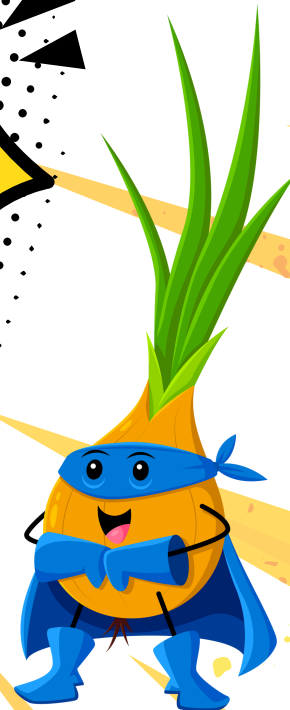




# **SUPERHERO SUPERFOODS**



iCook After School  
Elementary School  
Curriculum

 [info@icookafterschool.com](mailto:info@icookafterschool.com)

 [www.icookafterschool.com](http://www.icookafterschool.com)

# SUPPLIES PROVIDED

## COOKING SET

1. Blender and Food Processor (\*USED BY ADULTS ONLY\*)
2. Mixing bowl set of 4
3. Utensils set (whisk, spatula x2, can opener, measuring spoons and cups, grater, mixing spoon, first aid kit)
4. Adult Apron
5. Cutting boards x 15
6. Kids Aprons x 12
7. Lettuce Knives x 15
9. Oven Mitts
10. Clipboard

## OVEN SET

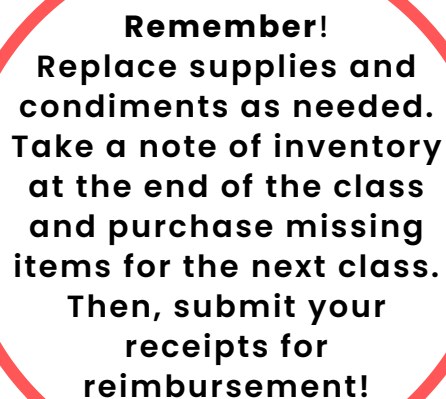
1. Toaster Oven (\*USED BY ADULTS ONLY\*)
2. Oven Mitts
3. Foil Muffin Liners
4. Foil

## CLEANING SUPPLIES

1. Kitchen rags
2. Paper towels
3. Disinfecting wipes
4. Dish soap, sponge, dish brush
5. Hand soap for kids

## CONDIMENTS

1. Salt
2. Black pepper
3. Honey
4. Sugar
5. Olive oil
6. Cinnamon
7. Vanilla Extract



**Remember!**  
**Replace supplies and condiments as needed. Take a note of inventory at the end of the class and purchase missing items for the next class. Then, submit your receipts for reimbursement!**

Week #	Dates (Mon - Fri)		Recipe #1	Recipe #2	Lesson Plan	Star Ingredient	Star Technique
	First Class		Orange Tarts	N/A	Kitchen Safety and Fundamentals	Oranges	Kitchen Safety
1	3/30	4/3	Olive Oil Dinner Rolls	Whipped Feta	Powers of Healthy Fats	Feta	Kneading
2	4/6	4/10	Rosemary Oatmeal Crackers	Lemon Hummus	Heroic Herbs	Rosemary	Setting
3	4/13	4/17	Crunchy Cabbage Slaw	Tofu Chocolate Mousse	Super Protein for Super Strength	Tofu	Blending
4	4/20	4/24	Blueberry Crumble	Veggie Rollups	Carbs to Save the Day!	Whole Wheat	Slicing
5	4/27	5/1	Stuffed Mushrooms	Whipped Cottage Cheese	Snack Like a Hero	Mushrooms	Stuffing
6	5/4	5/8	Rainbow Veggie Pinwheel	Banana Smoothie	Victory Wraps	Spinach	Spreading
7	5/11	5/15	Carrot Cake	Cream Cheese Frosting	Vision of the Heroes	Carrots	Whipping
8	5/18	5/22	Superfood Veggie Tots	Dill Dip	Brain Boosting Bites	Dill	Mixing
9	5/25	5/29	Muffin Pizza	Chocolate Berry Mud	Defenders of Health	Blueberries	Measuring
10	6/1	6/5	Stuffed Bell Peppers	Fruit Kebabs with Dip	Powerful Colors, Powerful You	Red Pepper	Dicing
11	6/8	6/12	Oatmeal Cheese Biscuits	Yogurt Parfait	Berry Skillful Display	Skills Showcase	

# CURRICULUM SCHEDULE

## SUPERHERO SUPERFOODS

Lesson	Recipe #1	Recipe #2	Lesson Plan	Star Ingredient	Star Technique
	Orange Tarts	N/A	Kitchen Safety and Fundamentals	Oranges	Kitchen Safety
1	Olive Oil Dinner Rolls	Whipped Feta	Powers of Healthy Fats	Feta	Kneading
2	Rosemary Oatmeal Crackers	Lemon Hummus	Heroic Herbs	Rosemary	Setting
3	Crunchy Cabbage Slaw	Tofu Chocolate Mousse	Super Protein for Super Strength	Tofu	Blending
4	Blueberry Crumble	Veggie Rollups	Carbs to Save the Day!	Whole Wheat	Slicing
5	Stuffed Mushrooms	Whipped Cottage Cheese	Snack Like a Hero	Mushrooms	Stuffing
6	Rainbow Veggie Pinwheel	Banana Smoothie	Victory Wraps	Spinach	Spreading
7	Carrot Cake	Cream Cheese Frosting	Vision of the Heroes	Carrots	Whipping
8	Superfood Veggie Tots	Dill Dip	Brain Boosting Bites	Dill	Mixing
9	Muffin Pizza	Chocolate Berry Mud	Defenders of Health	Blueberries	Measuring
10	Stuffed Bell Peppers	Fruit Kebabs with Dip	Powerful Colors, Powerful You	Red Pepper	Dicing
11	Oatmeal Cheese Biscuits	Yogurt Parfait	Berry Skillful Display	Skills Showcase	

Week #	Recipes	Oven	Blender	Food Processor
First Class	Orange Tarts			<input checked="" type="checkbox"/>
1	Olive Oil Dinner Rolls and Whipped Feta	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
2	Rosemary Oatmeal Crackers and Lemon Hummus	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
3	Crunchy Cabbage Slaw and Tofu Chocolate Mousse		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4	Blueberry Crumble and Veggie Rollups	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
5	Stuffed Mushrooms and Whipped Cottage Cheese	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
6	Rainbow Veggie Pinwheel and Kiwi Banana Smoothie		<input checked="" type="checkbox"/>	
7	Carrot Cake and Cream Cheese Frosting	<input checked="" type="checkbox"/>		
8	Superfood Veggie Tots and Dill Dip	<input checked="" type="checkbox"/>		
9	Muffin Pizza and Chocolate Berry Mud	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
10	Stuffed Bell Peppers and Fruit Kebabs with Dip	<input checked="" type="checkbox"/>		
11	Oatmeal Cheese Biscuits and Yogurt Parfait	<input checked="" type="checkbox"/>		

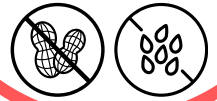
# SHOPPING TIPS: LET'S REDUCE WASTE TOGETHER



Dear Educators, we have compiled a list of recurring ingredients to minimize waste and encourage reuse for future weeks, saving you time and resources in the long run. Please remember to take them home with you instead of leaving them at school until they are needed for the next class.

Thank you for your dedication to sustainability in the classroom!

**Remember - all the ingredients must be sesame and nut free!**



Week #	Flour	Graham Crackers	Butter	Oats	Cocoa Powder
First Class		<input checked="" type="checkbox"/>			
1	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
2	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
3					<input checked="" type="checkbox"/>
4	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
5			<input checked="" type="checkbox"/>		
6					
7	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
8	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
9					<input checked="" type="checkbox"/>
10					
11	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	
					

**NOTE:** This curriculum also uses a full 12 oz jar of honey, olive oil, sugar, and vanilla. If you are running low or run out, please buy more and submit for reimbursement.

# Allergy Safe Food Brands

## Tortillas & Tortilla Chips



Mission Flour Tortillas



Mission Spinach Tortillas



Mission Whole Wheat Tortillas



Mission Tortilla Rounds

## Flour & Oats



Gold Medal



Good & Gather



Quaker Oats



Good & Gather

## Graham Crackers



Honey Maid



Favorite Day



Signature Select



Nabisco Grahams

## Dates



Sunsweet Dates



Great Value Dates

## Triscuit Crackers & Panko Breadcrumbs



Triscuit Original



Kikkoman



Market Pantry Original

## Chocolate Chips & Cocoa Powder



Good & Gather Semi-Sweet Chocolate Chips



Signature Select



Hershey's Cocoa

# SESAME AND NUT ALLERGIES

## Sesame

Sesame is a major allergen that is typically in the form of oil or seeds that are added to food products.

Sesame is considered a seed, but is one of the 9 major allergens.



## Nuts

Peanuts and tree nuts, such as almonds, are considered major allergens.

Nuts are used in many food products and may be processed in facilities with other foods.



## Both Allergens

May be processed in the same facilities, or may be cross-contaminated through shared equipment and utensils.

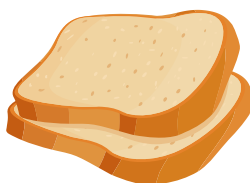
Sesame, peanuts, and tree nuts are 3 of the 9 major allergens.

Many of the same food products contain or may contain sesame and/or nuts.

## Common foods with nuts or sesame:



Nut butters



Baked goods



Cereals



Energy bars



Chocolate



Chips/crackers



Hummus, tahini



Sauces



Sesame/peanut oils

- ✓ Always check labels for foods that contain or may contain sesame or tree nuts including oils. **Avoid all products that say "contain" or "may contain" sesame or nuts.**
- ✓ Ensure that foods are not processed in the same facility as sesame, peanuts, or tree nuts.
- ✓ Other seeds may be used in place of sesame or nuts such as flaxseeds, pumpkin seeds, or sunflower seeds (if so, ensure they are processed in a nut and sesame free facility).
- ✓ Cross-contamination of sesame or nuts may occur when facilities share equipment or cooking utensils.





# 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.



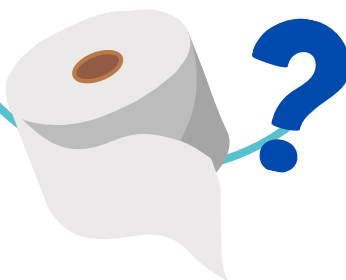
7

**Raise your hand**  
if you want to speak  
up/ask question.



8

**Ask the teacher**  
if you may use the  
restroom.



9

**Have fun!**







# START OF CLASS CHECKLIST

 Arrive at least  before class.

 **Set up** for the class:  wash produce  preheat oven  open cans  core fruits

 **Take attendance immediately** as kids arrive.

 Review allergies & medical conditions.

 Students not registered should not attend class.

 Students **wash hands.** 

 Review **class rules.**



 Follow the **lesson plan.**



## DURING THE CLASS

 **"Me - You - Us" Technique**

Teacher demonstrates a new technique, followed by a student repeating and showing it, and then entire class follows.

 **Think-Pair-Share**

Students think individually, discuss in pairs, and then share with the whole class.

 **Observe**

Provide additional help and support as needed.

 **Thumbs Up & Thumbs Down to confirm understanding**


 **Engage students by asking questions**



The way we finish the class is always the same. Once both of your dishes are done and you are ready to taste your creations, carry on with the Taste Test, Thumbs Up Test and Clean up and Dismissal Steps outlined below.




## 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.
- Explain students that it is very important to be present when you taste your food and not be distracted by other things, like TV or phones.
- Remind the class while they are tasting to focus on their 5 senses (see chart below).
- How would you describe the dish? Use the 5 tastes to describe it and/or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the curriculum).
- Repeat this for the second recipe.



## 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?



## 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.
- Dismiss in an orderly line and collect pick up signatures from parents.
- After the dismissal finish the clean up:
  - Make sure you leave the classroom the same way you found it.
  - Store clean and dry supplies neatly in the bin.
  - Check the supplies that need to be replenished for the next class.

### 5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

### 5 TASTES

- Salty
- Sweet
- Bitter
- Sour
- Umami

# Clean Up Tips

**1**

Set one empty paper plate per group of 4 kids and have them use it for food scraps and garbage. Consolidate the mess!

**2**

Take a clean up break between recipes, so that cooking stations don't get too messy. If you are finished with an ingredient, put it to the side.

**3**

Once you are done with a tool, a bowl, or the blender, have students place it in the sink for you to wash later. Soak bowls.

**4**

After cutting fruits or vegetables, have students wipe cutting boards with a paper towel. This will make them easier to wash later on!

**5**

If anything spills, clean it as soon as possible. Have students assist with wiping spills, and sanitize at the end of class.

**6**

When you are finished with the blender, blend a small amount of soap and water--this will help get food unstuck. Do the blender dance!

**7**

Make sure students are using plates and utensils when eating. Use cups for any food items that will leak through the paper plate.

**8**

At the end of class, assign each student a specific cleaning task, i.e. wiping the table, throwing away utensils, bringing tools to the sink, etc.

**9**

Before leaving, have students check for any food scraps on the floor. Remind them that leaving food behind can attract pests!

# **BONUS** Movement Break

## **Kitchen Simon Says**

Play a cooking-themed version of Simon Says, where you give instructions related to kitchen actions. For example, "Simon says pretend to whisk eggs," or "Simon says hop like a potato in boiling water." Keep the instructions simple and engaging to keep the kids active and entertained.

