

DID YOU KNOW?

The word "orange" was first used for the color and not the fruit!





DID YOU KNOW?

An orange tree can grow as tall as 30 feet and live for 100 years!



NO-BAKE ORANGE TARTS

Ingredient	Students Per Class		
	10	15	20
Graham crackers, sleeve 	1	1 1/2	2
Oranges	3	4 1/2	6
Filling			
Cream cheese	1 cup	1 1/2 cups	2 cups
Greek yogurt	3/4 cup	1 1/4 cups	1 1/2 cups
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Sugar	1/2 cup	3/4 cup	1 cup
Orange zest	1 tsp	1 1/2 tsp	2 tsp
Other: Plastic cups (one per student) and ziplock bags (optional)			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Pass plastic cups to each student. Wash the oranges.
Prepare the food processor.

Directions:

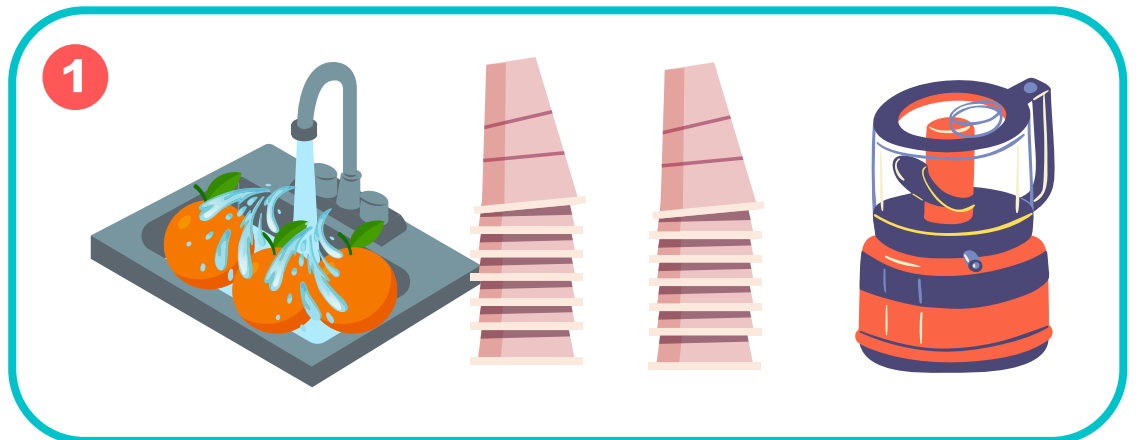
1. Have each student crumble 1/2 graham cracker into their muffin liner and have students use hands or the back of a spoon to pack crust into the bottom. Optionally, the students can place the crackers in a ziplock bag and crush the crackers with their hands before pouring crumbs into their cup.
2. Make the filling by having students measure and mix sugar, cream cheese, Greek yogurt, and vanilla extract into the food processor. Process until completely combined.
3. Demonstrate how to zest orange, and add zest to food processor. Mix until zest is combined.
4. Spoon the mixture on top of the crust in the cups to create the tarts.
5. Cut the oranges into quarters, leaving the peel on. Pass each student 1/4 orange and instruct them to peel and slice orange into small pieces. Then decorate the tart with orange pieces as they wish.
6. Enjoy!

LESSON 1

NO BAKE ORANGE TARTS

INGREDIENTS

Graham Crackers
Oranges
Cream Cheese
Greek Yogurt
Vanilla Extract
Sugar
Orange Zest
Plastic Cups
Ziplock Bags



