

### STRAWBERRY DANISH

Serving Size: 12 servings

#### Ingredients:

- 1 pint strawberries
- 2 tbsp lemon juice
- 3 tbsp sugar
- 8 oz cream cheese
- 2 tsp vanilla
- ¼ cup sugar
- 1 can Pillsbury Crescent Rolls (NUT & SESAME FREE)

#### PREP BEFORE CLASS:

Wash Strawberries. Open crescent rolls. Preheat oven to 375 F. Grease foil lined baking tray with olive oil.

#### Directions:

1. Pass strawberries to students and have them chop finely.
2. Collect strawberries and have students help measure and add lemon juice and sugar into a bowl and mix together.
3. Pass 1 triangle of dough per student.
4. Have students form the dough into a circle.
5. Have students help measure and add cream cheese, sugar, and vanilla to the blender. Blend until smooth. Pour mixture into a medium bowl.
6. Pass a bowl with cream cheese mixture first and instruct the students to scoop 1-2 tbsp of the filling to each student's dough round.
7. Pass around the bowl with the strawberry mixture and have students spoon a dollop onto the cream cheese mixture.
8. Collect and bake for 8-12 minutes. Keep an eye on the Danish to make sure it doesn't burn.
9. Let cool for 2-3 minutes. Enjoy!



### BEET HUMMUS

Makes 12 servings, ¼ cup per student

#### Ingredients:

- 1 15oz can chickpeas
- 8 oz or ½ 15oz can beets
- zest of 1 large lemon
- juice of ½ lemon
- 2 tbsp olive oil
- 1 garlic clove
- ½ tsp salt
- 2 tbsp water
- ½ bag pita chips for dipping (NUT & SESAME FREE)

#### DID YOU KNOW?

Beets are great for a healthy heart!

#### PREP BEFORE CLASS:

Open cans of chickpeas and beets.

#### Directions:

1. Have kids measure ingredients and adding them to the blender in this order: chickpeas, olive oil, lemon juice, water, garlic, and salt. Pulse, scraping sides down periodically, until chickpeas are pureed.
2. If the mixture is too thick, add water.
3. If beets are whole, have students help chop the beets into smaller chunks.
4. Add beets to the blender and continue to pulse until hummus is creamy and pink.
5. Scoop about ¼ cup of hummus on each student's plate and handful of pita chips. Enjoy!

# LESSON 12:

## EAT A RAINBOW: FRUITS

### SHOPPING LIST

#### Ingredients to buy:

- 1 Pint strawberries
- 1 garlic clove
- 1 lemon
- 8 oz cream cheese
- 1 can Pillsbury Crescent Rolls (NUT & SESAME FREE)
- ½ bag pita chips for dipping (NUT & SESAME FREE)
- 1 15oz can chickpeas
- 8 oz or ½ 15oz can beets


#### Ingredients in the bin:

- sugar
- salt
- vanilla
- olive oil
- water

### OBJECTIVES

- Identify three nutrients found in strawberries
- Explain the importance of chopping ingredients
- Identify the tools used for chopping

### INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum)
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Discuss where strawberries come from. Strawberries are native to North America and were important to many Native people.
- Have students think of various recipes strawberries are used in (e.g. desserts, jams, smoothies, salads, etc.)
- Is strawberry a fruit or a vegetable? Fruit.
- What makes a fruit fruit and not a vegetable? Botanically, fruits contain seeds and come from the flower of a plant, while the rest of the plant is considered a vegetable.
- Why it is important to eat fruits? They contain lots of vitamins, minerals and antioxidant (do you remember what those are from prior lessons?)
  - Antioxidants are the superheroes that fight off the free radicals (bad guys) to save your body!
- Did you know that fruits of different colors contain different vitamins, that is why it is important to eat a variety of fruits and veggies.
- What color fruits & veggies are we using in the recipe today?  
Red

### STAR INGREDIENT: STRAWBERRIES



- What food group are strawberries in? Fruits!
- Where do strawberries come from?
  - Strawberries are native to North America
- What important nutrients are found in strawberries?
  - Strawberries are a great source of Vitamin c, folate, manages, and potassium.
- What does Vitamin C do?
  - Vitamin C is important to our immune health and preventing other diseases

# LESSON 12:

## EAT A RAINBOW: FRUITS

### DID YOU KNOW?



- Strawberries are the only fruit with seeds on the outside. Unlike most fruits where the seeds are contained inside, the small seeds on the surface of a strawberry are technically its fruits. These seeds, called achenes, are actually the ovaries of the flower and each one can potentially grow into a new strawberry plant. So, the next time you bite into a juicy strawberry, take a moment to appreciate its unique seed arrangement!
- Moreover, botanically speaking, strawberries are considered "accessory fruits." The seeds on the outside of a strawberry are the true fruits, while the fleshy part we eat is the receptacle.

### ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding

### DEVELOPMENT

🕒 5-7 min

- Fruits and vegetables that contain red color provide a range of health benefits due to the presence of specific nutrients and antioxidants. Here are some benefits of consuming fruits and veggies with red hues:
  - Rich in Antioxidants: Red fruits and vegetables are often packed with antioxidants such as lycopene, anthocyanins, and vitamin C. These antioxidants help neutralize harmful free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases like heart disease, cancer, and neurodegenerative disorders.
  - Heart Health: Many red-colored fruits and vegetables contribute to heart health. For instance, tomatoes are an excellent source of lycopene, which has been associated with a reduced risk of cardiovascular disease. Similarly, red bell peppers are high in vitamin C and contain fiber and potassium, all of which support heart health.
- As you are completing the Strawberry Danish, discuss Star ingredient. Key Q's:
  - What are important nutrients are found in strawberries? What does Vitamin C do? Strawberries are rich in vitamin C, manganese, and folate. Vitamin C is essential to immune health and is important to grown and development of children.

### STAR TECHNIQUE: CHOPPING

- Chopping means to cut something into small pieces.
- What tools do you usually use to chop? A knife and cutting board.
- What food do you usually chop? All sorts: fruits, veggies, garlic, onion, etc.
- What do you think we will be chopping or dicing today? Strawberries and Beets

### 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