## **Ingredient Relay Race**

Set up a simple relay race where kids have to transfer "ingredients" (e.g., small toys or balls) from one end of the room to the other using a spoon or ladle. Divide the class into teams and have them race against each other. This activity promotes coordination and teamwork. Make sure that items kids are carrying do not make a mess and easy to clean after

## **Kitchen Dance Party**

Put on some lively music and let the kids have a spontaneous dance party. Encourage them to dance freely around the room, using movements inspired by cooking actions like stirring, chopping, and tossing. This not only gets them moving but also ties back to the cooking theme of the class.

## **Fruit and Veggie Freeze Tag**

Play a game of freeze tag with a healthy twist. Designate one child as the "chef" who tags the other kids. When tagged, the kids have to freeze in place like their favorite fruit or vegetable. To unfreeze, another child needs to come "chop" them gently on the shoulder. This game gets kids moving while also reinforcing the importance of eating fruits and vegetables.

## **Red Light Green Light**

(play with pulsing the Blender instead of music)

Kids start on one side of the room. The goal is to reach the wall on the opposite end. They can only move while the blender is on. When sound stops, students must be frozen in place if any students are still moving when sound cuts, they must restart!

## Ingredient Guessing Game

Place several covered containers or bags on a table, each containing a different ingredient used in cooking (e.g., flour, sugar, salt, herbs). One child at a time can come up and feel the contents of a container without looking and try to guess what it is. This game helps familiarize kids with different ingredients and their textures.

## Fruit and Veggie Freeze Tag

Play a game of freeze tag with a healthy twist. Designate one child as the "chef" who tags the other kids. When tagged, the kids have to freeze in place like their favorite fruit or vegetable. To unfreeze, another child needs to come "chop" them gently on the shoulder. This game gets kids moving while also reinforcing the importance of eating fruits and vegetables

## Food Memory Game

Place several different food items or kitchen tools on a tray and show them to the kids for a few seconds. Then cover the tray and remove one item. Kids take turns trying to remember which item is missing. This game helps improve observation skills and memory retention.

## Create Your Own Recipe

Divide the kids into small groups and challenge them to create their own simple recipe using a set of provided ingredients. Encourage them to use their creativity and imagination. Once they've come up with their recipes, they can present them to the class and even prepare a small portion to share with their classmates.

## Food Charades

Write down a list of food items on paper and rip or cut each piece and place into a cup or bowl. Students draw a food word from the bowl and try to act it out without speaking any words. Students raise hands to make a guess.

Enhance your Food Charades game with these exciting modifications! For a paper-free option, have the teacher whisper food items to students or use a digital randomizer. Spice things up with a Kitchen Actions Edition, where players act out both food items and kitchen tasks. Amp up the fun with a Team Challenge, where teams compete to guess the food items and earn points.

## Eat the Alphabet

Students will go around in a circle naming food items following the order of the alphabet. For example, first student says "apples", next student says "bananas", next student says "carrots", and so on...

Make it more challenging by specifying a theme, like "desserts" or "vegetables"

Use these to help teach students about knife safety and proper knife techniques



## SAFETY HOLDING A KNIFE

Three important rules to teach children:

- **Grip.** Hold the knife properly. Hold the knife with your dominant hand (the hand you write with). Pinch the blade right above the handle and rest the knuckles of your pointer finger on the back of the knife.
- **Do the chef stance.** Stand on a steady surface with feet shoulder width apart. Make sure your hips are at counter height. Wear close toed shoes that are non-slip. Create an X with the tip of the knife and your claw hand. Elbows out.
- **Claw.** The hand that is holding the food should look like a bear claw – fingers curled with thumb in. This protects your fingers in case the knife slips.
- **Eyes.** Keep eyes on the knife at all times. Remind your child that if their eyes wander then they should stop cutting and place the knife carefully on the cutting board.

## PRACTICE KNIFE SKILLS

Before practicing knife skills there are a few tips to discuss with your children. These tips will help them successfully cut a piece of food while remaining safe.

- **The knife is stuck.** Tell children to pretend the tip of the knife is stuck to the cutting board.
- **Rocking the boat technique (aka rock the blade).** When cutting, the blade should move in a rocking motion to saw through the food.
- **Lay food flat.** Round items like cucumbers and bananas should be cut in half lengthwise to lay on their flat side for safe cutting.
- **Move hand to coarsely chop.** Small pieces like garlic or herbs should be chopped by rocking the knife across the food while your hand lays flat on top of the knife.

Now you are ready to work on your recipes and do some chopping and dicing like a pro.

# MEASURING TIPS

Use these to help teach students about measuring different ingredients



**MEASURING DRY INGREDIENTS**

## MEASURING

- Means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- Measuring tools include measuring cups (dry and liquid), measuring spoons, scales.
- Measuring properly ensures that your recipe will taste good and cook correctly!

## MEASURING DRY INGREDIENTS (FLOUR, SUGAR ETC)

- Always use a dry measuring cup for these ingredients!
- Spoon into measuring cup from container.
- Level off any excess with the backside of a butter knife.



**MEASURING BROWN SUGAR**

## MEASURING BROWN SUGAR

- Spoon the brown sugar into a measuring cup.
- Pack down the top.
- You know you've done it right when you dump the brown sugar out and it keeps the shape of the measuring cup.



**MEASURING LIQUIDS**

## MEASURING BUTTER

- Butter and margarine are solid fats, and need to be measured using a dry measuring cup. Press the fat into the measuring cup and level the top, using a spoon or rubber spatula.
- If you are using stick butter or margarine, explain that one normal size stick equals  $\frac{1}{2}$  cup. The sticks also have handy lines that mark each 1 tablespoon.



**MEASURING YOGURT**

## MEASURING LIQUIDS

- Set the liquid measuring cup on the counter.
- Bend down so your eyes are level with the measuring cup. Pour the liquid into the measuring cup until it hits the line that matches the amount you want to measure.

## MEASURING SOUR CREAM, PEANUT BUTTER, YOGURT

- Thick ingredients, such as sour cream, need to be measured in a dry measuring cup.
- Spoon into a dry measuring cup, making sure there aren't any air pockets in the cup.
- Level off with the back of a butter knife.



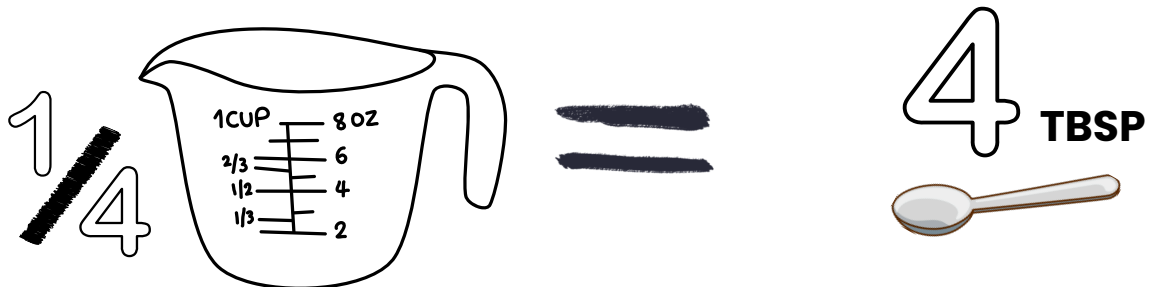
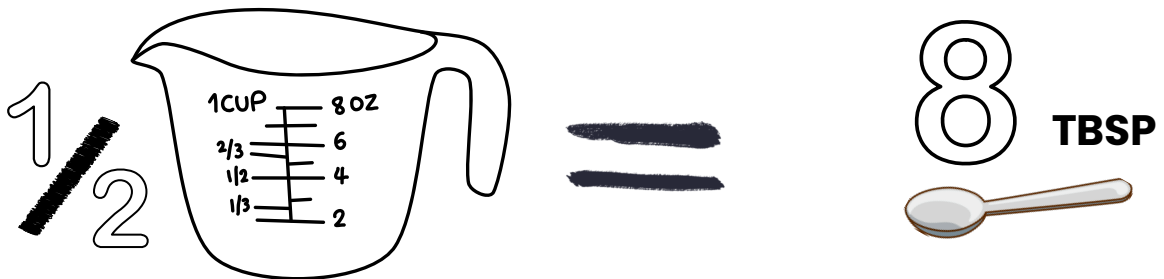
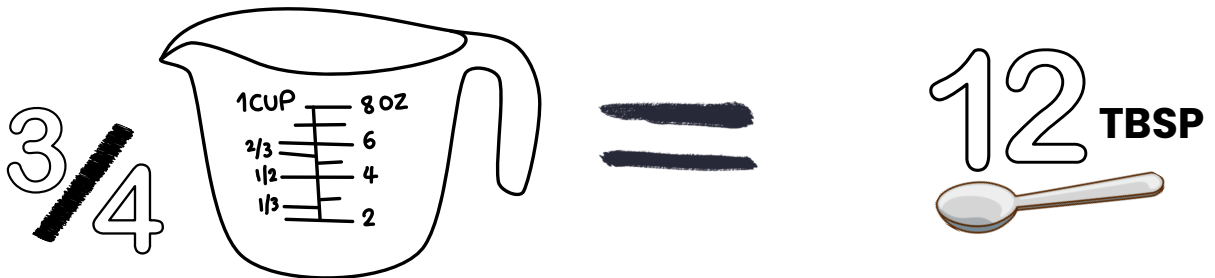
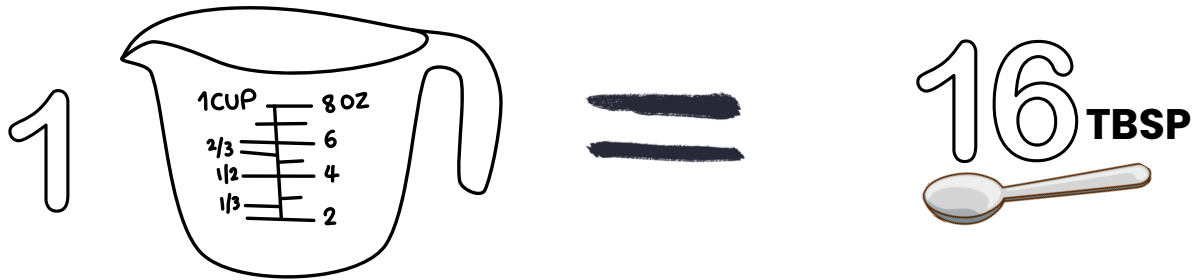
**MEASURING HONEY HACK**

## MEASURING HONEY HACK

- Oil the utensil before measuring—the honey will slide out cleanly



# UNIT CONVERSION



## TASTE



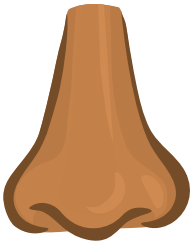
- Acidic – sour or sharp in taste
- Astringent – sharp in flavor
- Bitter – a sharp, sometimes unpleasant flavor
- Bland – lacking in flavor
- Earthy – a flavor reminiscent of fresh soil, usually for root vegetables
- Fiery – a dish that packs a spicy punch
- Mellow – a gentle, smooth flavor
- Savory – food that's salty or spicy, not sweet
- Tangy – food with a tart taste
- Zesty – having an invigorating flavor

## TOUCH



- Creamy – smooth, rich texture, usually used to describe dairy products
- Crumbly – the texture of food that crumbles
- Delicate – a light taste or texture
- Luscious – having a pleasant, rich taste
- Mealy – containing meal; soft, dry, and friable
- Silky – a smooth taste

## SMELL



- Acrid – having a sharp, bitter, and unpleasant smell
- Aromatic – having a distinctive smell
- Fragrant – pleasant or sweet smelling
- Herbaceous – smelling like herbs
- Pungent – unpleasantly strong in taste or smell
- Smokey – earthy, woody, or smelling of smoke

## SIGHT



- Glazed – a sticky, flavorful coating
- Glossy – shiny and smooth
- Golden brown – slightly darker in color from cooking, without being burnt
- Flaky – usually used to describe a pastry with many layers
- Frothy – having lots of little bubbles on top
- Vibrant – having bright colors

Use these tips to help students describe their creations during or at the end of the class, when doing a taste test.

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Introduce (or re-introduce) 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.



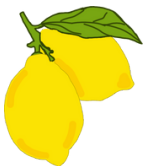
While zesting, make sure each student has a chance to use the zester. In order to keep it moving, count “1-2-3-4-5 PASS!” Counting out loud (and encouraging kids to count as well) will build excitement, and keep them engaged in the process while they aren’t actively zesting.



When crushing graham crackers into crumbs, use a ziplock bag and encourage students to make the crumbs as tiny as possible. If each student does not have their own bag, remind them to crush crumbs for 5 seconds before passing.



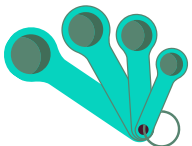
When introducing a new herb or spice, hand each student the ingredient. Encourage them to feel it, crush it in their fingers if applicable, and smell. Ask them what the smell reminds them of, and ask students what herbs and/or spices they are familiar with. Mention herbs like basil, cilantro, and mint, or spices like cinnamon, ginger, and curry.



Before juicing a lime or lemon, have every student roll it on the table 5 times to loosen the juice. In order to keep it moving, count “1-2-3-4-5 PASS!” When squeezing for juice, have students squeeze into a separate bowl so that seeds can be removed.



