

LESSON 4:

BANANA SPLIT W/ WHIPPED CREAM & MANGO LASSI



DID YOU KNOW?

Bananas can turn brown when they get very ripe.

BANANA SPLITS WITH WHIPPED CREAM

Ingredient	Students Per Class		
	10	15	20
Bananas	5	7 ½	10
Strawberries	20	30	40
Heavy whipping cream	1 cup	1 ½ cup	2 cup
Sugar	2 tbsp	3 tbsp	4 tbsp
Vanilla extract	2 tsp	3 tsp	4 tsp

: Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Wash strawberries. Cut bananas (leave peel on) into half based on the number of students. Prepare the blender.

Directions:

1. Pass out ½ banana to each student and demonstrate how to peel a banana.
2. Demonstrate how to slice banana in half length-wise. Then, have students repeat the directions.
3. Pass out 2 strawberries to each student. Have students chop their strawberry and add on top of the banana.
4. Have students measure heavy whipping cream, sugar, and vanilla extract into a blender. Blend the mixture until the cream thickens.
5. Serve a dollop of whipped cream on top of the bananas, and enjoy!

MANGO LASSI

Ingredient	Students Per Class		
	10	15	20
Frozen mango	½ cup	¾ cup	1 cup
Milk	1 ½ cup	2 ¼ tbsp	3 cups
Plain nonfat yogurt	1 ½ cup	2 ¼ cups	3 cups
Honey	1 ½ tbsp	2 ¼ tbsp	3 tbsp

: Make sure it is PEANUT, NUT, and SESAME FREE

Directions:

1. If using fresh mango, slice into quarters and have students dice into small chunks.
2. Measure and add all the ingredients into the blender.
3. Blend until smooth.
4. Enjoy!



DID YOU KNOW?

Lassi is a popular Indian drink that can be savory or sweet!

LESSON 4: HELLO, YELLOW!

SHOPPING LIST

Ingredients to buy:

Please see recipe for amounts, varies by class size

Fresh Produce:

- Bananas
- Strawberries

Dairy:

- Milk
- Heavy whipping cream
- Plain nonfat yogurt

Frozen Goods:

- Frozen mango

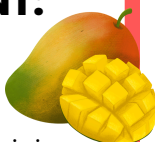
Ingredients in the bin:

- Sugar
- Vanilla extract
- Honey

OBJECTIVES

- ☒ Discuss this week's theme: Hello Yellow
- ☒ Teach the star ingredient and demonstrate the star technique
- ☒ Talk about this week's fun facts!

STAR INGREDIENT: MANGO



- What are mangoes?
 - Mangoes are sweet, juicy fruits that grow on trees!
- How do people eat mangoes?
 - People eat mangoes fresh, in smoothies, or in fruit salads!
- How do you know when a mango is ripe?
 - A mango is ready to eat when it feels soft when you gently squeeze it.

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.

Let's Explore Today's Ingredients! Show the ingredients from both recipes. Hold up an item, then ask:

- Can anyone tell me what this is?
- Have you ever eaten this before? Do you like it?
- What do you think we're going to make with these ingredients today?

Star Ingredient:

- While working on the mango lassi, introduce the Star Ingredient of the day. If possible, let students smell or touch a piece of mango.
 - Ask: What are mangos? How do people eat mangos? How do you know when a mango is ripe?

Star Technique:

Today, we're learning the skill of decorating!

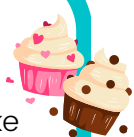
- Ask: What does it mean to decorate food? Which tools do you use to decorate? Why do we decorate food?
- Chat about decorating when giving a chance for the students to decorate their own banana splits!

Let's Learn Some Fun Food Facts!

- Finish up with a quick discussion of the fun facts listed on the next page of the curriculum.
- Use voices, gestures, or storytelling to bring the facts to life and keep them age-appropriate.

LESSON 4: HELLO, YELLOW!

STAR TECHNIQUE: DECORATING



- Decorating means to make your food look fun, colorful, and special! You can add little toppings or arrange the food in a silly shape, like a smiley face or a rainbow.
- Which tools do you use to decorate?
 - A spoon, a small spatula, or even your hands!
- Why do we decorate food?
 - Decorating makes our food look exciting and helps us be creative. It's a fun way to play with colors and shapes before we eat.
- What kinds of foods can you decorate?
 - You can decorate cupcakes, cookies, smoothie bowls, and more to make them look extra colorful and fun.

DEVELOPMENT

⌚ 5-7 min

Today we're focused on yellow fruits and vegetables!

- Yellow fruits and veggies get their color from something special called flavonoids.
 - Can you say that with me? Flav-uh-noids!

Flavonoids are special parts inside yellow fruits and vegetables that give them their yellow color.

Flavonoids also help:

- Keep our hearts healthy
- Help our bodies fight off sickness
- Give us lots of energy to run, jump, and play!



Can you name some yellow fruits and veggies?

ENGAGEMENT TIPS



Time for the blender dance! When the blender is running, allow students to dance next to their chair. When the blender stops, they have to freeze! Keep the game exciting by starting and stopping the blender quickly.



After demonstrating how to slice a banana down the middle, make sure students repeat this step carefully. Challenge them to get both sides as even as possible.



Keep students engaged by assembling a line to get their toppings for the banana peels. As they grab the toppings, ask them what else they would add to this recipe if they were making it at home.



HELLO YELLOW: FUN FACTS

- Bananas grow on giant plants that can be as tall as a house! Some monkeys love bananas too.
- Yellow bell peppers start out green and turn yellow as they ripen.
- Corn grows on tall green stalks, and each kernel you eat was once tucked inside a big leafy blanket called a husk.
- Pineapples don't grow on trees- they grow close to the ground on a spiky plant.
- Golden apples are sweet and shiny, and long ago in stories, golden apples were thought to be magical fruit that brought good luck.

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