

ZUCCHINI LASAGNA CUP

Serving Size: 12 servings, 1 per student

Ingredients:

- 12 wonton wrappers
- 1 cup part skim ricotta
- 1 zucchini
- 1 cup pasta sauce
- 1 cups shredded mozzarella cheese
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 12 muffin tins

PREP BEFORE CLASS:

Preheat oven to 375. Wash zucchini. Spray a muffin tin with cooking spray.

Directions:

1. Mix ricotta, salt, and pepper. Stir until well combined
2. Slice the zucchini into thin slices, about 1/8 inch thick or as thin as possible.
3. Put a wonton wrapper in the muffin tin. Push the center of the wrapper down into the tin, forming a cup. Spoon the ricotta mixture into the wonton cups. Place a zucchini slice on the ricotta and press down slightly. Top with the pasta sauce and mozzarella. You can do another layer of cheese and pasta sauce if your cup has extra room.
4. Bake for 12 minutes. The edges of the exposed wonton wrappers should be golden brown and crisp. To ensure the zucchini softens, cook for as long as possible without burning the wontons.
5. Let the cups cool for 5 minutes before removing from the muffin tin and serving. Enjoy!



CAPRESE SKEWERS WITH BALSAMIC VINAIGRETTE

Makes 12 servings, 1 per student

Ingredients:

- 12-24 container of cherry tomatoes
- 12-24 small mozzarella balls
- 12-24 basil leaves
- Cocktail skewers

Dressing: Balsamic Vinaigrette

- 1/4 cup balsamic vinegar
- 1 teaspoon honey or maple syrup
- 1 garlic clove, grated
- 1/2 teaspoon sea salt
- Freshly ground black pepper
- 1/4 cup olive oil

PREP BEFORE CLASS:

Wash tomatoes and basil

Directions:

1. Assemble tomatoes, basil and mozzarella balls on medium-sized cocktail skewer or toothpick.
2. To make balsamic vinaigrette, in a small bowl, whisk together the vinegar, honey, garlic, salt, and several grinds of pepper.
3. Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified
4. Drizzle over the caprese skewers. Enjoy!



LESSON 6:

CHEES? NO WHEY!: ENZYMES AND CHEESEMAKING

OBJECTIVES

- Explain what enzymes are
- Explain how cheese is made
- Name 5 ingredients common in Italian cuisine

EXPERIMENT

SUPPLIES

- Saltine cracker (NUT FREE)
- Mozzarella cheese

DIRECTIONS

At the end of the class, if time allows a very quick visualization of how enzymes work:

- Our saliva contains an enzyme called amylase. The amylase's job is to break down starches. Let's watch amylase do its job with a food that contains a lot of starch.
- Give each student a saltine cracker. Have them place half of it on their tongue and feel as the cracker starts to dissolve – the amylase is breaking it down.
- Now give students a piece of mozzarella from today's recipe. Have them keep it on their tongue for about 30 seconds. How does this feel in your mouth? The cheese should still keep its shape with no changes – there is no starch in cheese so the amylase had nothing to break down.

INTRODUCTION

🕒 3-5 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Explain to the class that we are traveling to Europe today, specifically to a country that is shaped like a boot. Have students guess where. Italy!
- Key Qs: Does anyone know how to say hello in Italian? Ciao! Ciao also means bye! What is Italy well-known for? Italy is famous for great food, art, and architecture. Has anyone eaten Italian food?
- Have students think of some Italian dishes. Discuss thoughts in pairs. Allow 2-5 students share with the class. Pizza, pasta (ravioli, lasagna, spaghetti), bruschetta, risotto, tiramisu
- What are some of the ingredients commonly used in Italian cuisine? Olive oil, pasta, tomatoes, basil, olives, oregano, capers, cheese and more. It is similar to Mediterranean diet

DEVELOPMENT

🕒 5-7 min

- Our recipes today involve an ingredient that is enjoyed by many people and is used a lot in Italian cooking – cheese! The Midwest of America is known for the largest production of cheese in the country. In fact, even though Wisconsin's official nickname is the "Badger State" it is often called the "Cheese State." Why? Because they have a lot of cows! And cow milk is what most cheese is made from – although goat and sheep milk can be used in cheesemaking also.
- Our salad and lasagna cups will involve a special ingredient that many will believe is the main ingredient making it taste delicious – mozzarella cheese! But how is cheese made?
- Does anyone know what the word enzyme means? Or have you ever just heard the word before? Discuss.
- Enzymes are important substances made by the cells of plants and animals. They help control how quickly chemical reactions occur. Enzymes help the body perform tasks like digesting food and growing new cells. Humans have enzymes, for instance, to break down sugars for energy. The enzymes in charge of this job make sure to do this in a slow process so that too much energy is not created too quickly.

LESSON 6:

CHEES? NO WHEY!: ENZYMES AND CHEESEMAKING

DEVELOPMENT

- Cheesemakers use enzymes to create the cheese. In order for cow's milk to become, for example mozzarella cheese, the milk needs to become somewhat solid. Harder cheeses like Swiss requires the milk to really harden. The enzyme that makes this happen is called Rennet.
- Rennet includes the enzymes that cause the protein in milk to clump together, and that creates the solid milk curd. The rennet enzymes in cheese also trap fats and minerals in the curd, which is what makes the cheese so darn yummy!
- **One additional fact about Rennet which is up to the discretion of the instructor to share, some children may not want to taste the cheese after learning this fact!
 - Rennet that is traditionally used in cheesemaking is made from animal rennet – these enzymes come from the lining of the fourth stomach of a young animal – generally a calf. Rennet can also come from plants, or can be chemically created.
- Now complete the experiment/visualization on how enzymes work – see side bar on the prior page.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sweet
- Bitter
- Sour
- Umami

THUMBS UP TEST 2 min

- 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?

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.