Students typically love rolling dough, so give them a few minutes to stretch and pull the dough into different shapes before rolling into a ball.



Rather than measuring the total amount of an ingredient all at once, break into small component parts. For example, rather than having 1 student measure  $\frac{3}{4}$  cup yogurt, have 3 students measure  $\frac{1}{4}$  cup. Using this technique, all students can have a chance to measure.

Use these tips to help students describe their creations during or at the end of the class, when doing a taste test.

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When students are chopping, always introduce (or reintroduce!) the bear claw technique. Please see the Knife Skills page for proper technique. In order to maintain engagement while chopping, make sure to check in with students routinely. When dicing ingredients, challenge students to chop as finely as possible.



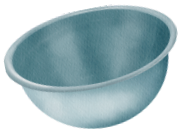
In order to keep workstations as clean as possible, and to keep students busy between recipes, have them wipe down cutting boards with a paper towel and place knives in the sink.



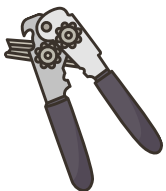
While whisking or using a spatula, make sure each student has a chance to use the tool. In order to keep it moving, count “1-2-3-4-5 PASS!” Counting out loud (and encouraging kids to count as well) will build excitement, and keep them engaged in the process while they aren’t actively whisking. Remind students to control the whisk or spatula using their wrist, and focus on the task so that they aren’t spilling ingredients!



While blending, ask students to listen very carefully to the sound of the blender. Some recipes, like whipped cream, sound different when they are ready--the blender sounds more high-pitched the harder it needs to work! When blending ingredients together, have students raise their hands when they think they hear a different noise.



When students mix ingredients, ask them to observe how the ingredients change! When mixing oil with other wet ingredients, for example, ask students to announce when the butter is no longer floating on the top and the ingredients are completely combined. Having something specific to observe will help maintain their attention.



This recipe requires the use of a can opener. Remind students that the edge of an open can will be sharp, so while students may drain liquid from cans or dump the contents into a bowl, make sure they are aware of the sharp edges!

# ENGAGEMENT TIPS

## WAYS TO ENGAGE STUDENTS

Use these tips to help students describe their creations during or at the end of the class, when doing a taste test.

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When leading students through a recipe that involves layering or assembly, a good way to keep students engaged is to have a separate station. At a separate table, have each ingredient prepared and ask students to line up. Students can then assemble their recipe, going from ingredient to ingredient. While students are waiting in line, ask what other ingredients they could add to this particular recipe if they were making it at home.



If you are baking a recipe that is prone to burn quickly, such as sugar cookies, remind students how long they need to bake for and then ask them to keep an eye on the classroom clock. Ask students to give a reminder when you are 5 minutes away, 2 minutes away, 230 seconds away, etc.



If a recipe calls for salt and/or pepper, have students season their individual plates instead. This allows everyone to measure “to taste,” rather than a single student. Just make sure they don’t over season!



If you have a moment of free time while waiting for a recipe to finish baking, refer to the Games and Movement Breaks sections of the curriculum for some quick and engaging time fillers!



When soaking an ingredient in water or a liquid, have students periodically stir the ingredients in the bowl. Students typically enjoy having a sense of ownership and a designated task to be in charge of in class.

## 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!

# FIRST CLASS: 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.

## 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



## OLIVE OIL DINNER ROLLS

Ingredient	Students Per Class		
	10	15	20
All-purpose flour 	2 cups + 2 tbsp	3 cups + 2 tbsp	4 1/4 cup
Baking powder	2 1/2 tsp	3 1/2 tsp	5 tsp
Butter, unsalted	2 1/2 tbsp	3 1/2 tbsp	5 tbsp
Whole milk	1 cup	1 1/2 cup	2 cups
Sugar	4 tsp	2 1/2 tbsp	3 tbsp
Salt	1/2 tsp	3/4 tsp	1 tsp

: Make sure it is Peanut, Nut, and Sesame FREE

### PREP BEFORE CLASS:

Preheat the toaster oven to 350°F. Foil and grease baking pan.

### Directions:

1. Have students take turns in mixing the wet ingredients. In a large bowl, stir melted butter, milk, sugar, and salt together.
2. Add baking powder and stir until fully mixed.
3. SLOWLY add the flour, mixing until a dough forms.
4. Divide the dough and give each student a small portion of dough. Have them roll their dough into a ball using their hands.
5. Place dough balls on the prepared baking sheet, Evenly spaced out for baking.
6. Bake for 30 minutes, or until the tops are golden brown.
7. Cool for a few minutes and serve. Enjoy!



### DID YOU KNOW?

Whole milk creates a creamier texture in recipes because it contains about 3.5% fat!



### DID YOU KNOW?

Feta has a crumbly texture and a salty taste that makes it a favorite in Mediterranean dishes!

## WHIPPED FETA DIP

Ingredient	Students Per Class		
	10	15	20
Feta cheese	6 oz	8 oz	12 oz
Greek yogurt, plain	1/2 cup	3/4 cup	1 cup
Garlic cloves	1 1/2	2	3
Olive oil	3/4 tsp	1 tsp	1 1/2 tsp
Honey	1 1/2 tsp	2 tbsp	3 tbsp
Black pepper	to taste	to taste	to taste

: Make sure it is Peanut, Nut, and Sesame FREE

### PREP BEFORE CLASS:

Prepare the food processor.

### Directions:

1. Break the feta cheese into smaller pieces if necessary.
2. Place the following ingredients into the food processor: feta cheese, Greek yogurt, garlic cloves, and olive oil.
3. Pulse until the mixture becomes smooth and creamy.
4. Scoop around 1-2 tbsp of the whipped feta into each student's bowl.
5. Have the students add honey and black pepper on their feta dip to their liking.
6. Enjoy!

# LESSON 1: POWERS OF HEALTHY FATS

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

#### Fresh Produce:

- Garlic cloves

#### Dairy:

- Feta cheese
- Greek plain yogurt, Non-fat
- Butter
- Whole milk

#### Pantry Staples:

- Baking powder
- All-purpose flour (NUT & SESAME FREE)

### Ingredients in the bin:

- Olive Oil
- Sugar
- Honey
- Salt


## OBJECTIVES

- Understand the role of kneading in developing the structure and texture of dough.
- Learn how healthy fats improve flavor and nutrition.
- Explore creative ingredient combinations

## STAR INGREDIENT: FETA

- Feta is a tangy, crumbly cheese traditionally made from sheep's milk or a mix of sheep and goat's milk.
- It originates from Greece and has been a staple of Mediterranean cuisine for centuries.
- The name "feta" means "slice" in Greek, referring to the cheese's traditional storage method in slices and kept in salty water to stay fresh.
- Rich in calcium and protein, feta supports bone health and muscle function while being lower in fat compared to many other cheeses.
- Its salty, tangy flavor pairs perfectly with fresh salads, roasted veggies or baked into savory dishes.

## 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 both recipes and guess what we might be making today.
- Ask, "what do you think makes some fats healthy?"
  - Healthy fats like those in olive oil, feta cheese, and yogurt are important for our bodies because they give us energy, help our brains think clearly, and keep our heart strong.
  - Encourage students to think of foods they know that contain healthy fats such as avocados, nuts, and seeds.
- How can fats make our recipes more delicious, like making bread softer or dips creamier?
  - Olive oil: makes the rolls soft and flavorful
  - Feta: adds creaminess and tang to the dip
- Fun activity: Have students pair up to discuss a time they ate a meal with creamy or rich flavors (like a buttery roll or cheesy dip). What did they like about it? Allow 2-5 students to share their thoughts with the class.
- Share that today, we will explore the powers of healthy fats by making two recipes that use them in different ways.

## ENGAGEMENT TIPS



When mixing wet and dry ingredients, have students announce when the butter is mixed in and no longer floating.



While processing, have students listen for the sound to smooth out as the feta blends. Raise hands when they hear the change.



Have students season their individual plates instead. Just make sure they don't over season!


# LESSON 1: POWERS OF HEALTHY FATS

## STAR TECHNIQUE: KNEADING

- What is kneading?
  - The process of working dough with your hands to develop gluten, which gives bread its structure and chewiness.
- Why is kneading important?
  - Helps create an even, elastic dough that bakes into soft, fluffy bread.
  - Ensures the dough is stretchy and holds its shape during baking.
  - Distributes ingredients evenly throughout the dough.
- How to Knead:
  - Press the dough with the heel of your hand, pushing it away from you.
  - Fold the dough over itself and rotate it slightly.
  - Repeat for 5-7 minutes until the dough is smooth and elastic.



## DEVELOPMENT

 5-7 min


- As you start making the Dinner Rolls, discuss how measuring carefully is important to get the best results in baking!
- Before the students begin mixing the dough, demonstrate how kneading works. Discuss why it's important in baking bread. Why do we knead dough?
  - To make it stretchy and soft
  - To evenly mix ingredients
  - To help the rolls bake fluffy and perfect!
- Encourage each of the students to participate kneading with the dough.
  - Share tips: use the heel of your hand, fold the dough, and repeat until smooth.
  - As they take turns to roll the dough for the rolls, discuss how fats like butter and olive oil make the bread soft and flavorful.
- Talk about the star ingredient: Feta
  - Highlight its benefits: rich in calcium for strong bones and lower in fat than many other cheeses.
  - Ask them if they have eaten feta cheese before? What does it taste like?
- Encourage students to think of the kitchen as a lab where they can try new things:
  - Suggest simple swaps instead of chives in the whipped feta such as basil.
  - Ask: what's a new herb or ingredient you want to try in cooking?
- While preparing whipped feta, explore how blending creates the creamy texture and why olive oil and honey balance the tangy feta flavor.
- Challenge the students to try a new healthy fat this week, such as avocados, almonds, sesame seeds, and report back when they do.
- Remind them that creativity and adventure are key to becoming confident chefs!

## COOKING PRO

Always let your dough rest for a few minutes after kneading—it makes it easier to shape and ensures fluffier rolls. For extra flavor, try adding a pinch of your favorite herb to the dough!





## 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

# ROSEMARY OATMEAL CRACKERS & LEMON HUMMUS

## ROSEMARY OATMEAL CRACKERS

Ingredient	Students Per Class		
	10	15	20
Oats 	1 cup	1 ½ cups	2 cups
All-purpose flour 	2 ½ tbsp	3 ½ tbsp	5 tbsp
Rosemary	1 tsp	1 ½ tsp	2 tsp
Baking powder	½ tsp	¾ tsp	1 tsp
Cold unsalted butter, cubed	2 ½ tbsp	3 ½ tbsp	5 tbsp
Milk	3 tbsp	4 ½ tbsp	6 tbsp
Salt	1 tsp	1 ½ tsp	2 tsp
Pepper	⅓ tsp	½ tsp	2/3 tsp

: Make sure it is Peanut, Nut, and Sesame FREE

### PREP BEFORE CLASS:

Preheat the oven to 375 degrees. Foil and grease baking sheet.

### Directions:

1. Make oat flour by placing oats in blender and pulse until a fine powder forms.
2. Measure and add, salt, pepper, rosemary, baking powder, and butter to the blender and the oat flour. Blend for a few seconds.
3. Add milk slowly. Pulse until a dough forms.
4. Divide dough between students. Have them roll the dough into ½ inch balls and flatten the dough between their palms. The thinner the crackers are, the crispier they will be!
5. Arrange crackers on a baking sheet and bake for 15 minutes.
6. Allow crackers to cool before enjoying with hummus!



### DID YOU KNOW?

Oats are a naturally gluten-free food and are packed with fiber!




### DID YOU KNOW?

Chickpeas are high in plant protein and can be used instead of meat in vegetarian dishes

## LEMON HUMMUS

Ingredient	Students Per Class		
	10	15	20
Chickpeas	2 cups	3 cups	4 cups
Lemon juice	3 tbsp	4 ½ tbsp	6 tbsp
Olive oil	3 tbsp	4 ½ tbsp	6 tbsp
Garlic clove	1	1 ½	2
Salt	1 tsp	1 ½ tsp	2 tsp
Water	1 tbsp	1 ½ tbsp	2 tbsp

: Make sure it is Peanut, Nut, and Sesame FREE

### PREP BEFORE CLASS:

Open can(s) of chickpeas, drain and rinse.

### Directions:

1. Have kids take turns measuring the ingredients and adding them to the food processor in this order: chickpeas, olive oil, lemon juice, water, and seasonings. Pulse, scraping sides down periodically, until the mixture is a puree. Slowly add more water if needed.
2. Scoop about ¼ cup of hummus on each student's plate.
3. Eat with rosemary oatmeal crackers.
4. Enjoy!

# LESSON 2: HEROIC HERBS

## SHOPPING LIST

### Ingredients to buy:

#### Fresh Produce:

- Lemon
- Garlic
- Fresh rosemary

#### Dairy:

- Unsalted butter
- Whole milk

**Please see recipe for amounts, varies by class size**

#### Pantry Staples:

- Chickpeas, 16 oz. cans
- Rolled Oats (NUT & SESAME FREE)
- All-purpose flour (NUT & SESAME FREE)
- Baking powder

### Ingredients in the bin:

- Olive Oil
- Honey
- Salt
- Pepper

## OBJECTIVES

- Learn what an infusion is in cooking
- Learn about where rosemary comes from
- Explain the purpose of setting in baking

## 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 both recipes, guess what we are making and cuisine the recipes belong to.
- Today we are going to talk about using infusions to add flavor of different herbs and spices into food.
- What is an infusion? Infusion is the process of steeping (soaking) herbs in water until the water absorbs the oils and flavors, then drinking the liquid for the taste, medicinal use, or using in cooking.
- Sounds a bit complicated, but you've probably drank an infused drink and maybe didn't even know - tea! Tea is an infusion of leaves that steep in hot water until the water absorbs the flavor.
- Other types of infusions can use roots, shoots, leaves, and flowers of the plant.