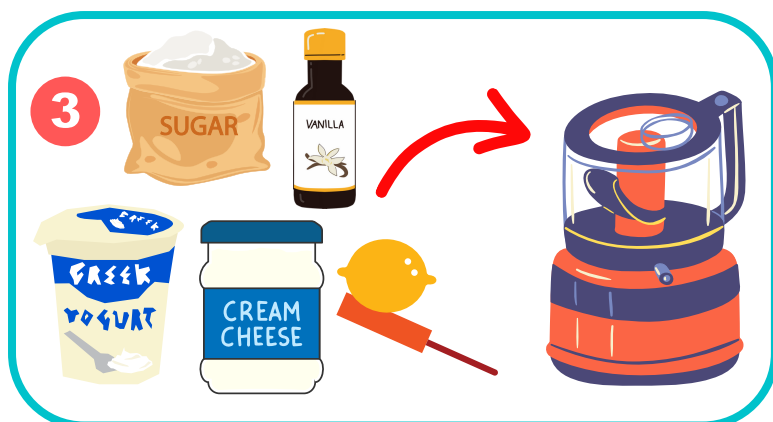
1

Prep before class: wash oranges, pass out cups, prepare food processor



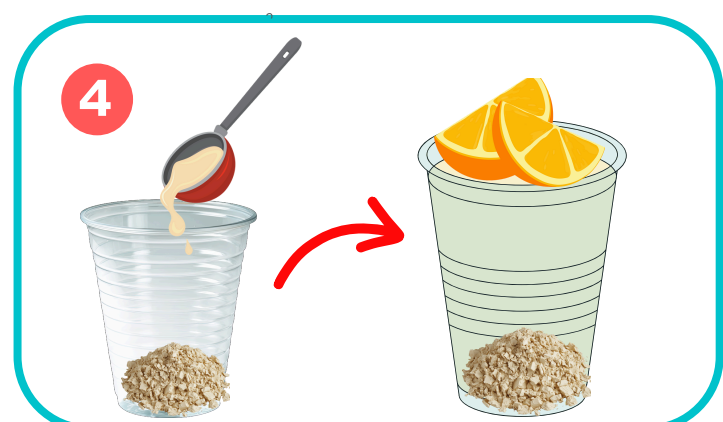
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Crumble graham crackers into the muffin liners (inside Ziplock bag or by back of spoon) and press into plastic cup



3

Make filling by processing sugar, Greek yogurt, cream cheese, vanilla, and orange zest until smooth



4

Spoon mixture into cups. Cut oranges for decoration. Enjoy!

LESSON 1: KITCHEN SAFETY

SHOPPING LIST

Ingredients to buy:

Fresh Produce:

- Oranges

Dairy:

- Cream cheese
- Greek yogurt

Please see recipe for amounts, varies by class size

Pantry Staples:

- Graham crackers (NUT & SESAME FREE)

Ingredients in the bin:

- Sugar
- Vanilla extract
- Foil baking cups
- Ziplock bags (optional)

OBJECTIVES

- Explain why fruits are important in a balanced diet
- Students will be able to name at least 4 of the 9 iCook rules that promote kitchen safety
- Describe the health benefits of oranges

iCOOK RULES

1. Wash hands with soap before cooking
2. Wash fruits and vegetables
3. Stay away from oven and blender (only adults can use these)
4. Keep your station clean (clean as you go)
5. Do not play with knives
6. "One bite rule." Taste at least one bite of every dish we make
7. Raise a hand if you want to speak up/ask question
8. Ask the teacher if you can go to the restroom
9. Have fun!

INTRODUCTION

🕒 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Introduce yourself. Share three of your favorite foods. Have students go around and share their name and their favorite food.
- Have students raise their hands to answer the following questions:
 - Do you like cooking or baking? Do you help your parents cook at home? What's your favorite thing to make at home? What do you do at home to be safe in the kitchen?
- Come up with rules together for the class, by guiding kids to suggest rules below. You can help them come up with rules by asking leading questions like:
 - "What was the first thing we did when we came to the class?"
Washed hands. Let's have it as our number one rule.
- Establish the nine rules to follow in the class. Make sure students understand not only the rule but why it is important.
- Ask the students to identify the ingredients from the recipe. Have them guess what we might be making today.
- Discuss fruits that are considered citrus and their benefits. Key Qs:
 - What are some examples of citrus fruits? Citrus fruits include lemon, lime, orange, and grapefruit.
 - What are the benefits of eating citrus fruits? These fruits are high in antioxidants and vitamin C, which fight off the "bad germs" that can cause harm to our body.

ENGAGEMENT TIPS



Have students crush graham crackers in a ziplock bag until fine. If sharing, count "1-2-3-4-5 PASS!" before switching.



Introduce the blender dance! When the food processor runs, students dance. When it stops, they freeze.



While zesting, have each student take a turn. Count "1-2-3-4-5 PASS!" to keep it fun and moving.

LESSON 1: KITCHEN SAFETY

STAR INGREDIENT: ORANGE



- Where do oranges come from?
 - Oranges grow best in sub-tropical and tropical areas because they require a lot of sunshine and water. In the US, California and Florida are largest producers of oranges. But Brazil is the largest producer in the world!
- Why are oranges good for us?
 - Vitamin C- helps empower the immune system
 - Vitamin A- helps vision
 - Fiber- helps keep our digestive system healthy.

COOKING PRO

Blending is simply mixing or combining ingredients together!
What are the benefits of blending? When you blend fruits, vs juicing them you have the fiber intact. Fiber helps keep your tummy healthy. What food do you blend at home?



DEVELOPMENT

🕒 5-7 min

As you are completing the No-Bake Orange Tarts, discuss the Star ingredient: Oranges.

- Key Q's: What superpower does an orange have? Oranges are a great way to help support eyesight and the immune system. Yellow and orange fruits have a lot of Vitamin A which promotes eye health, and vitamin C which supports your immune system.
- As you're adding items to the blender, discuss Cooking Pro: Blending. Blending is a great way to incorporate fruit into the diet. Blending fruit not only satisfies hunger it helps retain fiber keeping your tummy healthy. While blending, have students take turns pressing the button, or play the blender game (students can dance when blender is running, but must freeze when blender stops.)

TASTE TEST

🕒 2-3 min

- When the class is 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 5 Senses and 5 Tastes graphic)
- How would you describe the dish? Use 5 Tastes to describe or use adjectives from "Words to Describe Food Taste, Smell, or Texture" page at the beginning of the instructor guide
- Repeat this for the second recipe.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salty
- Sweet
- Bitter
- Sour
- Umami

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