

# LESSON 2

## COOKIES AND CHOCOLATE HUMMS

### WHITE CHOCOLATE COOKIES

Serving Size: 12 servings

#### Ingredients:

- 1 cup flour (NUT FREE)
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ cup sugar
- ½ tsp. salt
- 1/3 cup honey
- 1 tsp. vanilla
- ¼ cup olive or canola oil
- 1/3 cup dried sweetened cranberries
- ½ cup white chocolate chips (NUT FREE)

#### PREP BEFORE CLASS:

Preheat oven to 350. Line baking sheet with parchment paper.

#### Directions:

1. Have a few students measure out flour, baking powder, baking soda, sugar, and salt, into a bowl. Use a fork to mix.
2. In a separate bowl, have another student combine honey, vanilla, and oil until combined.
3. Have another student add the wet mixture to the dry mixture and stir only once or twice.
4. Have a few students measure the white chocolate chips and cranberries and stir into the mixture until combined.
5. Let students assist in scooping out 12 uniform cookies and place on baking sheet.
6. Use hands to flatten cookies down before baking.
7. Bake for 11 minutes until golden.
8. Let cool and enjoy!



#### DID YOU KNOW?

Chickpeas were first cultivated in the Middle East 9000 years ago!  
Chickpeas are also called Garbanzo beans.

### CHOCOLATE HUMMUS

Makes 12 servings, 1/3 cup per student

#### Ingredients:

- 1 16 oz can cooked chickpeas
- 1/4 cup cocoa powder (NUT FREE)
- ½ cup semi-sweet chocolate chips (NUT FREE)
- 1/3 cup maple syrup
- ½ tsp salt
- 1 tbsp vanilla extract
- ¼ cup water
- 2 apples

#### PREP BEFORE CLASS:

Open the chickpeas, drain. Wash apples, cut into wedges.

#### Directions:

1. Have students take turns measuring the ingredients.
2. Add ingredients except for the water to the blender.
3. Process until completely smooth.
4. Add the water slowly and process until blended.
5. Scoop about ¼ cup of hummus on each student's plate
6. Pass around apple wedges to all students.
7. Instruct students to taste the hummus with apple. Enjoy!

#### DID YOU KNOW?

Cranberries were used by Native Americans as a medicine and dye for clothing!



# LESSON 2:

## DISCOVERING THE FIVE TASTES

### OBJECTIVES

- Name 5 senses
- Name 5 tastes
- Name benefits of chocolate

### 5 SENSES    5 TASTES

- Sight
- Smell
- Touch
- Taste
- Hearing
- Salt
- Sweet
- Bitter
- Sour
- Umami

### 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.
- Dark chocolate is sort of an "honorary" umami taste.
- Fun Facts: Chocolate was once used as money, that literally grew on trees
- Did you know? Chocolate wasn't always solid, or sweet. Until 1847, chocolate was a delicacy enjoyed in bitter liquid form.

### INTRODUCTION

🕒 3-5 min

- Today we are going to be thinking about our five human tastes when we are creating and sampling our recipes. Don't confuse these with our SENSES. Our five tastes are the five different ways that foods taste to us. What are the five categories of taste?
- Discuss (students might have trouble with bitter and umami)
  - Answer: sweet, sour, salty, bitter and umami (or savory).
- The last taste is called umami, another word for that is savory. After a very long time of being able to define the first four tastes, in 1910, a Japanese researcher discovered that "savory" types foods have their own unique taste. That is why we use the Japanese word for savory which is "umami." Umami is often described as a "meaty" food, or one that is deep and rich in flavor.
- We are born with about 10,000 taste buds on our tongue, on the roof of our mouth, and also in our throats. Wow! Every single taste bud has around 30 cells that start the process of tasting for us. The saliva in our mouth helps with that process too. Usually around the age of 60 years, humans naturally begin to lose taste buds.

### DEVELOPMENT

🕒 5-7 min

- Start with the recipe, requiring baking, cookies, and continue the discussion.
- Can you and your table create a list of foods for each category?
- Give students some time to create a short list for each category and then discuss/compare lists as a class. You may have to do umami together. Examples are below:
  - umami: seafood, meats, aged cheeses, seaweeds, soy foods, mushrooms, tomatoes, kimchi, green tea etc
  - Sour: citrus, rhubarb, tart cherries, sour cream, buttermilk, vinegar, kimchi etc
  - Bitter: cocoa, cranberries, arugula, radish, ginger
  - Sweet and salty should be an easy ones to identify, can you?

# LESSON 2:

## DISCOVERING THE FIVE TASTES

### THUMBS UP TEST

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

### CONCLUSION

🕒 2-3 min

- Once students are finished with their recipes for the day, have them put their creations into one (or more) of the taste categories.
- For a challenge, have them taste some of the ingredients (ones which are safe to taste raw) as they go and categorize each of them.

### TASTE TEST

🕒 2-3 min

- As you are ready to taste food – complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see sidebar on prior page for details)
- How would you describe the dish? Use 5 tastes to describe it and or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the instructor guide)
- Repeat this for the second recipe.

### CLEAN UP & DIMISSAL

🕒 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all chopping boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it.
- Dismiss in an orderly line and collect signatures from parents.