## STAR INGREDIENT: ROSEMARY

- Rosemary is an aromatic evergreen herb that belongs to the mint family.
- The name "rosemary" is derived from the Latin words "ros" meaning "dew" and "marinus" meaning "sea," due to its affinity for coastal areas.
- Rosemary has been traditionally associated with memory enhancement and mental clarity. Its aroma is believed to have cognitive benefits.
- Rosemary has a long history of use in traditional medicine for supporting respiratory health and soothing coughs.



## ENGAGEMENT TIPS



Students typically love rolling dough, so give them a few minutes to stretch and pull the cracker dough into different shapes before rolling into a ball.



When introducing rosemary, ask students what the smell reminds them of, what herbs and/or spices they are familiar with



When preparing the oat flour, introduce the blender dance!

## DEVELOPMENT

🕒 5-7 min

- We use infusions all the time and may not even know. Infusions of herbs and spices can be a wonderful way to impart unique flavors and aromas to your cooking.
  - Oil Infusions: Infusing herbs and spices into oils can add a burst of flavor to dressings, marinades, and sautés.
  - Vinegar Infusions: Infusing herbs and spices into vinegars can create tangy, aromatic condiments that elevate salads, sauces, and marinades.
  - Broth Infusions: Adding herbs and spices to broths can enhance the flavors of soups, stews, and sauces.
  - Syrup Infusions: Infusing herbs and spices into syrups can create delightful additions for desserts, drinks, or drizzling over pancakes and waffles.
- Infusing herbs and spices in cooking allows you to experiment with different flavor combinations and customize your dishes to your liking. It's a creative and enjoyable way to elevate your culinary creations and impress your taste buds!



## STAR TECHNIQUE: SETTING

- "Setting" refers to the process of allowing baked goods, such as cookies, cakes, and bread, to cool and firm up after they are removed from the oven. It is an essential technique that helps ensure the desired texture, structure, and flavor of the final product. Here is why it is important:
- Texture: When baked goods are first taken out of the oven, they are often soft and fragile. Allowing them to cool and set helps them firm up and achieve the desired texture.
- Structure: During the baking process, heat causes proteins, starches, and fats to undergo various chemical reactions. Setting allows these reactions to complete and the baked goods to stabilize, resulting in a proper structure.
- Moisture distribution: Setting allows moisture within the baked goods to distribute evenly.
- Flavor development: Allowing baked goods to set also enhances flavor development. As they cool, the flavors have time to meld together, resulting in a more pronounced and balanced taste.

## 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

# LESSON 3:

## CRUNCHY CABBAGE SLAW & TOFU CHOCOLATE MOUSSE

### CRUNCHY CABBAGE SLAW

Ingredient	Students Per Class		
	10	15	20
Red Cabbage	2 cups	3 cups	4 cups
Carrots	1 cups	1 1/2 cups	2 cups
Apple (any variety)	1/2 cup	3/4 cup	1 cup
Baby Spinach	1 cup	1 1/2 cups	2 cups
Lemon Juice	1 tbsp	1 1/2 tbsp	2 tbsp
Honey	1 tsp	1 1/2 tsp	2 tsp
Dijon mustard	1 tsp	1 1/2 tsp	2 tsp
Olive Oil	1.5 tbsp	2 tbsp	3 tbsp
Salt	1/4 tsp	1/3 tsp	1/2 tsp

: Make sure it is Peanut, Nut, and Sesame FREE

#### PREP BEFORE CLASS:

Prepare food processor

#### Directions:



1. Pass out cutting boards and knives to students
2. Have students slice the cabbage, apple, and baby spinach into fine slices/ strips. Demonstrate as needed. Add the sliced vegetables to a large bowl.
3. Add peeled carrots to food processor and pulse for 15-25 seconds until shredded. Add carrots to the large bowl with the other vegetables.
4. Make the dressing: have students cut and squeeze lemons. Measure juice, honey, dijon mustard, and olive oil into a bowl and whisk.
5. Combine the salad and dressing, Mix well. Serve and enjoy!



#### DID YOU KNOW?

Tofu is a good source of iron and calcium! Both of these nutrients are important for growing big and strong!

### TOFU CHOCOLATE MOUSSE

Ingredient	Students Per Class		
	10	15	20
Silken tofu, (firm or extra firm) 	1 pound	1 1/2 pound	2 pounds
Cocoa powder 	3 tbsp	4 1/2 tbsp	6 tbsp
Honey	3 tbsp	4 1/2 tbsp	6 tbsp
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp

Toppings: Banana and chocolate chips

: Make sure it is Peanut, Nut, and Sesame FREE

#### PREP BEFORE CLASS:

Open tofu, drain excess water from the box, and place on a paper towel.

#### Directions:

1. Add the tofu to the blender
2. Pass out portions of banana for students to slice
3. Have students measure the cocoa powder, honey, and vanilla, and add to the blender
4. Blend until completely smooth.
5. Distribute the mousse into cups
6. Top with banana slices and chocolate chips and enjoy!

## SHOPPING LIST

### Ingredients to buy:

#### Fresh produce:

- Banana
- Silken (firm or extra firm) tofu (NUT & SESAME FREE)
- Red cabbage
- Carrots
- Apple
- Baby spinach
- Lemon

Please see recipe for amounts, varies by class size

#### Pantry Staples:

- Cocoa powder (NUT & SESAME FREE)
- Vanilla extract
- Chocolate chips (NUT & SESAME FREE)
- Dijon Mustard

### Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla extract
- Sugar
- Honey
- Salt & Pepper

## OBJECTIVES


- Understand what it means to be an adventurous chef
- State the legume from which tofu is made
- Discover unconventional use of ingredients



## STAR INGREDIENT: TOFU

- Tofu, or bean curd, originated in China over 2,000 years ago.
- It is made by coagulating soy milk, pressing it into blocks, and letting it solidify.
- Tofu has a mild flavor and absorbs other seasonings well.
- It's a staple in Asian cuisines like Chinese, Japanese, and Thai cooking.
- Tofu is an excellent source of plant-based protein, calcium, iron, and magnesium.
- It is made from soybeans, a legume that has been cultivated for thousands of years.
- Soybeans are processed into foods like soy milk, tempeh, miso, and tofu.

## 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 both recipes. Have them guess what we might be making today.
- Discuss what it means to be adventurous or to explore. Key Qs: What kind of adventures do you like to go on? What does it mean to be adventurous in the kitchen? Adventurous chefs take risks and try new foods and new cooking techniques.
- Have students think of a time they tried a new food or a new activity for the first time. Discuss thoughts in pairs. Allow 2-5 students share with the class.



## ENGAGEMENT TIPS



Review the bear claw technique for safe slicing. Check in often and encourage students to make even, thin slices. Challenge them to see who can slice the cabbage and apples the thinnest.



While making the dressing, have each student take a turn whisking. Count out loud "1-2-3-4-5 PASS!" to keep things moving and fun. Remind students to use their wrists to control the whisk and avoid spills.



Introduce the blender dance! When the blender is running to mix the mousse, let students dance by their chairs. When it stops, they freeze. Keep it fun by starting and stopping the blender a few times.



## COOKING PRO

Aspiring adventurous chefs learn advanced techniques like molecular gastronomy, fusion cooking, and experimental plating, allowing you to create stunning dishes that push the limits of taste and presentation.



## STAR TECHNIQUE: BLENDING

- What is blending? Blending is simply the process of mixing or combining ingredients together!
- What are the benefits of blending? Blending is an excellent way to change the consistency of an ingredient. You can turn a chickpea into hummus, or a fruit into a smoothie!
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees, frozen desserts and more.



## DEVELOPMENT

🕒 5-7 min





- What does it mean to be adventurous in cooking and eating?
  - Follow the flavors you like.
  - Travel through your taste buds and try dishes from other cultures.
  - Buy something new every time you shop.
  - Think of your kitchen as a lab and experiment! Start simple by swapping the herbs and spices in your favorite recipes, then graduate to using ingredients you've never tried.
  - Experiment every time with some ingredients and observe how dishes come out with those ingredients.
- Discuss today's recipe and how we use apple in our cole slaw and tofu in our mousse. Have kids come up with hypothesis of how they think the dish will taste different than a normal recipe for mousse. At the end of the class, you can discuss if their hypothesis was correct or if they were surprised by the taste of our dishes.
- As you complete the recipes, continue the discussion on how creativity and a sense of adventure are some of the most important qualities a true chef can have.
- Being a chef is not only physically challenging, it requires the use of creative muscles on a constant basis. Head chefs are responsible for running their kitchens, but also for constantly thinking of new innovative dishes that will keep their guests engaged.
- That's why if you want to be a chef, you cannot be a picky eater.
- Make it your goal this week to try something new and report back to the class next week
- Here are some unexpected dishes people eat all over the world:
  - Horse meat (Central Asia), Raw Horse Meat (Japan), Beef Tongue, Alpaca (Peru, Chile, Bolivia), Alligator (US), Ants Egg Soup (Laos, Thailand), Blood Sausage (UK), Camel (North Africa), Chicken Feet (Asia), Escargot or snails (France), and many more.

## 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

## BLUEBERRY CRUMBLE

Ingredient	Students Per Class		
	10	15	20
Blueberries	2 1/2 cup	3 3/4 cups	5 cups
Lemon juice	2 tbsp	3 tbsp	4 tbsp
Lemon zest	1 tsp	1 1/2 tsp	2 tsp
Flour 	2 1/2 tbsp	4 tbsp	5 tbsp
Sugar	2 tbsp	3 tbsp	4 tbsp
Butter, softened	3 tbsp	4 tbsp	6 tbsp
Brown sugar	1/2 cup	2/3 cup	1 cup
Flour 	3 tbsp	4 1/2 tbsp	6 tbsp
Oats 	1/2 cup	2/3 cup	1 cup
Cinnamon	dash	1/4 tsp	1/3 tsp
Other: pinch of salt			
 : Make sure it is Peanut, Nut, and Sesame FREE			

### PREP BEFORE CLASS:

Preheat oven to 375°F. Allow butter to soften. Prepare the food processor.

### Directions:

1. Have students mix blueberries with lemon juice and lemon zest with tongs or a large spoon!
2. In a small bowl, have students mix together indicated amount of sugar and flour and toss with blueberries until coated. Spoon into muffin liners. Set aside.
3. Create the crumble: Have students assist in measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in the food processor to combine. Spoon topping over the fruit in each muffin liner evenly.
4. Bake for 20 minutes until the blueberries are bubbling at the edges.
5. Cool for a few minutes and serve.
6. Enjoy!

### DID YOU KNOW?



Wheat was one of the first crops grown in space!

### DID YOU KNOW?

Blueberries have been part of our diet for thousands of years!



## WHOLE WHEAT VEGGIE ROLLUPS

Ingredient	Students Per Class		
	10	15	20
Whole wheat tortillas 	10	15	20
Bell pepper, sliced	1	1 1/2	2
Large cucumber, sliced	1	1.5	2
Spinach	1 cup	1 1/2 cup	2 cups
Cheddar cheese slices	10	15	20
Chickpeas	2 cups	3 cups	4 cups
Olive oil	3 tbsp	4 1/2 tbsp	6 tbsp
Lemon Juice	3 tbsp	4 1/2 tbsp	6 tbsp
Other: pinch of salt or to taste			
 : Make sure it is Peanut, Nut, and Sesame FREE			

### Directions:

1. Wipe out the food processor.
2. Have students measure the chickpeas, olive oil, and lemon juice into the food processor. Pulse until smooth. Add salt to taste and water as needed.
3. Hand out bell peppers and cucumber and have students slice them for the rollups.
4. Assemble: spread hummus on the tortilla, add a slice of cheese, add sliced veggies and spinach leaves; roll up, slice into portions, and serve. Enjoy!

# LESSON 4: CARBS TO SAVE THE DAY

## SHOPPING LIST

### Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla
- Sugar
- muffin liners
- Honey
- Salt
- Pepper

### Ingredients to buy:

Please see recipe for amounts, varies by class size

#### Fresh Produce:

- Blueberries
- Lemons
- Bell Pepper
- Cucumber
- Spinach
- Cheddar Cheese

#### Dairy:

- Cheddar Cheese
- Butter

#### Pantry Staples:

- Canned chickpeas
- Oats (NUT & SESAME FREE)
- Whole wheat tortillas (5-6 inches/ "small" or "medium")
- Flour (NUT & SESAME FREE)
- Brown sugar


## OBJECTIVES

- Identify 2 forms of healthy carbs
- Learn about the health benefits of eating carbs and why our body needs them
- Explore other types of carbs we can make and enjoy at home!

## STAR INGREDIENT: WHOLE WHEAT

- Whole wheat is packed with fiber, which helps with digestion and keeps you full longer
- Whole wheat is rich in vitamins and minerals that help your body produce energy and keep your muscles and nerves working.
- You can use whole wheat in so many ways! It's the key ingredient in whole wheat bread, pasta, tortillas, and crackers, and it can also be used in baking.
- It is called "whole" because it still contains all 3 parts of the plant: the bran, germ, and endosperm. Keeping these three parts of the grain together helps it have more nutrients and fiber than refined grains.

