


# LESSON 15:

## CRANBERRY MUFFINS & SNOWMAN FRUIT KEBABS

### CRANBERRY MUFFINS

Ingredient	Students Per Class		
	10	15	20
Cranberries, raw or frozen	1 cup	1 1/2 cup	2 cup
Sugar	1/4 cup	1/3 cup	1/2 cup
All-purpose flour 	1 1/2 cup	2 1/4 cup	3 cup
Baking powder	1/2 tbsp	3/4 tbsp	1 tbsp
Salt	1/2 tsp	3/4 tsp	1 tsp
Cinnamon	3/4 tsp	1 tsp	1 1/2 tsp
Honey	1/4 cup	1/3 cup	1/2 cup
Applesauce	1/4 cup	1/3 cup	1/2 cup
Milk	3/4 cup	1 cup	1 1/2 cup
Butter, melted	1/3 cup	1/2 cup	2/3 cup
Other: Foil muffin tins.			
: Make sure it is PEANUT, NUT, and SESAME FREE			



#### PREP BEFORE CLASS:

Preheat oven to 375°F. Melt butter in oven.

#### Directions:




1. Have students combine chopped cranberries and sugar in a small bowl. Set aside.
2. In a large bowl add all other ingredients and stir just until combined.
3. Have a student add sugared cranberries and gently fold in.
4. Fill muffin tins and then bake for 15-20 minutes.
5. Serve warm! Enjoy!

#### DID YOU KNOW?

Bananas contain a natural chemical called "serotonin," which makes people happy.



### SNOWMAN FRUIT KEBABS

Ingredient	Students Per Class		
	10	15	20
Skewers	10	15	20
Bananas	5	7 1/2	10
Strawberries	10	15	20
Blueberries	10	15	20
Pretzel sticks 	20	30	40
Carrots, cut in matchsticks	5	7 1/2	10
Chocolate chips 	20	30	40
 : Make sure it is PEANUT, NUT, and SESAME FREE			

#### PREP BEFORE CLASS:

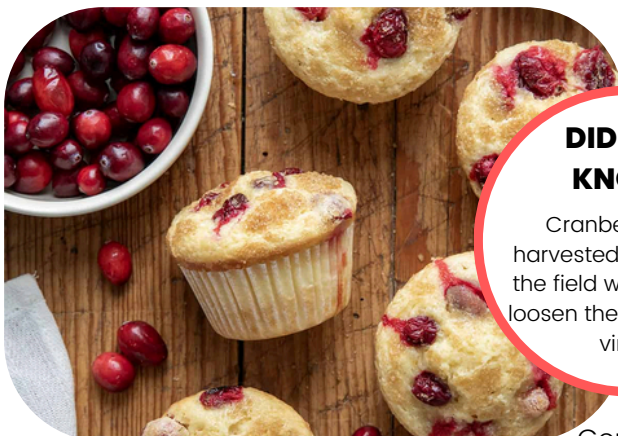
Wash strawberries and blueberries. Cut bananas in half.

#### Directions:

1. Distribute 1/2 banana to each student. Have them peel and chop the banana into 3 pieces.
2. Pass out one strawberry, one blueberry, and one skewer out to each student.
3. Demonstrate how to skewer the fruit to form a snowman wearing a winter hat. Have students follow along: skewer 3 banana slices, then the strawberry, and then the blueberry.
4. Pass out 2 chocolate chips for the eyes, 2 pretzels for the arms, and 1 carrot for the nose of the snowman to each student.
5. Enjoy!

#### DID YOU KNOW?

Cranberries are harvested by flooding the field which help to loosen them from their vines.



