


LESSON 11:

FRENCH TOAST WITH WHIPPED CREAM

BANANA FRENCH TOAST

Ingredient	Students Per Class		
	10	15	20
Cinnamon raisin bread 	10 slices	15 slices	20 slices
Milk	1 1/2 cup	2 1/4 cup	3 cup
Banana	2 1/2	3 3/4	5
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Cinnamon	1 tsp	1 1/2 tsp	2 tsp

Other: Foil muffin tins per student.

: **Make sure it is PEANUT, NUT, and SESAME FREE**

PREP BEFORE CLASS:

Preheat oven to 350°F. Cut each banana into 4 equal portions.

Directions:

1. Begin by passing a piece of bread and banana to each student
2. Have students dice the bread into bite-sized pieces. Demonstrate safe chopping technique.
3. Instruct students to peel and slice or dice bananas
4. Have student helpers take turns helping measure and add milk, vanilla, and cinnamon to a bowl and whisk to combine.
5. Instruct students to place diced bananas and bread into their individual muffin tins, and add 1-2 tbsp. of milk mixture on top. Students will likely have extra ingredients.
6. Let it sit for 1-2 minutes so the milk can be absorbed by the bread.
7. Bake for 8-10 minutes, until the toast becomes golden brown.
8. Serve and enjoy!

DID YOU KNOW?

French toast is not really French. Romans invented the dish first!



DID YOU KNOW?

Bananas and tomatoes are also technically berries!



BERRY WHIPPED CREAM

Ingredient	Students Per Class		
	10	15	20
Heavy whipping cream	1 cup	1 1/2 cup	2 cup
Frozen mixed berries	1 cup	1 1/2 cup	2 cup
Sugar or honey	2 tbsp	3 tbsp	4 tbsp
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp

PREP BEFORE CLASS:

Prepare the blender.

Directions:

1. Add mixed berries to a bowl, and have students help mash using a fork. If the berries have too much liquid, drain the liquid first.
2. If too chunky, add to the blender and pulse until it has a paste consistency.
3. Have students help measure and add heavy whipping cream, sugar, and vanilla to the blender.
4. Whip until it has reached the consistency of whipped cream.
5. 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.
6. Add whipped cream to the bowl with mashed berries, and fold until combined.
7. Equally, add a spoonful of whipped cream to each student's baked toast. Enjoy!

LESSON 11:

FUN WITH FRUIT!

SHOPPING LIST

Ingredient amounts will differ by class size; see individual recipes for exact quantities.

Ingredients to buy:

Produce

- Bananas

Frozen

- Frozen mixed berries

Pantry Staples

- Wheat bread or cinnamon raisin bread (NUT & SESAME FREE)

Dairy

- Milk
- Heavy whipping cream

Ingredients in the bin:

- Vanilla extract
- Cinnamon
- Sugar or honey
- Foil muffin tins

OBJECTIVE



Discuss this week's theme: Fun with Fruit!



Teach the star ingredient and demonstrate the star technique

INTRODUCTION

⌚ 5-7 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 working on the banana French toast, introduce the Star Ingredient of the day. If possible, let students smell or touch a piece of a banana.
 - Ask: What are bananas? How do people eat bananas? How do you know when a banana is ripe?

Star Technique:

Today, we're learning the skill of decorating!

- Ask: What does it mean to decorate food? Which tools do you use to decorate? Why do we decorate food?
- Chat about decorating when giving a chance for the students to decorate their own banana french toast!

STAR INGREDIENT:

BANANA

- Bananas are the most popular fruit in the world! They're grown in more than 150 countries, and over 100 billion bananas are eaten every year.
- Bananas are actually berries, despite not looking like other berries! They grow on plants that are part of the same family as lilies, orchids, and palms.
- Bananas contain a lot of potassium, which is good for your muscles and helps your body maintain a healthy balance of fluids.
- Bananas were first domesticated in Papua New Guinea about 7,000 years ago. From there, they spread to other parts of Asia and Africa and eventually made their way to the Americas with European explorers.
- Bananas come in many different colors: yellow, green, red, pink or purple!

ENGAGEMENT TIPS



Ask students while they decorate their french toast what else they might want to add if making this at home.



When students are dicing the bread, introduce (or reintroduce!) the bear claw technique. Make sure to check in with students routinely. When dicing ingredients, challenge students to chop as finely as possible.



Have students wash and dry dishes, clean tables and surfaces, pick up food scraps, pack up extra ingredients, etc. Important to keep a space clean!

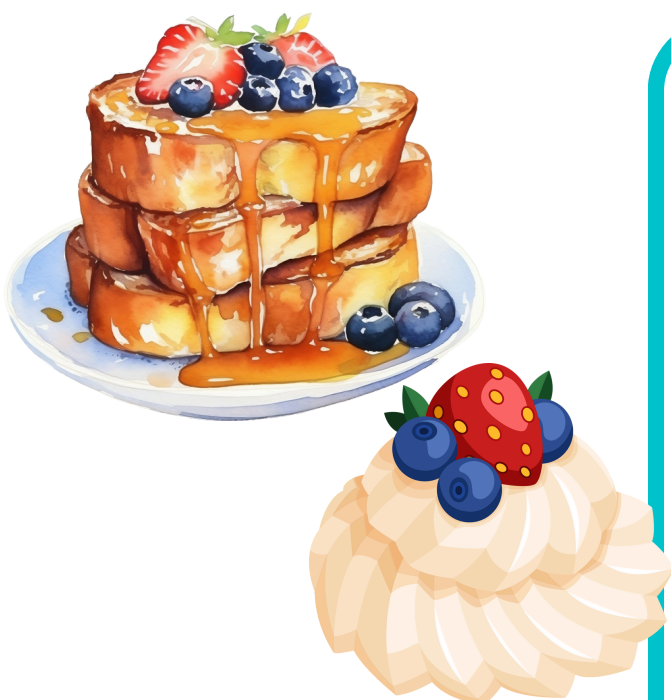
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DEVELOPMENT

⌚ 5-7 min

- Ask the students to identify the ingredients from the recipe. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- As you are completing the recipe, discuss the following:
 - Have you had French Toast before?
 - How do you think it is made? Can you name the steps?
 - What are the ingredients that we are using today that are not used in a traditional recipe?
- As students are chopping bananas go over knife safety, see pages at the beginning of the curriculum,



STAR RECIPE: FRENCH TOAST

- French toast is believed to have originated in ancient Rome, where it was called "Pan Dulcis." It was made by soaking bread in a mixture of milk and eggs, then frying it in butter.
- French toast is known by different names in different parts of the world. In France, it's called "pain perdu," which means "lost bread." In the United Kingdom, it's called "eggy bread."
- French toast is a popular breakfast dish in many countries around the world, including the United States, Canada, and France.
- French toast can be made with different types of bread, but thicker bread like brioche or challah is often preferred because it soaks up more of the egg mixture and is less likely to fall apart.
- French toast can be served in many different ways, with toppings like syrup, whipped cream, fresh fruit, or powdered sugar. In some countries, it's even served as a savory dish, with toppings like cheese, ham, or bacon.
- French toast is a great way to use up stale bread that might otherwise go to waste. The egg mixture helps to revive the bread and make it soft and fluffy again.

COOKING PRO

Chefs always read a recipe all the way through before they start cooking. This helps them understand the steps involved and make sure they have all the necessary ingredients and equipment.



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