## 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 students to identify the ingredients, guess what we are making.
- Today we are exploring the different kinds of carbs that fuel our brains and help us save the day!
- What are carbohydrates?
- Imagine your body is like a car—it needs fuel to run. Carbohydrates (or carbs) are like the gasoline that gives you energy to play, run, and think!
- Carbs come from foods like bread, rice, pasta, fruits, and even some vegetables. When you eat them, your body breaks them down into sugar (called glucose) and uses it for energy. Your brain especially relies on glucose to work, so when you are learning and thinking hard at school all day, you need lots of fuel!
- There are different kinds of carbs:
  - "Fast" carbs (like candy and white bread) give you quick energy but don't last long.
  - "Slow" carbs (like whole grains and fruits) give you steady energy that lasts longer.
- Today, we are learning about two of those slow carbs: blueberries and whole wheat!

## ENGAGEMENT TIPS



Have students roll lemons on the table five times. Count "1-2-3-4-5 PASS!" Juice into a separate bowl so seeds can be removed.



Remind students how long the recipe bakes and have them watch the clock. Ask them to give a reminder when 5 and 2 minutes remain.



When students slice the bell peppers and cucumber, review the bear claw technique. Check in often and challenge them to cut even, thin slices.

# LESSON 4:

## CARBS TO SAVE THE DAY

### STAR TECHNIQUE: SLICING

- The goal of slicing is to cut food into smaller, even pieces so it's easier to eat, cook, or serve. Clean, even slices make food look great and cook evenly! In a wrap, it helps us get a bit of each veggie in every bite.
- Slicing happens when you use a sharp knife or tool to cut through fruits, veggies, bread, or meat. A steady hand and the right technique help make perfect slices.
- When you slice food, you're making it the right size for your recipe. Thin slices cook faster, while thicker slices add texture and bite to your dish!

### COOKING PRO

Adding flavors to your hummus is yummy and easy! Garlic, lemon, and spices like za'ataar, sumac, and cumin are commonly added to hummus for new flavors. Try experimenting with new hummus flavors by adding your favorite spice!

### DEVELOPMENT

🕒 5-7 min

- As the students slice the veggies for their wraps, discuss the star technique: slicing
  - How does texture change the taste of our food?
  - Slicing veggies into strips for wraps help us have a little bit of every veggie in every bite! This makes every bite super yummy.
- As you cook and enjoy your snack, let's talk about the star carbohydrates that will save the day: fruits and whole grains!
- Fruits are a carb that are naturally sweet and packed with energy. They have special carbohydrates called fructose that give your body fuel to run, jump, and play. Plus, they're full of vitamins and fiber to keep you strong and healthy.
- Whole grains, like oats and whole wheat, are a superpower for your body! They give you long-lasting energy and help you feel full longer when you eat them with protein and fat. They also have fiber, which helps your tummy stay happy.
- Did you know that about half of your plate at every meal should include healthy carbohydrates?
- How can you have more healthy carbs in your meals? Try adding bananas to your yogurt, enjoying whole wheat toast for breakfast, or eating brown rice with your dinner. These foods are balanced and help keep you energized all day!
- What does the color of fruits tell us? Brightly colored fruits like berries, oranges, and apples are full of important nutrients. The deep reds, oranges, and purples come from special antioxidants that help protect your body from getting sick!

### 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

# LESSON 5: STUFFED MUSHROOMS & WHIPPED COTTAGE CHEESE

## STUFFED MUSHROOMS

Ingredient	Students Per Class		
	10	15	20
Cremini Mushroom	10	15	20
Butter	1 tbsp	1 ½ tbsp	2 tbsp
Garlic clove	1	1 ½	2
Onion, diced	1/4 cup	1/3 cup	1/2 cup
Mozzarella shredded cheese	1/4 cup	1/3 cup	1/2 cup
Cream cheese	2 oz	3 oz	4 oz
Fresh parsley	2 tbsp	3 tbsp	4 tbsp
Salt	dash	¼ tsp	½ tsp
Black pepper	dash	¼ tsp	½ tsp

Adjust salt and pepper to taste.

 **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Preheat oven to 375°F

### Directions:

1. Wash the mushrooms and gently twist off the mushroom stems and toss away.
  2. Dice the onion and mince the garlic.
  3. Add the onions, garlic, salt, pepper, cream cheese, shredded cheese, and parsley to a bowl. Stir everything until it's mixed well.
  4. Use a spoon to fill the mushroom caps with the mixture.
  5. Add a small amount of tomato sauce and mozzarella cheese to the top.
  6. Place them on a baking tray. Bake for 20 minutes.
  7. Let the mushrooms cool slightly before serving.
- Enjoy!

### DID YOU KNOW?

Onions make you cry because they release a gas that irritates your eyes. It's the onion's way of protecting itself!



### DID YOU KNOW?

Cottage cheese can be made at home in an afternoon with just some milk and lemon juice!

## WHIPPED COTTAGE CHEESE

Ingredient	Students Per Class		
	10	15	20
Cottage cheese	1 pint	1 ½ pints	2 pints
Lemon juice	1 tbsp	1 ½ tbsp	2 tbsp
Garlic clove	1	1 ½	2
Basil	3 tbsp	4 ½ tbsp	6 tbsp

Add salt and pepper to taste

 **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Prepare the food processor.

### Directions:

1. Place the cottage cheese, lemon juice, garlic clove, basil, and pepper into a blender or food processor.
2. Blend the mixture on high speed for 30 to 60 seconds until it's silky smooth. You might need to stop and scrape down the sides to ensure everything blends evenly.
3. Serve 3 tbsp of the dip to each plate to dip the mushrooms into. Enjoy!



# LESSON 5: SNACK LIKE A HERO

## SHOPPING LIST

### Ingredients to buy:

Please see recipe for amounts, varies by class size

#### Fresh Produce:

- Cremini (baby bella) mushroom
- Fresh parsley
- Fresh basil
- Medium onion
- Garlic
- Lemon

#### Dairy:

- Cottage cheese
- Butter
- Cream cheese
- Mozzarella cheese

#### Ingredients in the bin:

- Olive Oil
- Salt
- Pepper

## OBJECTIVES

Learn about the nutritional benefits of mushrooms.



Understand the technique of stuffing and its role.



## STAR TECHNIQUE: STUFFING

- Stuffing is like giving your food a secret superhero power—it turns everyday mushrooms, peppers, or pastries into flavor-packed bites of awesomeness!
- It's the ultimate way to combine all your favorite ingredients in one epic bite, creating a perfect mix of textures and tastes. Imagine filling your food with cheesy goodness, crunchy veggies, or savory spices—it's like creating a surprise treasure inside every bite!
- With stuffing, the possibilities are endless, and you get to be the creative superhero chef, designing dishes that are fun to make, super delicious, and packed with nutrients to fuel your adventures!

## 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.
- Display the ingredients for stuffed mushrooms and whipped cottage cheese, arranging them so students can clearly see each one. Ask the class to observe the ingredients and guess what heroic snacks you might be making today.
- Talk about the star ingredient. Share that mushrooms are like food superheroes—nutrient-dense, versatile, and flavorful.
- Engage the class by asking:
  - Have you ever eaten mushrooms or cottage cheese before? What did you think of them?
  - Can you think of any dishes you've seen or eaten that included mushrooms?
- Explain that today's star technique is stuffing. A skill every kitchen hero needs! Stuffing turns everyday ingredients into power-packed bites bursting with flavor
  - Have you ever stuffed food before? Maybe bell peppers, pastries, or even sandwiches? What filling did you use, and what did you enjoy about it?"
  - Why do you think stuffing makes food so exciting to eat?"
- Share that stuffing not only adds variety but also helps balance textures—soft fillings, chewy mushrooms, or crispy toppings all come together for a great experience.

## ENGAGEMENT TIPS



When dicing the onion and garlic, review the bear claw technique for safe chopping. Check in often and encourage them to cut the pieces as evenly as possible.



To keep workstations clean and students busy, have them wipe cutting boards with a paper towel and put knives in the sink.



While blending, have students listen for the sound to change as the mixture thickens. Ask them to raise their hands when they hear it.

# LESSON 5: SNACK LIKE A HERO

## STAR INGREDIENT: MUSHROOMS

- Mushrooms are edible fungi packed with nutrients like B vitamins, selenium, potassium, and antioxidants. They have been a staple in cuisines worldwide for centuries, prized for their earthy flavor and versatility.
- Mushrooms are low in calories and high in dietary fiber and protein, making them an excellent choice for vegetarian or nutrient-dense meals.
- Their unique umami flavor enhances dishes, and they're a fantastic way to incorporate more plant-based ingredients into your diet.



## COOKING PRO

Always read the entire recipe before starting! This helps you understand the steps and ensures you have all the ingredients and tools ready to go. Preparation is key to stress-free cooking!

## DEVELOPMENT

🕒 5-7 min


- Start by showing students how to clean mushrooms properly. Emphasize the importance of not soaking them in water, as mushrooms absorb moisture, which can affect their texture. Show how to gently twist and remove the stems without damaging the caps.
- Highlight knife safety as you dice onions and mince garlic for the stuffing—proper grip and cutting techniques.
- Combine the diced onions, minced garlic, cream cheese, shredded cheese, parsley, salt, and pepper in a bowl. While mixing, discuss how each ingredient plays its role in creating a SUPER stuffing:
  - Cream cheese provides creaminess and richness.
  - Shredded cheese adds a savory, melted texture.
  - Garlic and onions offer depth of flavor.
  - Parsley adds freshness and a pop of color.
- Engage students by asking them to describe the aroma of the mixture and predict how it will taste.
- Demonstrate how to carefully spoon the mixture into each mushroom cap, ensuring the filling is evenly distributed.
- Transitioning to the whipped cottage cheese, allow them to measure and add ingredients into a food processor. While blending, discuss how the process transforms the texture from a chunky to a smooth and creamy snack!
- While the stuffed mushrooms bake, discuss the heroic benefits of cottage cheese: It is high in protein and calcium, promoting muscle and bone health.
- Encourage students to think about how these snack recipes combine protein, vitamins, and minerals for a balanced dish.
- Highlight the importance of balancing flavors and textures in cooking to create a satisfying dish. Remind them that cooking is about adventure, curiosity, and enjoying the process.


## 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

## RAINBOW VEGGIE PINWHEELS

Ingredient	Students Per Class		
	10	15	20
Bell peppers	2	3 1/2	4
Baby carrots	1 cup	1 1/2 cups	2 cups
Baby spinach	1 cup	1 1/2 cups	2 cups
Small head of purple cabbage	1/4	1/3	1/2
Cream cheese	8 oz	12 oz	16 oz
Small tortillas 	10	15	20
Salt and Pepper	add to taste		

 **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Wash veggies and cut into smaller pieces for distribution

### Directions:

1. Pulse carrots in the food processor until roughly shredded.
2. Pass a piece of bell pepper to each student
3. Demonstrate how to slice pepper into long strips and have the students repeat the task.
4. Pass a handful of cabbage and spinach to each student. Instruct them to chop cabbage.
5. Pass a spreading knife with cream cheese and have students spread cream cheese on to their tortilla, almost out to the edges.
6. Have students arrange veggies in rows across the cream cheese. Instruct students to fold in corners and roll up each tortilla. Walk around and help all students tightly roll the wrap. If the ends don't stay shut, you can add a bit more cream cheese.
7. Cut crosswise into pinwheels and enjoy!



### DID YOU KNOW?

Eating crunchy and fiber-packed carrots can help keep your teeth and gums healthy




### DID YOU KNOW?

The Philippines is the second major exporter of bananas in the world.

## BANANA KIWI SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Bananas	2 1/2 large	4 large	5 large
Kiwi	3 medium	4 1/2 medium	6 medium
Low-fat milk	2 cups	3 1/2 cups	4 cups
Plain yogurt	2 cups	3 1/2 cups	4 cups
Honey	1 1/2 tbsp	2 1/2 tbsp	3 tbsp

 **Make sure it is Peanut, Nut, and Sesame FREE**

### Directions:

1. Pass out bananas and kiwis to students. Have them peel the bananas and kiwis and cut into chunks. Add to blender.
2. Add milk, yogurt, and honey to blender.
3. Combine until smooth.
4. Pour into individual cups and enjoy!



# LESSON 6: VICTORY WRAPS

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

#### Fresh Produce:

- Bell peppers
- Baby carrots
- Baby spinach
- Small head of purple cabbage
- Kiwi
- Bananas

#### Dairy:

- Low-fat milk
- Plain yogurt
- Cream cheese

### Ingredients in the bin:

- Honey
- Salt
- Pepper

#### Pantry Staples:

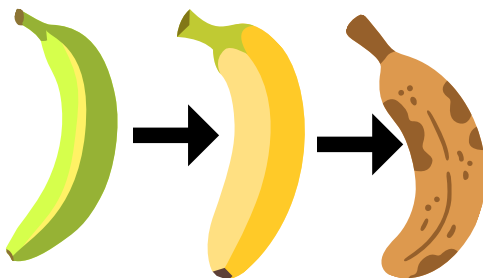
- Small tortillas (NUT & SESAME FREE)

## OBJECTIVES

- Identify one superpower of spinach
- Describe the process of spreading by using today's recipe as an example
- List one fruit or vegetable from each color of the rainbow

## COOKING PRO

Why do bananas turn brown?  
Enzymes are substances in food that speed up chemical processes. Certain enzymes in bananas create a chemical reaction that turn the banana from green (unripe), yellow (ripe) and then brown (overripe).



