

FUDGY PUMPKIN BROWNIES

Serving Size: 12 servings, 1 muffin tin per student

Ingredients:

- 1 cup canned pumpkin puree
- ½ tsp pure vanilla extract
- ¼ cup oat flour (make by blending 1 cup oats)
- ¼ cup mini chocolate chips (NUT & SESAME FREE)
- ⅓ cup sugar
- ¼ cup cocoa powder (NUT & SESAME FREE)
- ½ tsp. baking soda
- 1 cup marshmallows

PREP BEFORE CLASS:

Preheat oven to 375 degrees F.

Directions:

1. Measure and whisk together pumpkin and vanilla extract.
2. In a separate bowl, measure and stir together all remaining ingredients, except marshmallows!
3. Pour dry ingredients into wet (not the other way around!) and stir until well combined.
4. Evenly distribute mixture between in the muffin liners
5. Bake for 11-13 minutes. Keep an eye on the oven as time may vary. It will look a little underdone, but it firms up as it cools.
6. Take out and top with marshmallows. Put back in the oven for 1-2 minutes so they melt.
7. Take out and let it cool down. Enjoy!



BRUSSELS SPROUTS SALAD

Makes 12 servings, 1/3 cup per student

Ingredients:

For the Dressing:

- ¼ cup olive oil
- ¼ cup vinegar
- 1 Tbsp. honey
- ½ tsp. salt

For the Salad:

- 1 small bunch of kale
- 10 Brussels sprouts
- ¼ cup dried cranberries
- ⅓ cup shredded Parmesan cheese

DID YOU KNOW?

Brussels Sprouts are related to broccoli and cauliflower!

PREP BEFORE CLASS:

Wash kale and brussels sprouts.

Directions:

1. Pull the leaves from the stem of the kale.
2. Throw away the stem and thinly slice kale leaves
3. Carefully slice Brussels sprouts.
4. Combine the kale and sprouts in a bowl and add dried cranberries.

For the dressing:

1. Add all ingredients into a small bowl. Whisk until well combined.
2. Pour the dressing over the salad and top with Parmesan cheese. Toss to combine.
3. Divide into 12 servings and enjoy!

LESSON 3: SEASONAL EATING

SHOPPING LIST

Ingredients to buy:

- 1 small bunch of kale
- 10 brussels sprouts
- 1 cloves garlic
- ½ cup shredded parmesan cheese
- 1 cup canned pumpkin puree
- ¼ cup dried cranberries
- 1 cup oat (NUT & SESAME FREE)
- ¼ cup mini chocolate chips (NUT & SESAME FREE)
- ¼ cup cocoa powder (NUT & SESAME FREE)
- ½ tsp. baking soda
- 1 cup marshmallows (NUT & SESAME FREE)
- ¼ cup apple cider vinegar

Ingredients in the bin:

- olive oil
- honey
- salt
- sugar
- vanilla extract

OBJECTIVES

- Explain the health benefits of pumpkins
- Understand the process of baking
- Summarize Seasonal Eating and the various foods

COOKING PRO

Baking is a method of preparing food that uses dry heat, typically in an oven, but can also be done in hot ashes, or on hot stones. The most common baked item is bread but many other types of foods can be baked.

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?
- Describe Seasonal Eating to the students:
 - Seasonal Eating means only eating various foods when they are in season. For example, in the summer, fruits and vegetables have a higher amount of Vitamin C, Vitamin A, Fiber, and potassium! These foods in this season are perfect for the hot weather to keep a healthy metabolism, immune system, and hydrated.
 - Seasonal Eating is perfect for those who are looking to take care of themselves in each of those seasons!
- Discuss the various foods that have Pumpkins in them:
 - What foods contain Pumpkins in them?
 - What does Pumpkin taste like?

LESSON 3: SEASONAL EATING

STAR INGREDIENT: PUMPKIN

- What are pumpkins?
Pumpkins are technically fruits, and are part of the winter squash family, Cucurbitaceae, which includes cucumbers and melons.
- How many colors of pumpkins are there? There are over 25 different varieties of pumpkin. They come in a range of colors, including red, yellow, orange, and green.
- Why are pumpkins good for us? Pumpkins contain a high amount of fiber, which is a compound that helps keep our digestive system healthy and functioning properly. Pumpkins also are rich in vitamin A, which is important for eye health, and antioxidants, which protect our bodies from cellular damage.



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 your first recipe discuss the Star Ingredient. Ask the students: What does it taste like? Do you like it?
- While preparing the Fudgy Pumpkin Brownies, discuss the Star Technique – baking. What is baking? What methods are there for baking? How do you like your food when baked, crispy or perfect? What is the perfect temperature for baking?
- Baking is very precise, so it is important to use exact amount of ingredients. Give the class a demonstration on how to use various measuring cups and spoons to properly measure the ingredients. See measuring page at the beginning of the guide for help.

STAR TECHNIQUE: BAKING

- Today's recipes will focus on the super fun cooking technique – Baking!
- Baking is a method of cooking food that usually uses prolonged dry heat, such as in oven, but can also be done in a microwave.
- What types of foods do you bake? Bread, cookies, cakes, meats, lasagna, vegetables and fruits.
- How do you think baking in microwave will differ than oven? A microwave will bake faster, but the oven can make foods crispy.

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