

PARMESAN KALE CHIPS

Serving Size: 12 servings

Ingredients:

- 1 large bunch of kale (10–12 large leaves)
- Olive oil or olive oil spray
- Salt
- 1/3 cup grated Parmesan cheese

PREP BEFORE CLASS:

Wash kale leaves. Preheat the oven to 350 degrees F. Line tray with foil and grease with olive oil.

Directions:

1. Pass a large leaf of kale to each student.
2. Instruct students to carefully remove and discard the hard rib from the center of each leaf cutting it out with a large knife, leaving the leaves as intact as possible.
3. Pass around olive oil and instruct students to drizzle olive oil on kale leaves and coat lightly.
4. Instruct students to sprinkle generously with salt.
5. Arrange on a baking sheet in a single layer (otherwise, they will steam).
6. Bake for 10 minutes, until crispy.
7. Take out of the oven and sprinkle lightly with parmesan cheese and bake for another 5 minutes.
8. Cool and serve. Enjoy!



DID YOU KNOW?

Kale has more than twice the Vitamin C of an orange!



DID YOU KNOW?

Cinnamon comes from the bark of the cinnamon tree. It is full of antioxidants and contains minerals such as iron magnesium.

APPLE PIE CUPS

Makes 12 servings, 1/3 cup per student

Ingredients:

- 1/2 box Graham crackers (NUT & SESAME FREE)
- 3 medium apples
- 1 cup applesauce
- 1/2 teaspoon of cinnamon
- 1 cup of heavy whipping cream
- 2 tbsp. sugar or honey
- 12 plastic cups for serving

PREP BEFORE CLASS:

Wash and cut apples into 12 pieces.

Directions:

1. Pass one plastic cup, one graham cracker and one piece of apple to each student.
2. Instruct students to break the graham cracker into the bottom of the cup.
3. Have students dice their apple.
4. Layer the apples on top of graham crackers.
5. Have students measure cinnamon and applesauce in a small bowl.
6. Have students help measure and add heavy whipping cream to the blender.
7. Whip until it has reached the consistency of whipped cream. Add sugar and vanilla, blend very briefly.
8. Have students top their cups with one tablespoon of applesauce and a dollop of whipped cream. Enjoy!

LESSON 7

LEAFY GREENS

SHOPPING LIST

Ingredients to buy:

- 1 large bunch of kale (10-12 large leaves)
- 3 medium apples
- 1/3 cup grated Parmesan cheese
- 1 cup of heavy whipping cream
- 1/2 box Graham crackers (NUT & SESAME FREE)
- 1 cup applesauce


Ingredients in the bin:

- Olive oil
- Salt
- cinnamon
- sugar or honey
- plastic cups

OBJECTIVES

- See the effects of roasting
- Identify different ways to roast food
- Understand the health benefits of Kale

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. Have they previously had all of these ingredients, or is there a new item?
- Have students think of other foods they have had before that contain kale. Discuss thoughts in pairs. Allow 2-5 students share with the class.
- Can you name other leafy greens? Spinach, collard greens, cabbage, beet green, bok choy, swiss chard. Leafy green vegetables are packed with important and powerful nutrients that are critical for good health, and many are available all year long.

STAR INGREDIENT: KALE

- Kale is a leafy green vegetable that we call a superfood! A superfood is a food that contains a lot of vitamins, fiber and antioxidants; all the things our bodies need to be healthy!
- Kale is a nutritional powerhouse packed with iron and antioxidants such as vitamin C, beta-carotene
- What are some ways we can add kale to our diet?
 - Smoothies
 - Salad
 - Juice
 - Sauté as a side
 - Bake as chips



LESSON 7

LEAFY GREENS

STAR TECHNIQUE: ROASTING

- Roasting is mainly used to cook foods like meat, potatoes, chicken, and vegetables.
- What tools are needed to roast? Oven and a roasting pan (which holds any liquid created during roasting)
- When roasting, your food has to be evenly cooked on all sides with temperatures of at least 300 F.
- With this technique you are able to enhance the flavor exponentially, because the flavor then rises to the surface.

COOKING PRO

- Roasting uses the same tools as Baking! However, roasting uses higher temperatures for thicker, tougher foods.
- The higher heat means you can easily get a flavorful brown, crispy look on food like fatty meats and potatoes!

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

- As you are completing the Kale Chips, discuss the Star Technique.
- Discuss the benefits of eating fruits of veggies of different colors or "eating a rainbow". Eating fruits and vegetables of all colors is crucial for our health because each color represents different essential nutrients that our bodies need. When we consume a variety of colorful fruits and veggies, we provide our bodies with a wide range of vitamins, minerals, and antioxidants. This helps us stay healthy, fight off diseases, and maintain a strong immune system.
- Among the various colors, greens, such as spinach, broccoli, and kale, are particularly beneficial. They are packed with nutrients like vitamin K, vitamin C, and folate, which support healthy bones, strong teeth, and a robust immune system. Incorporating greens into our meals not only improves digestion but also provides us with energy and keeps our skin looking fresh and radiant. So, let's remember to fill our plates with a rainbow of fruits and vegetables, and don't forget to add plenty of greens to enjoy all the amazing benefits they offer!
- Discuss the health benefits of Kale, in the Star Ingredient. Why are the 3 nutrients in kale (vitamin C, fiber, and antioxidants) good for us?
 - Vitamin C helps you fight off illness by boosting your immune system.
 - Fiber helps you feel full for longer and keeps your digestive system healthy.
 - Antioxidants remove bad toxins from our body. Oxidants are the villains and antioxidants are the superheroes!

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