## 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 both recipes. Have them guess what we might be making today.
- Discuss fruits and vegetables. Key Qs: Do you eat fruits and vegetables? Can you describe some of their colors/flavors/textures (encourage adjectives). Discuss how fruits and veggies can be eaten as a snack or in various recipes.
- What green, leafy vegetable are we using today? Spinach.
  - Spinach is very nutritious! It is a superfood that helps keep your body strong and healthy! It's packed with iron for energy, Vitamin A for vision, calcium for strong bones, and vitamin C to fight off germs. Plus, it has nutrients like folate that give your brain a boost, and its mild flavor makes it a tasty addition to many fun recipes!
- Have students think of different colored fruits and veggies. Discuss thoughts in pairs. 2-5 students share with the class.

## ENGAGEMENT TIPS



When students are chopping, review the bear claw technique for safety. Check in often and encourage them to cut even pieces.



To give everyone a turn measuring, break ingredients into smaller parts. For example, instead of one student measuring all the yogurt, have a few students each measure a portion.



If you have free time while baking, use the Games and Movement Breaks in the curriculum to keep students engaged.

# LESSON 6: VICTORY WRAPS

## STAR INGREDIENT: SPINACH

- What is Spinach? Spinach is a green, leafy vegetable. The leaves can be either smooth or wrinkled and are roughly triangle shaped clustered in a circle called a rosette. It is a rich source of vitamins A and C and the mineral iron.
- Why is spinach good for us? Spinach is in fact, one of the most nutritious vegetables! It's high in iron, which helps build red blood cells. Red blood cells carry oxygen through the body and provide energy. It also contributes to healthy bones, eyes and teeth.



## STAR TECHNIQUE: SPREADING

- Spreading means using a utensil to make an even layer of whatever food you are spreading on your toast, tortilla, or so on!
- What tools do you usually use to measure? Knife, spoon, spatula.
- What foods do you usually measure? Typically softer foods like peanut butter, cream cheese, or pesto.
- What have you spread before? Ask kids their favorite foods to spread.



## DEVELOPMENT

🕒 5-7 min

- Me-You-Us: 1. Teacher demonstrates how to slice vegetables how to hold the knife correctly 2. A volunteer demonstrates 3. The whole class slice. Rotate around the room to observe knife holding and slicing. Provide assistance where necessary.
- As you are completing the Rainbow Veggie Pinwheel recipe discuss the following, as well as the Star Technique - spreading
- What does it mean to eat the rainbow? Just like a pot of gold, eating a rainbow of fruits and veggies makes us have golden health. Every day, try to eat one fruit or vegetable from each color of the rainbow of to make your body strong and healthy.
- Does anybody know how many servings of fruits and vegetables we should eat each day? At least five servings (raw or cooked) per day to stay healthy. Why do you think it is important to eat fruits and vegetables? They give us energy, helps us grow, keeps your heart healthy, improves memory, prevents us from getting sick and fight disease.
- As you are completing the Rainbow Pinwheel Wrap recipe discuss the Star Ingredient described.


## 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

# LESSON 7: CARROT CAKE & CREAM CHEESE FROSTING

## CARROT CAKE

Ingredient	Students Per Class		
	10	15	20
Grated carrots	1 1/4 cups	2 cups	2 1/2 cups
Flour 	1 1/4 cups	2 cups	2 1/2 cups
Baking powder	1 1/4 tsp	2 tsp	2 1/2 tsp
Baking soda	1/2 tsp	2/3 tsp	1 tsp
White sugar	4 tbsp	6 tbsp	8 tbsp
Brown sugar	1/2 cup	3/4 cup	1 cup
Plain yogurt	1/3 cup	1/2 cup	2/3 cup
Unsweetened applesauce	3 tbsp	5 tbsp	6 tbsp
Vanilla	1 tsp	1 1/2 tsp	2 tsp
Olive oil	1/3 cup	1/2 cup + 2 tsp	2/3 cup
Salt	1/3 tsp	1/2 tsp	1/2 tsp
Cinnamon	1 tsp	1 1/2 tsp	2 tsp

 : Make sure it is Peanut, Nut, and Sesame FREE

### PREP BEFORE CLASS:

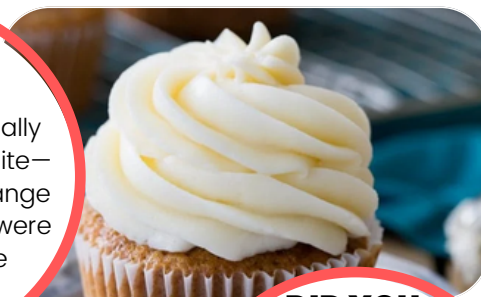
Preheat oven to 350°F. Blend the carrots if not grated.

### Directions:

1. In a large bowl, combine flour, baking soda, baking powder, salt, and cinnamon. Stir.
2. In another bowl, whisk together brown sugar, granulated sugar, oil, yogurt, applesauce, and vanilla extract until smooth.
3. Pour the wet mixture into the dry ingredients. Stir gently until just combined. Fold in the grated carrots.
4. Spoon the batter into the muffin liners, filling each slightly less than two-thirds full.
5. Place the pan in the oven and bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.
6. Remove the cupcakes from the oven and let them cool before adding the frosting. Enjoy!

### DID YOU KNOW

Carrots were originally purple, yellow, or white—not orange! The orange ones we eat today were developed in the Netherlands




### DID YOU KNOW

Butter has been around for over 4,000 years and was once made by shaking milk in animal skins. Now, it's a delicious staple in kitchens everywhere!



## CREAM CHEESE FROSTING

Ingredient	Students Per Class		
	10	15	20
Butter, unsalted	2 1/2 tbsp	3 tbsp	5 tbsp
Cream cheese	3 oz	4 1/2 oz	6 oz
Vanilla extract	1/2 tsp	2/3 tsp	1 tsp
Powdered Sugar	1 1/2 cup	2 1/4 cup	3 cups
Salt - pinch or to taste			

 : Make sure it is Peanut, Nut, and Sesame FREE

### PREP BEFORE CLASS:

Soften butter

### Directions:

1. In the food processor, have students add the butter and cream cheese. Blend them until the mixture is smooth and creamy.
2. Add the vanilla extract and salt to the processor. Mix again until everything is combined evenly.
3. Gradually add the powdered sugar, a little at a time, mixing in between additions.
4. Once all the sugar is added, mix until the frosting is fluffy and smooth.
5. Distribute a portion of frosting to students to spread on their cupcakes. Enjoy!

# LESSON 7: VISION OF THE HEROES

## SHOPPING LIST

### Ingredients to buy:

#### Fresh Produce:

- Grated carrots

#### Dairy:

- Unsalted butter
- Plain yogurt
- Cream cheese

Please see recipe for amounts, varies by class size

#### Pantry Staples:

- Brown sugar
- Powdered sugar
- Unsweetened applesauce
- Flour (NUT & SESAME FREE)
- Baking soda
- Baking powder

#### Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla extract
- Sugar
- Salt
- muffin liners and foil baking cups


## OBJECTIVES

- Understand carrot's role in supporting eye health.
- Master whipping to create light and fluffy texture.
- Practice combining wet and dry ingredients for baking.

## COOKING PRO

Room temperature ingredients are the secret to smooth batters and frosting. Softened butter and cream cheese mix easily, creating a creamy texture without lumps. This small step makes a big difference in the final result!

## 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.
- Display the ingredients for carrot cake cupcakes and cream cheese frosting, letting students observe and identify them. Ask, "What do you think we're making today?" and encourage students to share their guesses.
- Discuss how carrots, the star ingredient, can be used in desserts like carrot cake to add sweetness, moisture, and nutrients.
- Explain that today's recipes are all about "Vision of the Heroes," and how carrots are known for supporting eye health—a key superpower for any hero. Ask the class, "Why do you think superheroes need good vision?"
  - Share how beta-carotene in carrots turns into vitamin A in the body, which is important for keeping our eyes strong and healthy.
- Today's lesson combines delicious recipes with superhero-worthy skills and knowledge.
  - "By the end of class, you'll have created a tasty treat that not only looks and tastes amazing but also fuels your body like a true hero's snack. Let's gear up and start baking—our vision-powered cupcakes!"

## ENGAGEMENT TIPS



To give everyone a turn, split measuring into smaller parts. For example, have a few students each measure part of the yogurt.



When students mix the filling, have them watch how it changes. Ask them to say when the mixture looks smooth and creamy.

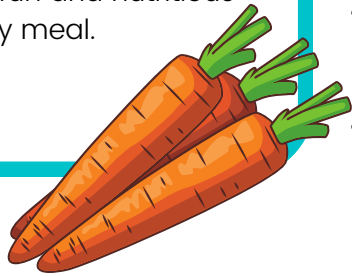


Remind students how long the tarts will need to set. Have them watch the clock and give reminders when time is almost up.


# LESSON 7: VISION OF THE HEROES

## STAR INGREDIENT : CARROTS

- Carrots are a crunchy, colorful vegetable packed with nutrients that make them a true superfood! They're best known for being rich in beta-carotene, which your body turns into vitamin A—great for keeping your eyes healthy and helping you see like a superhero. Carrots are also full of fiber, which supports digestion, and antioxidants that help protect your body from harmful free radicals.
- These versatile veggies can be eaten raw as a snack, roasted for a caramelized flavor, or blended into soups, smoothies, and even desserts!
- Plus, their bright colors, from orange to purple, yellow, and red, make them a fun and nutritious addition to any meal.



## DEVELOPMENT

 5-7 min


- Start by using volunteers to combine the dry ingredients in one bowl and the wet ingredients in another.
- Show how to fold grated carrots into the batter gently, being careful not to overmix. Discuss how carrots add moisture and sweetness to the cake, making it both nutritious and delicious.
- Let students take turns spooning the batter into muffin liners, emphasizing the importance of filling it slightly less than 2/3 of it.
- While the cupcakes bake, explain why the oven needs to be preheated and how the baking process helps the cupcakes rise and set. Ask students, "What happens when we combine heat, moisture, and air in baking?"
  - They make baked goods rise, stay soft, and become light and fluffy. It's how batter transforms into delicious treats!
- For the cream cheese frosting, let students take turns using the hand mixer, experiencing how the frosting becomes airy and fluffy with whipping. Discuss the star technique.
- Show students how to use a spatula to spread the frosting smoothly or create fun designs.
- While enjoying the cupcakes, remind students how the recipes bring together the theme of "Vision of the Heroes."
- Talk about how the carrots in the cupcakes are packed with nutrients to support vision, and how the whipping technique gave the frosting its fluffy, superhero-like texture.
- Encourage students to think about other creative ways to include carrots or use whipping in future recipes.



## STAR TECHNIQUE: WHIPPING

- Whipping is the process of adding air to your ingredients to make them light, fluffy, and airy—perfect for recipes like whipped cream, meringues, or even dips like whipped cottage cheese. The magic happens when you use a whisk, hand mixer, or stand mixer to beat the ingredients quickly.
- As you whip, tiny air bubbles are trapped in the mixture, creating a soft, cloud-like texture. For cream, you'll notice it starts as liquid, then thickens, and finally becomes fluffy peaks. For eggs, whipping separates and expands the proteins, helping your baked goods rise. Whipping transforms your food into something special—like giving it superhero powers to elevate both flavor and texture!



## 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

# LESSON 8: SUPERFOOD VEGGIE TOTS & DILL DIP

## SUPERFOOD VEGGIE TOTS

Ingredient	Students Per Class		
	10	15	20
Baby carrots	2 cups	3 cups	4 cups
Broccoli	2 cups	3 cups	4 cups
All-purpose flour 	1/2 cup	3/4 cup	1 cup
Ritz crackers 	13	20	26
Grated parmesan cheese	1/2 cup	2/3 cup	1 cup
Fresh dill	1 1/2 tbsp	2 tbsp	3 tbsp
Olive oil	3 tbsp	5 tbsp	7 tbsp
Salt	1/2 tsp	2/3 tsp	1 tsp

Optional: Ranch dressing OR ketchup for dipping  
 : **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Wash vegetables. Preheat oven to 400F. Grease baking sheet or line with foil.

### Directions:

- Pulse vegetables several times in food processor. You may need to pulse carrots and broccoli separately if there is not enough space in the food processor.
- Place remaining ingredients into a large bowl: flour, crushed crackers or breadcrumbs, parmesan cheese, oil, and salt. Stir until combined.
- Add blended veggies to bowl. Add fresh dill and mix to combine.
- Form mixture into individual tots/cylinders or patties (about 1 tablespoon of mixture each) and place on baking sheet. If they do not hold their shape, add 1tbsp additional oil.
- Bake for 15 minutes at 400F. Flip each tot and bake another 10 minutes. (Total 25 minutes). Cool. Enjoy!



### DID YOU KNOW?

Olive oil comes from pressing olives and is one of the healthiest fats you can eat. It's a key ingredient in Mediterranean cooking!

### DID YOU KNOW?

Carrots can have many colors, including white, purple and yellow.



