

LITTLE ORANGE CAKES

Ingredient	Students Per Class		
	10	15	20
All-purpose flour	3/4 cup	1 cup	1 1/2 cup
Baking powder	1 tsp	1 1/2 tsp	2 tsp
Salt	1/8 tsp	1/8 tsp	1/4 tsp
Applesauce	1/4 cup	1/3 cup	1/2 cup
Sugar	1/2 cup	3/4 cup	1 cup
Zest from orange	2	3	4
Butter	4 tbsp	6 tbsp	8 tbsp
Vanilla extract	1/2 tsp	3/4 tsp	1 tsp
Other: Foil muffin tins per student. : Make sure it is PEANUT, NUT, and SESAME FREE			

PREP BEFORE CLASS:

Preheat oven to 350°F. Wash orange. Melt butter on top (plastic bowls) or inside (metal bowls) oven.

Directions:

1. Have students measure the flour, baking powder, and salt in one bowl.
2. Have a student zest the orange and add to dry ingredients.
3. Add applesauce and sugar into a separate bowl, then whisk the mixture until well combined.
4. Have a student measure and add vanilla and butter to the applesauce and sugar mixture.
5. Combine dry ingredients with wet ingredients, 1/3 at a time, stirring until just combined.
6. Equally divide batter between muffin tins.
7. Place in the oven and cook for about 15 minutes. Keep an eye on the oven as cooking time may vary. Allow to cool for 2-3 minutes.

DID YOU KNOW?

An orange tree can grow as tall as 30 feet and live for 100 years!



DID YOU KNOW?

Oranges were first cultivated in Southeast Asia over 4,000 years ago!

ORANGE GLAZE

Ingredient	Students Per Class		
	10	15	20
Butter, melted	2 tbsp	3 tbsp	4 tbsp
Powdered sugar	1 cup	2 cups	3 cups
Orange juice	2 tbsp	3tbsp	4tbsp
Orange zest	1 tsp	2 tsp	3 tsp
Other: Spoons for serving.			

PREP BEFORE CLASS:

Blend sugar in food processor to make powdered sugar. Melt butter on top (plastic bowls) or inside (metal bowls) oven.

Directions:

1. Have student volunteers take turns measuring all ingredients and add to a bowl.
2. Mix until well combined
3. Place spoonful of glaze on each muffin and have students spread the glaze evenly. Enjoy!



LESSON 17

LITTLE ORANGE CAKES

INGREDIENTS

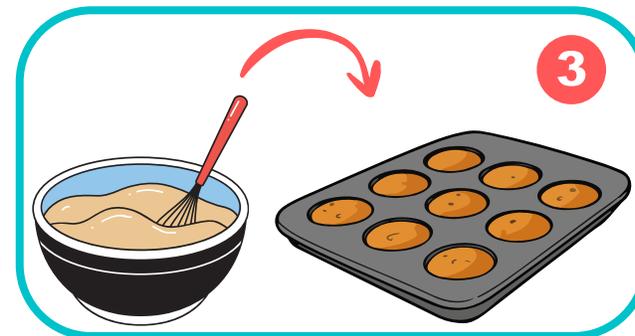
All Purpose Flour
Baking Powder
Salt
Applesauce
Sugar
Orange Zest
Butter
Vanilla



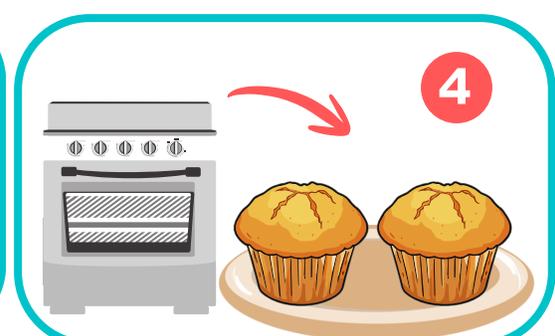
1 In a large bowl, combine flour, baking soda, salt and orange zest



