slightly less than two-thirds full.
5. Place the pan in the oven and bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.
6. Remove the cupcakes from the oven and let them cool before adding the frosting. Enjoy!

DID YOU KNOW

Carrots were originally purple, yellow, or white—not orange! The orange ones we eat today were developed in the Netherlands




DID YOU KNOW

Butter has been around for over 4,000 years and was once made by shaking milk in animal skins. Now, it's a delicious staple in kitchens everywhere!



CREAM CHEESE FROSTING

Ingredient	Students Per Class		
	10	15	20
Butter, unsalted	2 1/2 tbsp	3 tbsp	5 tbsp
Cream cheese	3 oz	4 1/2 oz	6 oz
Vanilla extract	1/2 tsp	2/3 tsp	1 tsp
Powdered Sugar	1 1/2 cup	2 1/4 cup	3 cups
Salt – pinch or to taste			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Soften butter

Directions:

1. In the food processor, have students add the butter and cream cheese. Blend them until the mixture is smooth and creamy.
2. Add the vanilla extract and salt to the processor. Mix again until everything is combined evenly.
3. Gradually add the powdered sugar, a little at a time, mixing in between additions.
4. Once all the sugar is added, mix until the frosting is fluffy and smooth.
5. Distribute a portion of frosting to students to spread on their cupcakes. Enjoy!

LESSON 7: VISION OF THE HEROES

SHOPPING LIST

Ingredients to buy:

Fresh Produce:

- Grated carrots

Dairy:

- Unsalted butter
- Plain yogurt
- Cream cheese

Please see recipe for amounts, varies by class size

Pantry Staples:

- Brown sugar
- Powdered sugar
- Unsweetened applesauce
- Flour (NUT & SESAME FREE)
- Baking soda
- Baking powder

Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla extract
- Sugar
- Salt
- muffin liners and foil baking cups


OBJECTIVES

- ☒ Understand carrot's role in supporting eye health.
- ☒ Master whipping to create light and fluffy texture.
- ☒ Practice combining wet and dry ingredients for baking.

COOKING PRO

Room temperature ingredients are the secret to smooth batters and frosting. Softened butter and cream cheese mix easily, creating a creamy texture without lumps. This small step makes a big difference in the final result!

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.
- Display the ingredients for carrot cake cupcakes and cream cheese frosting, letting students observe and identify them. Ask, "What do you think we're making today?" and encourage students to share their guesses.
- Discuss how carrots, the star ingredient, can be used in desserts like carrot cake to add sweetness, moisture, and nutrients.
- Explain that today's recipes are all about "Vision of the Heroes," and how carrots are known for supporting eye health—a key superpower for any hero. Ask the class, "Why do you think superheroes need good vision?"
 - Share how beta-carotene in carrots turns into vitamin A in the body, which is important for keeping our eyes strong and healthy.
- Today's lesson combines delicious recipes with superhero-worthy skills and knowledge.
 - "By the end of class, you'll have created a tasty treat that not only looks and tastes amazing but also fuels your body like a true hero's snack. Let's gear up and start baking—our vision-powered cupcakes!"

ENGAGEMENT TIPS



To give everyone a turn, split measuring into smaller parts. For example, have a few students each measure part of the yogurt.



When students mix the filling, have them watch how it changes. Ask them to say when the mixture looks smooth and creamy.



Remind students how long the tarts will need to set. Have them watch the clock and give reminders when time is almost up.

LESSON 7:

VISION OF THE HEROES

STAR INGREDIENT:

CARROTS

- Carrots are a crunchy, colorful vegetable packed with nutrients that make them a true superfood! They're best known for being rich in beta-carotene, which your body turns into vitamin A—great for keeping your eyes healthy and helping you see like a superhero. Carrots are also full of fiber, which supports digestion, and antioxidants that help protect your body from harmful free radicals.
- These versatile veggies can be eaten raw as a snack, roasted for a caramelized flavor, or blended into soups, smoothies, and even desserts!
- Plus, their bright colors, from orange to purple, yellow, and red, make them a fun and nutritious addition to any meal.



DEVELOPMENT

⌚ 5–7 min

- Start by using volunteers to combine the dry ingredients in one bowl and the wet ingredients in another.
- Show how to fold grated carrots into the batter gently, being careful not to overmix. Discuss how carrots add moisture and sweetness to the cake, making it both nutritious and delicious.
- Let students take turns spooning the batter into muffin liners, emphasizing the importance of filling it slightly less than $\frac{2}{3}$ of it.
- While the cupcakes bake, explain why the oven needs to be preheated and how the baking process helps the cupcakes rise and set. Ask students, "What happens when we combine heat, moisture, and air in baking?"
 - They make baked goods rise, stay soft, and become light and fluffy. It's how batter transforms into delicious treats!
- For the cream cheese frosting, let students take turns using the hand mixer, experiencing how the frosting becomes airy and fluffy with whipping. Discuss the star technique.
- Show students how to use a spatula to spread the frosting smoothly or create fun designs.
- While enjoying the cupcakes, remind students how the recipes bring together the theme of "Vision of the Heroes."
- Talk about how the carrots in the cupcakes are packed with nutrients to support vision, and how the whipping technique gave the frosting its fluffy, superhero-like texture.
- Encourage students to think about other creative ways to include carrots or use whipping in future recipes.



STAR TECHNIQUE: WHIPPING

- Whipping is the process of adding air to your ingredients to make them light, fluffy, and airy—perfect for recipes like whipped cream, meringues, or even dips like whipped cottage cheese. The magic happens when you use a whisk, hand mixer, or stand mixer to beat the ingredients quickly.
- As you whip, tiny air bubbles are trapped in the mixture, creating a soft, cloud-like texture. For cream, you'll notice it starts as liquid, then thickens, and finally becomes fluffy peaks. For eggs, whipping separates and expands the proteins, helping your baked goods rise. Whipping transforms your food into something special—like giving it superhero powers to elevate both flavor and texture!

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