## DILL DIP

Ingredient	Students Per Class		
	10	15	20
Cucumber, medium	1 1/2	2	3
Garlic clove	2	3	4
Greek yogurt	1 1/2 cup	2 1/2 cup	3 cups
Fresh mint or dill, chopped	1 tbsp	2 tbsp	3 tbsp
Cold water	1 1/2 tbsp	2 tbsp	3 tbsp
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp

Other: Add salt to taste and (optional) Pita chips for serving (NUT FREE)

 : **Make sure it is Peanut, Nut, and Sesame FREE**

### PREP BEFORE CLASS:

Wash cucumber and mint or dill.

### Directions:

- Have students chop the cucumber into small pieces.
- Have students finely chop garlic
- In a large mixing bowl, whisk yogurt, salt and mint/dill together.
- Pour cold water in the bowl gradually and mix well.
- Add in cucumbers and garlic.
- Mix well, top with olive oil and serve. Enjoy!

# LESSON 8: BRAIN BOOSTING BITES

## SHOPPING LIST

### Ingredients to buy:

#### Fresh Produce:

- Baby carrots
- Broccoli
- Fresh dill
- Cucumbers
- Garlic

#### Dairy:

- Grated Parmesan cheese
- Greek yogurt

Please see recipe for amounts, varies by class size

#### Pantry Staples:

- Ritz crackers (NUT & SESAME FREE)
- All-purpose flour (NUT & SESAME FREE)

#### Optional:

- Ranch dressing
- Ketchup
- Pita chips (NUT & SESAME FREE)

#### Ingredients in the bin:

- Olive Oil
- Salt

## OBJECTIVES

- Learn how to identify proteins, carbs, and fats in healthy snacks.
- Practice basic knife skills by chopping vegetables for the dill dip.
- Understand the importance of mixing.

## 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 both recipes, guess what we are making.
- Who likes snacks? What are your favorite type of snacks?
- In America, common snack foods are potato chips, pretzels, popcorn, cookies, and cheese and crackers. And while anything is okay in moderation, these are not foods that should be eaten every day since they are high in saturated and trans fats.
- The good news is there are healthy snack options - and especially when adding herbs and spices, we can turn a boring snack into a delicious treat!

## COOKING PRO

Always read the entire recipe before starting! This helps you understand the steps and ensures you have all the ingredients and tools ready to go. Preparation is key to stress-free cooking!

## ENGAGEMENT TIPS



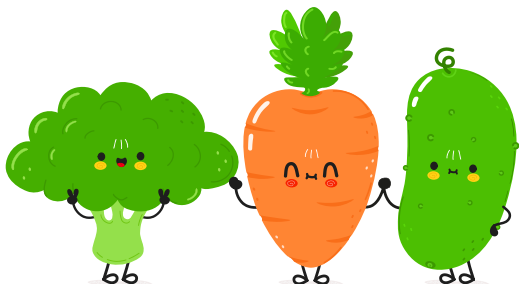
While mixing or whisking, let each student have a turn. Count "1-2-3-4-5 PASS!" to keep it moving. Remind students to use their wrists to control the tool and avoid spills.



When students chop, review the bear claw technique for safety. Check in often and encourage them to chop ingredients finely and evenly.



When using a new herb or spice, let students feel and smell it. Ask what it reminds them of and what herbs or spices they know.



## STAR INGREDIENT: DILL

- Dill is an herb that is native to the Mediterranean region and parts of Western Asia.
- Dill has been used for centuries as a medicinal herb, culinary ingredient, and even as an ingredient in perfumes.
- Digestive health: Dill has been traditionally used to soothe digestive issues such as bloating, gas, and indigestion.
- Source of vitamins and minerals: Dill is a good source of vitamins A and C, as well as minerals like calcium and iron, which are important for maintaining overall health.
- Calming properties: Dill has been used as a natural remedy for promoting relaxation and reducing anxiety. Its aroma is believed to have a calming effect on the mind.



## DEVELOPMENT

🕒 5-7 min

- Healthy snacks need to contain some combination of two of these things things: protein, carb, and fat.
  - Protein - tuna, yogurt, cottage cheese, hummus, hard boiled eggs, jerky, etc...
  - Carb- quinoa, oats, sweet potato, whole grain crackers, apply, baby carrots etc...
  - Fat - avocado (or guacamole), nut or sunflower seed butter, dark chocolate, chia seeds
- You can combine these foods to create a healthy snack that satisfies hunger and leaves you feeling satisfied for longer.
- We can make the snacks more fun by seasoning them to our liking! For example - hummus and carrots can be a lot more yummy when adding garlic, salt, pepper, sesame seeds, and even some fresh herbs. A plain avocado can be made even better with "everything but the bagel" seasoning, or even adding red pepper flakes for a spicy kick!
- What combinations of snack foods and spice would you want to try?
- Can you identify the protein, carb, and fat in our first recipe: Veggie Tots? What about the dip? Why is it a healthy snack?
- The veggie tots are great snack because they are easy to make, hand-held and easy to pack on the go, and of course - delicious! They have vegetables, cheese for protein, olive oil for healthy fat, and carbs in carrots.
- Just like the first recipe, the smoothie is packed with healthy ingredients: yogurt for protein, bananas for carbs, and honey to add some sweetness.
- Both of these recipes can be customized with other foods you like; swap strawberries or mangos or dill with basil!

## STAR TECHNIQUE: MIXING

- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!
- Mixing can also refer to stirring. What is stirring? Stirring means mixing ingredients together with the use of utensils, without vigorous motion, until evenly blended.



## 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




# LESSON 9:

## MUFFIN PIZZA & CHOCOLATE BERRY MUD

### ENGLISH MUFFIN VEGGIE PIZZA

Ingredient	Students Per Class		
	10	15	20
English muffins	5 (10 halves)	8	10
Tomato sauce	2 cups	3 cups	4 cups
Olive oil	1 tbsp	1 ½ tbsp	2 tbsp
Fresh basil	1/2 cup	2/3 cup	1 cup
Shredded mozzarella cheese	3 1/2 cups	5 cups	7 cups
Red bell pepper	1	1 ½	2
Black olives	1 can	1 can	2 cans

 **Make sure it is Peanut, Nut, and Sesame FREE**

#### PREP BEFORE CLASS:

Preheat oven to 350 F. Put foil on oven tray, grease with olive oil. Divide bell pepper into equal pieces, and pass out basil leaves. Open cans.

#### Directions:

1. Have students slice their individual piece of red bell pepper. They may also chop basil leaves, or keep the leaves whole, whatever they prefer.
2. Have each student spread the pizza sauce on their piece of English muffin.
3. Have students sprinkle mozzarella cheese onto their pizza.
4. Have students top with the basil, red bell pepper, and black olives.
5. Bake in the oven for 10-12 minutes, until cheese is melted. Let cool and enjoy!



#### DID YOU KNOW?


One red bell pepper contains 170% of the RDA of Vitamin C, making it one of the richest sources of this important vitamins.




#### DID YOU KNOW?

The sweetness of blueberries come from a type of natural sugar called fructose.

### CHOCOLATE BERRY MUD

Ingredient	Students Per Class		
	10	15	20
Mixed berries, frozen	2 cups	3 cups	4 cups
Spinach	2 cups	3 cups	4 cups
Avocado	1	1 1/2	2
Cocoa powder 	3 tbsp	5 tbsp	7 tbsp
Honey	3 tbsp	5 tbsp	7 tbsp

Other: Water, if needed

 **Make sure it is Peanut, Nut, and Sesame FREE**

#### PREP BEFORE CLASS:

Wash avocado and spinach. Prepare blender attachments.

#### Directions:

1. Cut the avocado in half and remove the pit.
2. Scoop the avocado into a blender.
3. In the same blender, add spinach, frozen mixed berries, cocoa powder, and honey.
4. Blend all of the ingredients together, pausing to scrape down the sides as necessary. If needed, add water to help blend, but add very slowly! The "mud" should have the consistency of a thick pudding.
5. Pour the mixture into cups or bowls, and enjoy!

# LESSON 9

## DEFENDERS OF HEALTH

### Ingredients to buy:

#### Fresh produce:

- Red bell pepper
- Spinach
- Avocado
- Fresh basil

#### Dairy:

- Shredded mozzarella cheese

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Pantry Staples:

- English muffins
- Tomato sauce
- Black olives, canned
- Cocoa powder (NUT & SESAME FREE)

#### Frozen Goods:

- Frozen mixed berries


#### Ingredients in the bin:

- Olive Oil
- Honey

### OBJECTIVES

- Name benefits of using fruits and berries in dessert making
- Name at least two benefits of blueberries

### 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 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?
- Discuss that today we are going to be making recipes that use berries. Fruits and berries not only add natural sweetness to our desserts but also provide essential vitamins, minerals, and fiber. So let's dive into the theory of using these nature's treats to create delightful and healthy desserts!
- Fruits and berries are a gift from nature, offering a wide range of flavors, textures, and colors. They are packed with natural sugars, which make them the perfect ingredients for sweetening desserts. Unlike processed sugars, fruits and berries come with the added benefits of vitamins, minerals, and antioxidants. Incorporating them into our desserts allows us to indulge in sweetness while nourishing our bodies.
- Enhancing Flavor and Texture: Adding fruits and berries to desserts not only enhances the taste but also introduces exciting textures.
- When you are craving something sweet, of course, you can always grab a cookie or a cupcake, but some healthier dessert options are just as delicious.

### STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure? Measuring cups (dry and liquid), measuring spoons, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!
- See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques.

### ENGAGEMENT TIPS



Set up a separate assembly station with all ingredients. Have students line up to build their recipe. While they wait, ask what other toppings or ingredients they might add at home.



Between steps, have students wipe cutting boards with a paper towel and place used knives in the sink to keep work areas clean.



Remind students how long the pizzas will bake. Have them watch the clock and call out when 5 and 2 minutes are left.

# LESSON 9

## DEFENDERS OF HEALTH

### STAR INGREDIENT: BLUEBERRIES

- Blueberries are native to North America and have been consumed for thousands of years by Native American tribes who recognized their delicious flavor and health benefits.
- The deep blue-purple color of blueberries comes from pigments called anthocyanins, which are powerful antioxidants.
- Blueberries are often referred to as a "superfood" due to their high concentration of vitamins, minerals, and antioxidants. They are considered one of the healthiest fruits.
- Blueberries are often referred to as "brain food" due to their potential cognitive benefits.
- Blueberries are a good source of dietary fiber, which aids digestion and promotes a healthy gut.
- Blueberries are rich in vitamin C, which boosts the immune system and supports overall health.



### COOKING PRO

Always let your baked goods cool completely before serving or decorating. Cooling allows the texture to set properly, ensuring cookies are chewy, cakes are fluffy, and pastries are crispy. Plus, flavors develop as they cool, making your treats even more delicious. Rushing this step can lead to crumbling or a less polished final product!

### DEVELOPMENT

🕒 5-7 min

- As you start cooking discuss how berries can enhance the flavor and texture of the dish:
  - Freshness and Moisture: Chopped or pureed fruits and berries can provide a burst of freshness and moisture to cakes, muffins, and pastries. They prevent dryness and add a juicy element that makes every bite delightful.
  - Tangy and Tart: Some fruits, like citrus fruits or berries, have a naturally tangy or tart flavor. These fruits can balance the overall sweetness of a dessert, creating a well-rounded taste profile.
  - Crunch and Chew: Incorporating sliced or diced fruits and berries into pies, tarts, or crumbles can add a pleasant crunch or chewiness. This creates interesting textural contrasts, making desserts more exciting to eat.
- Pairing fruits and berries with other ingredients is an art that can take your dessert to new heights. Consider these factors when creating flavor combinations:
  - Flavor Combinations: Certain fruits and berries pair well with specific flavors. For example, citrus fruits work beautifully with vanilla, while berries often go hand-in-hand with chocolate. Experiment with different combinations to discover your favorite flavor matches.
  - Contrasting Flavors: Don't be afraid to explore contrasting flavors. Sweet fruits like pineapple or mango can be paired with slightly savory elements like coconut or mint to create a unique and refreshing dessert experience.
  - Seasonality: Choosing fruits and berries that are in season ensures their peak flavor and sweetness. It also encourages supporting local farmers and enjoying the freshest produce available.

- As we conclude the lesson, remember that fruits and berries are not only delicious but also offer numerous health benefits. Incorporating them into dessert-making allows us to enjoy sweet treats guilt-free while nourishing our bodies with essential nutrients.


### 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

## STUFFED PEPPERS

1/4 pepper per student

Ingredient	Students Per Class		
	10	15	20
Bell peppers	3	4	5
Mushroom	1/3 pound	1/2 pound	1 pound
Red onion	1/2 cup	2/3 cup	1 cup
Black olives, sliced	1/4 cup	1/3 cup	1/2 cup
Garlic clove, minced	1	1 1/2	2
Raisins	1/3 cup	1/2 cup	2/3 cup
Shredded cheese (Mexican blend)	1 1/2 cups	2 cups	3 cups
Olive oil	2 1/2 tbsp	4 tbsp	5 tbsp
Paprika	1 1/2 tbsp	2 1/2 tbsp	3 tbsp
Cumin	1 tbsp	1 1/2 tbsp	2 tbsp
Salt	1 tbsp	1 1/2 tbsp	2 tbsp
Other: Salt to taste.			
 <b>Make sure it is Peanut, Nut, and Sesame FREE</b>			

### PREP BEFORE CLASS:

Preheat the oven to 350 degrees F. Wash peppers, cut off tops, and remove insides.