2 In another bowl, whisk together applesauce, white sugar, and vanilla



3 Pour the wet and dry ingredients together and mix until just combined. Spoon batter into muffin tin

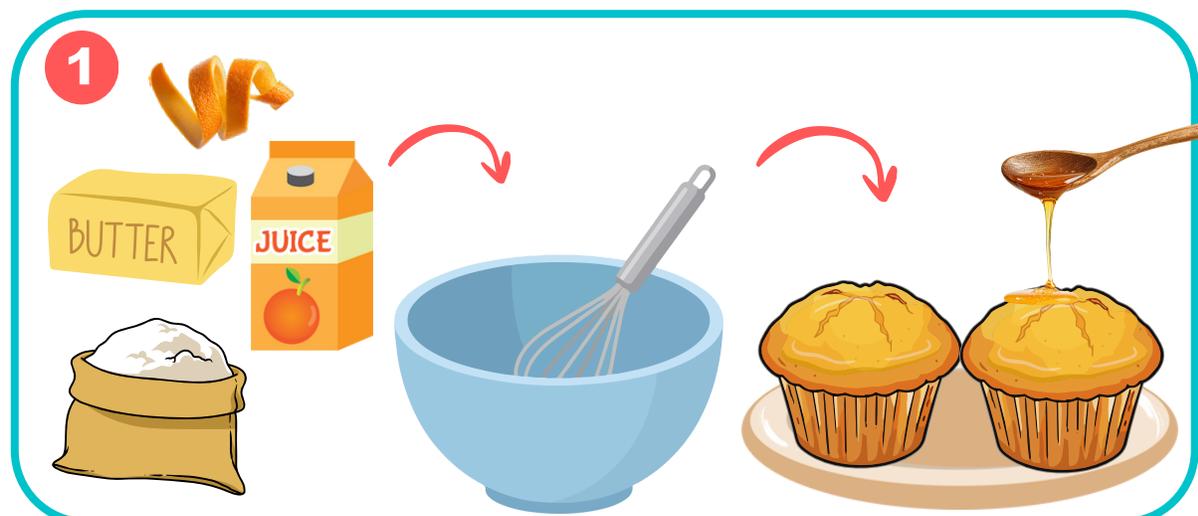


4 In preheated 350 degree oven, bake cupcakes for 15 minutes. Let cool before adding the glaze

ORANGE GLAZE

INGREDIENTS

Butter
Powder Sugar
Orange Juice
Orange Zest
Spoons



1 Measure and mix all ingredients into a bowl. Place spoonful of glaze on each muffin, have students spread glaze evenly, and enjoy!

LESSON 17: STRIKING CITRUS FUEL

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Dry Ingredients

- All-purpose flour (NUT & SESAME FREE)
- Baking powder

Wet Ingredients

- Applesauce
- Orange juice

Produce

- Medium oranges, zest

Dairy

- Butter

Ingredients in the bin:

- Salt
- Vanilla extract
- Foil muffin tins per student
- Spoons for serving
- Powdered sugar (blend regular sugar in a food processor)

OBJECTIVES

- Identify one safety rule when using bowls in the oven or microwave
- Describe the process of zesting by using today's recipes as an example
- Describe the benefits of oranges

COOKING PRO

Let your baked goods cool completely before adding glaze or frosting. Applying a glaze to a hot cake can cause it to melt and slide off, but waiting ensures it sticks nicely and gives a well-set finish.

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.
- Ask the students to identify the ingredients from both recipes, guess what we are making
- Introduce the first recipe: Little Orange Cakes
 - Ask the students if they've ever had orange cake before.
- Introduce the second recipe: Orange Glaze
 - We'll be putting the glaze onto the cake!
- Brainstorm what other foods/drinks that use oranges, or that are the color orange!
- Discuss how these two recipes are filled with vitamin C
 - Vitamin C helps your immune system to "strike" away all the bad germs to help you stay healthy!
 - Vitamin C helps the body absorb iron, giving us energy for the day.

LESSON 17: STRIKING CITRUS FUEL

STAR INGREDIENT: ORANGES

- Oranges are most known for their vibrant orange color and their high levels of vitamin C!
- There are a few different kinds of oranges, differing in size and sweetness, such as Valencia (on the sweeter side), Seville (on the sour side), and Tangerines (small, easy to peel).
- The color orange was named after the fruit orange! The color orange was described as “yellow-red” up until the 15th century, which then it was referred to from the fruit.
- Around 85% of all oranges farmed are used to make juice!



STAR TECHNIQUE: ZESTING



- Today’s recipe contains a really cool cooking technique – Zesting!
- Zesting means to grate small amounts of something, usually citrus peels, and add it to a recipe for flavor.
- Which tools do you use to zest? grater, zester
- What types of food do you zest? Citrus peels, like orange, lemon, lime, or grapefruit.
- Why do we zest ingredients? Adding zest to a dish adds lots of juicy flavor without adding extra liquid from the juice. Zest can be added on top of a dish for decoration. It looks a little like orange confetti!

DEVELOPMENT

5-7 min

- When melting the butter for the orange cake, emphasize to students the importance of using the correct bowl when heating something over the oven or in the microwave.
 - Metal bowls in the microwave is very dangerous and can cause a fire – use a microwave safe, plastic container.
 - Use a metal bowl on in the oven and make sure to protect your hands when taking the bowl out!
 - Plastic bowls in the oven is dangerous because the oven would get too hot for the plastic and would cause the bowl to melt, making a very messy and sticky clean up
 - Use a plastic (microwave safe) bowl in the microwave and make sure to protect your hands because the bowl might come out hot!
- Discuss the star technique: Zesting. A zester is has very sharp blades which is how the zest comes out super fine. It’s suggested to protect your hands and fingers when zesting to make sure you don’t accidentally zest your fingers – or have an adult do the zesting for you!
- Discuss the star ingredient: Oranges! Both recipes are prominent in the orange color and flavor. The flavor primarily comes from the oils excreted from zesting!

ENGAGEMENT TIPS



While mixing or whisking, let each student have a turn. Count “1-2-3-4-5 PASS!” to keep it moving. Remind students to use their wrists to control the tool and avoid spills.



While zesting the orange, make sure each student has a chance to use the zester. In order to keep it moving, count “1-2-3-4-5 PASS!” Counting out loud.



In order to keep workstations as clean as possible, have students wipe down counters with a paper towel and place bowls in the sink.

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