




LESSON 6:

BLUEBERRY CRUMBLE

BERRY CRUMBLE

Ingredient	Students Per Class		
	10	15	20
Filling			
Frozen blueberries	16 oz bag	24 oz bag	32 oz bag
Lemon	1	1.5	2
Flour	2 tbsp	3 tbsp	4 tbsp
Sugar	1 ½ tbsp	2 tbsp	2 ½ tbsp
Crumble topping			
Softened butter	3 tbsp	¼ cup	⅓ cup
Brown sugar	⅓ cup	½ cup	⅔ cup
Oats 	½ cup	¾ cup	1 cup
Flour 	2 tbsp	¼ cup	1/4 Cup
Cinnamon	⅛ tsp	¼ tsp	½ tsp
 : Make sure it is PEANUT, NUT, and SESAME FREE			

PREP BEFORE CLASS:

Preheat oven to 375°F. Allow butter to soften. Prepare the food processor. Add baking cups to muffin tin.

Directions:

1. Have students zest and juice lemon into a bowl with the blueberries. Have them assist with tossing ingredients using a large spoon!
2. In a small bowl, have students mix together sugar and flour and toss with blueberries until coated.
3. Spoon into foil baking cups. Set aside.
4. Create the crumble: Have students assist in measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in the food processor to combine. Spoon topping over the fruit in each muffin tin evenly.
5. Bake for 20 minutes until the blueberries are bubbling at the edges.
6. Cool for a few minutes and serve with berry whipped cream!

DID YOU KNOW?

The sweetness of blueberries come from a type of natural sugar called fructose.



BERRY WHIPPED CREAM

Ingredient	Students Per Class		
	10	15	20
Heavy whipping cream	¾ cup	1 ¼ cup	1 ⅔ cup
Frozen mixed berries	¾ cup	1 cup + 2tbsp	1 ½ cup
Sugar or honey	1 tbsp + 2 tsp	2 ½ tbsp	3 tbsp + 1 tsp
Vanilla extract	1 tsp	1.5 tsp	2 tsp

Other: Cups and spoons for serving.



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

PREP BEFORE CLASS:

Prepare the blender

Directions:

1. Add mixed berries in a bowl, and have students help mash using a fork. If the berries have too much liquid, drain the liquid first.
2. Have students help measure and add heavy whipping cream, sugar, and vanilla to the blender.
3. Whip until it has reached the consistency of whipped cream.
4. Instruct students to listen to the blender carefully because if you whip for too long, heavy whipping cream will turn into butter. It will change the sound once it starts getting too thick.
5. Add whipped cream to the bowl with 1 cup of mashed berries, and fold until combined.
6. Equally add a spoonful of whipped cream to each crumble. Enjoy!

LESSON 6: BLUE-TIFUL BITES!

SHOPPING LIST

Ingredients to buy:

Fresh Produce:

- Lemon

Dairy:

- Heavy whipping cream

Please see recipe for amounts, varies by class size

Pantry Staples:

- Oats (NUT & SESAME FREE)
- Flour (NUT & SESAME FREE)
- Butter
- Brown sugar

Frozen Goods:

- Frozen blueberries
- Frozen mixed berries

Ingredients in the bin:

- Sugar
- Honey
- Cinnamon
- Vanilla extract
- Foil baking liners

OBJECTIVES


- ☒ Discuss this week's theme: Blue-tiful Bites
- ☒ Teach the star ingredient and demonstrate the star technique
- ☒ Talk about this week's fun facts!

STAR TECHNIQUE: SPRINKLING



- Sprinkling means to lightly drop small pieces of food over the top of another food.
- What kinds of food do you sprinkle?
 - Cheese on pizza, cinnamon on apples, oats on crumble, or sprinkles on dessert!
- Why do we sprinkle ingredients?
 - Sprinkling adds extra flavor, crunch, or decoration to the top of our food. It makes snacks look fun and taste even better!

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.

Let's Explore Today's Ingredients! Show the ingredients from both recipes. Hold up an item, then ask:

- Can anyone tell me what this is?
- Have you ever eaten this before? Do you like it?
- What do you think we're going to make with these ingredients today?

Star Ingredient:

- While making the crumble, introduce the Star Ingredient of the day! Invite students to hold, smell, or gently pass around a blueberry so they can explore it up close.
 - Ask: What are blueberries? Where do blueberries grow? Why are blueberries good for us? How do you know when blueberries are ripe? Can you freeze blueberries?

Star Technique:

- Today, we'll practice the skill of sprinkling! Sprinkling means adding small amounts of ingredients on top of food to make it even more delicious.
 - Ask: What does it mean to sprinkle something?
- What can we use to help us sprinkle? What kinds of food do you sprinkle? Why do we sprinkle ingredients?
- Demonstrate sprinkling of the crumble atop the berry mixture!

Let's Learn Some Fun Food Facts!

- Finish up with a quick discussion of the fun facts listed on the next page of the curriculum.
- Use voices, gestures, or storytelling to bring the facts to life and keep them age-appropriate.

LESSON 6:

BLUE-TIFUL BITES!

STAR INGREDIENT:

BLUEBERRY



- Where do blueberries grow?
 - Blueberries grow on bushes, some can grow as tall as 13 feet!
- Why are blueberries good for us?
 - Blueberries help keep our bodies and minds strong! They have vitamins that help us stay healthy and safe from getting sick.
- Did you know?
 - Blueberries are one of the only foods that are naturally blue!
- How do you know when blueberries are ripe?
 - Blueberries are ready to eat when they are deep blue and feel plump.
- Can you freeze blueberries?
 - Yes! You can freeze blueberries and eat them later.

DEVELOPMENT

⌚ 5-7 min

- Let's Talk About Blue Foods! Blue foods are rare- there aren't many of them, but they're full of color and power! The blue color comes from something called anthocyanins
- Say it with me: an-tho-sigh-a-nins!

Even though you don't see blue foods every day, they're full of good stuff that helps us feel our best!

Anthocyanins can help:

- Keep our brains smart and sharp
- Protect our hearts
- Help our bodies fight off germs



Try some of these cool blue foods:

- Purple eggplant (it can look bluish too!)
- Blueberries
- Purple-blue grapes
- Elderberries
- Blue corn
- Blue grapes
- Huckleberries
- Blue plums

ENGAGEMENT TIPS



While zesting the lemon, make sure each student has a chance to use the zester. In order to keep it moving, count "1-2-3-4-5 PASS!"



Before juicing a lemon, have every student roll it on the table 5 times to loosen the juice. Have students squeeze into a separate bowl so that seeds can be removed.



Instruct students to listen to the blender carefully because if you whip for too long, heavy whipping cream will turn into butter.



BLUE-TIFUL BITES: FUN FACTS

- Blueberries grow on bushes and are tiny and round like little marbles. Bears love to snack on blueberries in the wild!
- Blue corn looks just like regular corn but is deep blue! People sometimes grind blue corn into flour to make blue tortillas.
- Huckleberries are tiny berries that grow wild in the mountains. Bears, birds, and even foxes love to eat them when they're ripe!

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