### Directions:

1. Have students dice mushrooms, red onion, black olives, and garlic. Mix together in a bowl.
2. Add paprika, cumin, salt and 1 tbsp of olive oil to the bowl of veggies, mix to combine.
3. Add raisins, mix to combine.
4. Add indicated cup amount of shredded cheese and mix.
5. Scoop about 1/2 cup of mixture into the cleaned pepper until fully stuffed.
  1. Add more cheese onto the tops of the peppers.
  2. Bake for 15 minutes and let cool.
  3. Slice into quarters and enjoy!

### DID YOU KNOW?


Raisins are made by drying grapes in the sun or in drying ovens, concentrating their natural sweetness!



### DID YOU KNOW?

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

## FRUIT KEBABS & YOGURT DIP

Ingredient	Students Per Class		
	10	15	20
Strawberry	16 oz	24 oz	32 ounce
Blueberries	6 oz	9 oz	12 oz
Bananas	2 1/2	4	5
Plain Greek yogurt	2 1/2 cups	4 cups	5 cups
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Cinnamon	1 tsp	1 1/2 tsp	2 tsp
Honey	1 tbsp	1 1/2 tbsp	2 tbsp
Lime zest	1/3 tsp	1/2 tsp	2/3 tsp
 <b>Make sure it is Peanut, Nut, and Sesame FREE</b>			

### PREP BEFORE CLASS:

Rinse all the fruits before class starts. Cut each banana into 4 pieces

### Directions:

1. Demonstrate to students, how to safely cut strawberries and bananas into bite-size pieces.
2. Pass out to each student 1 strawberry, 2 blueberries, and a piece of banana that was previously cut. Have students cut strawberries and bananas into bite-size pieces
3. Demonstrate how to assemble a fruit kabob. Then pass out a couple toothpicks to each student to build their own.
4. In a bowl, have the students measure out the yogurt, vanilla, cinnamon, and honey. Add in the lemon zest and mix.
5. Pour the dip into individual cups and have the students dip in their fruit kabobs. Enjoy!

# LESSON 10: POWERFUL COLORS, POWERFUL YOU

## SHOPPING LIST

### Ingredients to buy:

#### Fresh Produce:

- Bell peppers
- Mushrooms
- Strawberries
- Blueberries
- Bananas
- Lime (for zest)
- Red onions
- Garlic cloves

Please see recipe for amounts, varies by class size

#### Dairy:

- Shredded cheese, Mexican blend
- Plain Greek yogurt

#### Pantry Staples:

- Black olives
- Raisins
- Paprika
- Cumin

### Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla extract
- Honey
- Salt

## OBJECTIVES

- Identify the rainbow food benefits in diet
- Explore how food with vibrant colors can make meals fun, healthy, and energizing.
- Learn the dicing technique to safely chop ingredients for cooking.



## STAR INGREDIENT : RED PEPPER

- Peppers are native to Mexico, Central America, the Caribbean and northern South America. Pepper seeds were imported to Spain in 1493 and then spread through Europe and Asia.
- The most common colors of bell peppers are green, yellow, orange and red.
- A red bell pepper supplies twice the vitamin C and eight times the vitamin A content of a green bell pepper.



## 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.
- Show students the colorful ingredients we'll be using and ask, "What do you think we're making today?" Explain that the recipe comes from the Peruvian Super Cuisine dishes!
- Introduce the first recipe: stuffed peppers, a colorful and nutrient-packed dish. Share how peppers and other ingredients in today's recipe are full of "superpowers" that help keep us healthy.
  - Today, we'll learn how to use food as our superhero fuel, turning these colorful ingredients into meals that power up our hearts, brains, and bodies! Each color we eat brings its own special power to our bodies.
- Before starting the recipe, highlight the importance of dicing. Share that dicing ingredients into even pieces helps them cook evenly and makes the dish look beautiful and professional.
- Encourage students to think about how food fuels them daily.
  - "When you run, solve puzzles, or just staying active, the right foods help your body and mind perform like a superhero.
- Remind students that by the end of the class, they'll not only know how to prepare this colorful dish but will also understand how to power their bodies with colorful, nutrient-packed foods.

## ENGAGEMENT TIPS



To give everyone a turn, split measuring into smaller parts. For example, instead of one student measuring all the cheese or yogurt, have several students each measure a portion.



When students are chopping, review the bear claw technique. Check in often and encourage them to chop ingredients finely and safely.

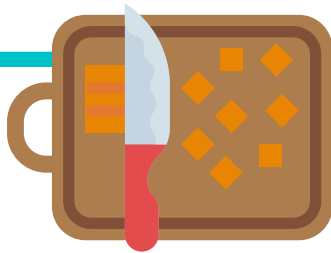


While zesting, let each student take a turn. Count "1-2-3-4-5 PASS!" to keep it fun and moving.

# LESSON 10: POWERFUL COLORS, POWERFUL YOU

## STAR TECHNIQUE: DICING

- Dicing means to cut an ingredient into small cubes or squares that are about the size of the tip of your thumb or dice that you use in a board game.
- Which tools do you use to dice? Knife, cutting board
- What types of food do you dice? Fruits, veggies, meats
- Why do we dice ingredients? Dicing ingredients makes it easier to mix them into recipes, allows them to cook more quickly and gives you several flavors in one bite.



## COOKING PRO


Olives are actually a fruit, not a vegetable! They are naturally very bitter when picked fresh and need to be cured or fermented to develop their signature briny flavor. This curing process can take weeks or even months, with methods ranging from brining and dry curing to lye treatment, each influencing the final taste and texture of the olive.

## DEVELOPMENT

- As you start preparing the bowl of ingredients to stuff the peppers, inform the students that eating a variety of colors not only makes our meals beautiful but also powers our bodies with unique nutrients to keep us strong and healthy.
- Ask the students "What colors do you see? What do you think these colors mean for our health?"
  - Talk about how red foods like peppers and strawberries help our hearts and memory!
  - Yellow/Orange Foods like bananas gives us energy and keeps our skin healthy!
  - Green Food like herbs, spinach, lettuce, or green peppers make us strong and help fight sickness!
  - Purple/Blue Foods like blueberries helps keep our brains sharp!
- Discuss how eating a variety of colors ensures we get a wide range of vitamins and minerals.
  - When you eat colorful foods, you power different parts of your body!
  - Think of the rainbow on your plate as armor that keeps you energized and healthy.
- While assembling kabobs, emphasize the fun in creating a colorful "rainbow stick."
- Discuss how each color represents a "superpower" for the body (red for heart health, yellow for energy)
- Encourage students to think about their favorite colorful meals and adding more colors.
- Discuss how they can replicate the recipe at home with family using different colored veggies and fruits.
- Ask students: "What powerful colors will you add to your plate this week to feel strong and healthy?"



## 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

## SKILLS LIST:

#1. Zesting!



#2. Slicing!



#3. Tossing



#4. Peeling



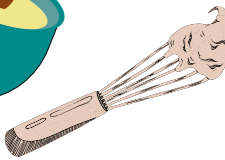
#5. Measuring!



#6. Mixing!



#7. Whisking!



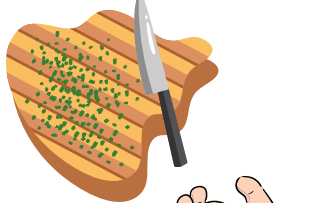
#8. Dicing!



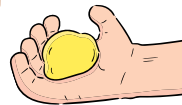
#9. Pouring!



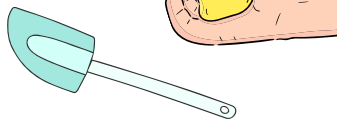
#10. Mincing!



#11. Rolling!



#12. Folding!



#13. Mashing!



#14. Dipping!



#15. Blending!



## OBJECTIVES

- Display different skills we learned throughout the session!
- Identify ways that we have improved from start to finish!

## SKILL SHOWCASE

🕒 5-7 min

Lay out the following iCook tools on a demonstration table:

- large bowl
- lettuce knives
- spatula
- spoons
- whisk
- fork
- zester
- measuring cups
- blender pitcher
- cutting boards



Starting at Skill #1 and working your way down, call up students and ask them to demonstrate that particular skill using the correct tool. They do not actually need to interact with an ingredient--they can just mime the motion!

- For example, for "Whisking," a student can take a whisk and a bowl and mime whisking together ingredients. Once students have demonstrated the technique, ask them when they could use this technique.
- For example: What ingredients do you usually whisk? Repeat until every student has gone. If you run out of techniques, have them loop back to the beginning!
- The more high-energy you are in your delivery, the more excited the kids will be!

## SKILL CARDS

Skill cards on the last two pages can be printed and used to help with the demonstration. Teachers can hold up the card while naming each skill, and students can use the card to help match the skill to the tool.

## CLASS ASSESSMENTS

Fill out the class assessment online and be sure to select the POST class option.

Ask students the simple questions and record the number of hands raised for each question.

Type of Assessment \*

- Pre-Assessment (First Day of Class)
- Post-Assessment (Last Day of Class)



## SKILL SHOWCASE

🕒 5-7 min

Once students have all shown off their talents, go through the questions below regarding what they learned in the class:

1. How many fruits and vegetables can we name?
2. Why is it important for us to eat protein every day?
3. Why do we measure our ingredients?
4. What are some kitchen safety rules?
5. What was your favorite recipe we made this semester?

## END OF THE SESSION

Be sure to clean up the class room and throw away all trash. As students are leaving, pass out the Certificates, found in the bin, for students to take home for completing the course!

- Wash and dry all equipment
  - Make sure none of the materials are still wet when packing up. (Items will mold)
- Follow your coordinator's instructions for retuning the bin
  - When shipping back, please remove all loose ingredients:
    - Flour, Sugar, etc.

## HAND OUT TO STUDENTS

### CONGRATULATIONS

#### on completing Cooking Class!

You did an amazing job slicing, dicing, mixing, and more!  
*This certificate is proudly presented to...*

Keep cooking at home! Download our Cookbook by scanning the QR code.



Don't forget to visit our website for information about the next session!





**Zesting**



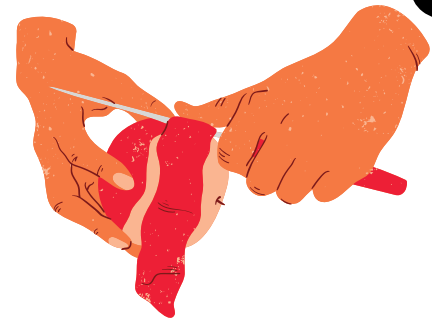
**Slicing**



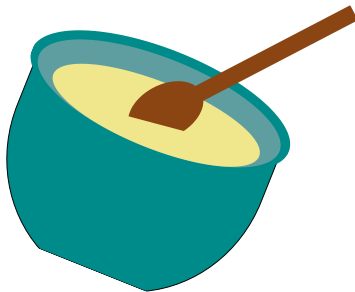
**Tossing**



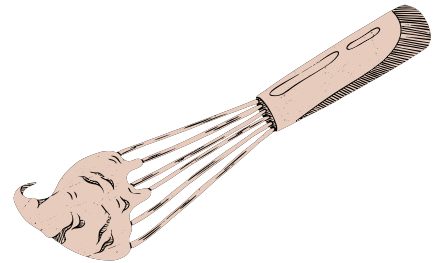
**Peeling**



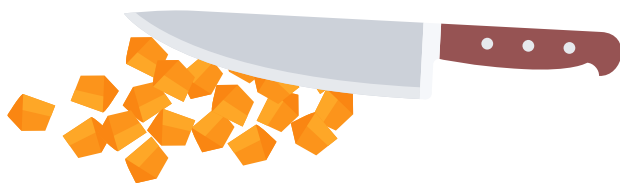
**Mixing**



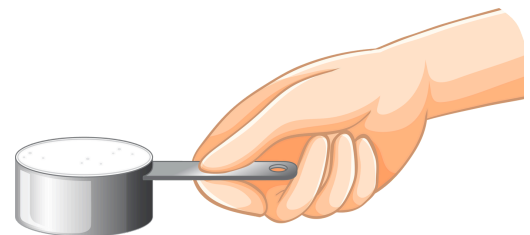
**Whisking**



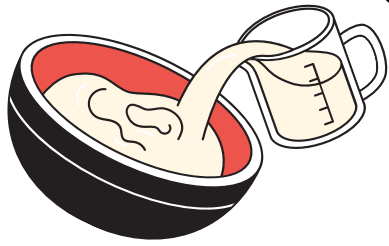
**Dicing**



**Measuring**



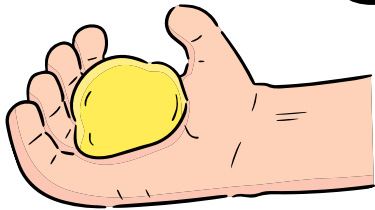
**Pouring**



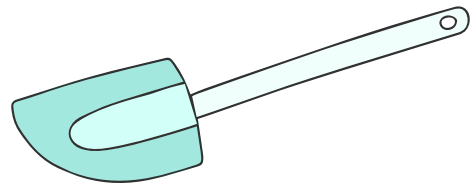
**Mincing**



**Rolling**



**Folding**



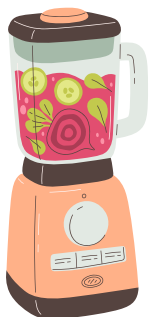
**Mashing**



**Dipping**



**Blending**



*Thank you & Happy  
Cooking!*