# LESSON 15: NATURAL SWEETNESS

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

- Cranberries, raw or frozen
- Strawberries
- Bananas
- Blueberries
- Carrots (matchstick)
- Applesauce
- Milk
- Butter
- All-purpose flour (NUT & SESAME FREE)
- Chocolate chips (NUT & SESAME FREE)
- Baking powder
- Nutmeg
- Skewers
- Pretzel sticks (BUT & SESAME FREE)


### Ingredients in the bin:

- Cinnamon
- Sugar
- Salt
- Honey
- Foil muffin tins

## OBJECTIVES

- Explain why it is important to eat sugar in moderation
- Demonstrate how to skewer foods
- List ways we can use cranberries in foods

## 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 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?
- Discuss that today we are going to be making recipes that use natural sweetness.
- Natural sweetness is an authentic source of sugar rather than processed forms of it like candy, soda, cookies, etc. Better alternatives for natural sweetness are: honey, dried fruits, fruits, and some vegetables.
- State that too much sugar consumption in general is unhealthy in the end, because it does not provide us with the vitamins and minerals that we need to function in everyday life. In fact, it makes us even more tired if we consume too much of it.
- Eating sugar in moderation is key to maintaining a healthy body.

## STAR INGREDIENT : CRANBERRIES



- When are cranberries in season? Cranberries are in season from October until December.
- Is cranberry a vegetable or a fruit? It's a berry! It's in the name.
- What do you call the place where cranberries grow? Cranberry bog.
- What kinds of foods can we make with cranberries? We can make juice, sauce, jam with cranberries. We can eat them fresh or dried. Many people eat dried cranberries in place of candy, they taste very sweet.

## DEVELOPMENT

 5-7 min

- As you are completing your first recipe discuss the Star Ingredient - Cranberries. Ask the students: How would you describe cranberries (sweet, sour, tart, juicy, yellow, rough)?
- Discuss the Star Technique - Skewering.
- Me-You-Us. The teacher demonstrates how to cut and zest an orange. Go around and make sure students have taken part after examining the teacher.

## STAR TECHNIQUE: SKEWERING

- Today we will learn a fun cooking technique - skewering!
- What is skewering? It is a technique used to hold or pin several pieces of food together during cooking.
- Some common foods that are skewered are meats or vegetables on a grill to allow for even and easy cooking by simply flipping the skewer over to the other side.
- What tools are used to skewer? A long thin metal or wooden stick is used. The stick is inserted through pieces of meat and other foods to hold several pieces together!
- What are we skewering in today's recipe? Snowman fruit kabobs

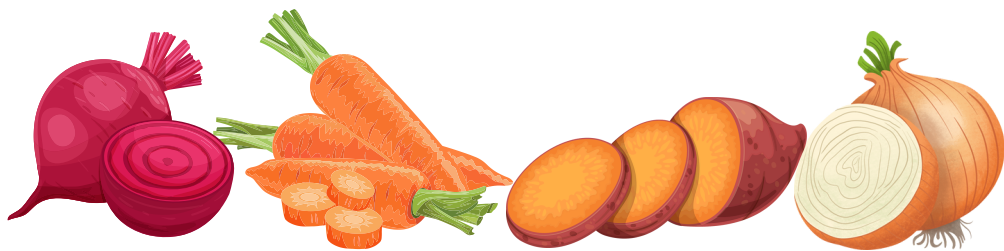


## DEVELOPMENT


- Ask the students if they can identify which ingredients in today's recipe have natural sweetness?
  - Strawberries, bananas, blueberries, carrots.
- Here are some easy tips to enhance the sweetness of foods with natural sugar without adding sugar to them:
  - They may not seem sweet at first, but some vegetables have natural sugars that make them taste sweet such as carrots, onions, beets, sweet potatoes, and brussels sprouts.
    - To bring out their sweetness even more, cook any of these vegetables slowly over low heat so that their natural sugars caramelize. This will result in a sweeter, savory flavor and golden-brown color.
  - Eat fruits and vegetables that are in season. Foods that are in season taste better because they are harvested at their peak ripeness and flavor!
    - You can buy fresh fruits and vegetables in season as well as canned and frozen fruits and vegetables. They are also harvested at their peak ripeness so they will taste just as good. Be sure to choose canned fruits and vegetables that do not have added sugar to them or are canned in syrups. Washing canned fruits and vegetables also help to get rid of added sugar.

## COOKING PRO

To skewer foods, cut the ingredients into uniform pieces and carefully poke them through a stick. A great tip to make skewers look more visually appealing is by alternating colors, textures, and flavors. If skewering foods that require cooking, keep in mind to leave space between each piece to ensure even cooking.



## 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