

BAKED BANANA BREAD OATMEAL

Serving Size: 12 servings

Ingredients:

- 2 cups old fashion oats (NUT FREE)
- 1/3 cup brown sugar
- 1 tsp baking powder
- 2 tsp cinnamon
- ½ tsp salt
- 2 cups milk
- 1 cup banana mashed
- 1 tsp vanilla
- 3 tbsp unsalted butter, melted
- 12 cupcake foils

PREP BEFORE CLASS:

Preheat the oven to 350 degrees F. Melt butter prior to class beginning.

Directions:

1. Have students measure out and add the oats, brown sugar, baking powder, cinnamon, and salt into a large bowl.
2. In another large bowl have students mash the banana. Then measure and whisk together milk, vanilla, and the banana.
3. Slowly have a student pour in melted butter into the (milk, banana, and vanilla mixture) whisking constantly.
4. Instruct student to add oats mixture into the wet ingredients and stir to combine.
5. Spread among baking sheet and bake for 10-12 minutes.



DID YOU KNOW?

Banana plants are not trees, they are a type of herb!



STRAWBERRY BANANA GREEK YOGURT PARFAIT

Serving Size: 1/3 cup per student

Ingredients:

- 2 cups of Greek yogurt
- ½ pint of strawberries
- 2 bananas
- ¼ cup honey (more for drizzling on top)
- 2 cups crisp rice cereal (NUT FREE)
- ¼ cup brown sugar
- ½ teaspoon vanilla
- 12 plastic cups and spoons for serving

PREP BEFORE CLASS:

Rinse strawberries and cut bananas into 12 pieces.

Directions:

1. Measure all the ingredients for granola: rice cereal, brown sugar, and vanilla. Mix together.
2. Pass 1-2 strawberries and 1 piece of banana to each student and instruct them to slice it.
3. Pass each student a plastic cup.
4. Collect strawberries from all the students.
5. Have students help measure and blend together honey, strawberries and Greek yogurt.
6. Pass bowl with Greek yogurt and instruct students to layer 1 tbsp in the cup.
7. Pass granola and have students layer a teaspoon of granola on top.
8. Have students layer bananas.
9. Repeat all layers 3 times and enjoy!



LESSON 7:

GUT FEELING:

PROBIOTICS AND FERMENTATION

OBJECTIVES

- ✓ Explain what fermentation is
- ✓ Explain why probiotics are good for us
- ✓ Name which ingredient we used contained probiotics

EXPERIMENT

SUPPLIES

- 3 tsp of yeast
- 1 tsp sugar
- 1/4 cup water
- 3 zip lock bags

DIRECTIONS

If planning to do this experiment, it must be started at the beginning of class so the results can be viewed at the end (needs 30 minutes to sit.) You can do this as one whole class.

1. Place 1 teaspoon of yeast into a small plastic baggie.
2. Place 1 teaspoon of yeast and 1 teaspoon of sugar into a 2nd baggie.
3. Place 1 teaspoon of yeast, 1 teaspoon of sugar, and ¼ cup of warm water into a 3rd baggie.
4. Set all aside, preferably next to a sunny window for about 30 minutes.
5. Check the bags: The first two bags will show no change and the 3rd will look different!

INTRODUCTION

🕒 3-5 min

- One of our ingredients today will be yogurt – in its purest form, yogurt is considered a very healthy and beneficial food because it is one of the best sources of probiotics. Have you ever heard the word probiotics before? Discuss.
- Every human has good bacteria and bad bacteria in their bodies. A healthy body has a balance of each. Bad bacteria in your stomach can happen when you don't get enough sleep or do not eat a healthy diet. Eating a lot of sugar can FEED the bad bacteria, which we definitely don't want. Probiotics are the good bacteria in your body and when you eat foods or take vitamins loaded with probiotics, it helps keep your stomach happy and healthy and also make your immune system stronger.
- Yogurt is made from milk that has been fermented by probiotics.
- Fermentation is a chemical change that happens in vegetable and animal substances. Fermentation happens through the work of tiny living things called yeasts, bacteria, and mold. Fermentation creates the growth of beneficial bacteria – probiotics.
- The yogurt-making process is simple. Milk is first heated to 140° F. A combination of cream, skim or partially skim milk, or dry milk solids are then added. This mixture is emulsified which means fat droplets are mixed with the cream so they do not separate and then it is heated again slightly to kill anything not safe for the food. Once it's cooled, the good bacteria are added!
- Let's conduct the experiment on the side bar and observe how fermentation works and see the results of our experiment at the end of the class.

DEVELOPMENT

🕒 2-3 min

- Complete both recipes and observe the results of the experiment
- After you have explained fermentation, you can go back to the baggies to see how the yeast – our live organisms – have been at work. The yeast really is alive – when you added water to it and gave it sugar to feed on, the organisms essentially “burped” or released carbon dioxide. That is why the bag is puffy.

LESSON 7:

GUT FEELING:

PROBIOTICS AND FERMENTATION

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.