


LESSON 10: SPOOKY AND HEALTHY

SPOOKY MUFFIN 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 12 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 (as the mouth), and black olives (as the eyes).

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 vitamin.





DID YOU KNOW?

Cottage cheese got its name because it was first made in cottages using leftover milk after butter-making!

MONSTER GREEN DIP

Ingredient	Students Per Class		
	10	15	20
Cottage cheese	2 cups	3 cups	4 cups
Avocado, ripe	1/2	3/4	1
Fresh dill	2 tbsp	3 tbsp	¼ cup
Fresh parsley	¼ cup	½ cup	½ cup
Lemon juice	2 tbsp	3 tbsp	4 tbsp
Salt	½ tsp	¾ tsp	1 tsp
Garlic powder	¼ tsp	½ tsp	½ tsp

Additional: Pita chips for serving. 

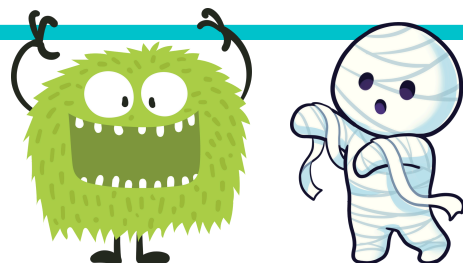
 Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Prepare the food processor.

Directions:

1. Have students measure and combine all ingredients into food processor. Blend until well combined and the herbs are fully integrated into the dip
2. Serve each student 1/4-1/3 cup of dip with a handful of pita chips. Enjoy!



LESSON 10:

SPOOKY AND HEALTHY

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh produce

- Avocado
- Red bell pepper
- Fresh basil
- Fresh dill
- Fresh parsley
- Lemon Juice

Dairy

- Shredded mozzarella cheese
- Cottage cheese

Ingredients in the bin:

- Salt
- Olive oil

Pantry Staples:

- English muffins
- Tomato Sauce
- Black olives
- Pita chips (NUT & SESAME FREE)
- Garlic powder

OBJECTIVES

- ☒ Learn about heart healthy fats like avocado
- ☒ Explore customizing recipes to our tastes
- ☒ Enjoy spooky and fun inspired treats

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.
- Can anyone guess what dishes we may be making with the ingredients today?
 - English muffins
 - Tomato sauce
 - Fresh Basil
 - Cottage cheese
 - Avocado
 - Fresh Dill
 - Fresh parsley
 - Lemon
- As you are completing the monster dip, discuss the Star Ingredient – Avocado!
 - Who has ever had avocado?
 - Do you know that avocado is a heart healthy food?
- Talk about the Star Technique: Customization!
 - What does it mean to customize a dish?
 - What are some flavors we can customize in this dish?
 - Changing the vegetables for the toppings of the pizzas, decorating your pizza differently, or adding more or less herbs and lemon juice are some ways that the flavors can be customized!
- Demonstrate the Star Technique when adding ingredients into the monster dip.
- Additionally, discuss the Cooking Pro fact described on the next page.

STAR INGREDIENT: AVOCADO



- Avocados are a great source of heart-healthy monounsaturated fats, which can help lower bad cholesterol levels.
- One avocado contains about 20 different vitamins and minerals, including potassium, which helps maintain healthy blood pressure.
- Avocados are high in fiber—around 10 grams per fruit, making them great for digestion and promoting a feeling of fullness!

STAR TECHNIQUE: CUSTOMIZATION

- Customization means changing or adjusting food to make it just the way you like it!
- What foods do you usually customize?
 - Almost anything! You can customize sandwiches, salads, pasta, smoothies, and even desserts by choosing different ingredients.
- Why customize?
 - Customization lets you make food fit your taste, diet, or preferences. For example, if you like spicy food, you can add extra seasoning. If you don't like a certain ingredient, you can leave it out!



COOKING PRO:

When making your Spooky Muffin Pizzas, less is more when it comes to toppings! If you pile on too much sauce or cheese, your muffin might get soggy instead of crispy. Spread the tomato sauce in a thin layer, sprinkle just enough cheese to melt nicely, and have fun placing your pepper mouths and olive eyes. A spooky face and a crispy bite? That's a win-win!

DEVELOPMENT

⌚ 5-7 min

- In this class, we're cooking up some frightfully fun recipes to celebrate Halloween! With a little imagination and a lot of fun, we're turning everyday foods into silly, spooky treats you can eat!

Spooky Muffin Pizzas

- We made little pizzas on English muffins and gave them spooky faces!
- First, we added tomato sauce, then cheese, and a basil leaf. We used pepper slices for mouths and olives for eyes. Each pizza is different, just like your imagination!



Green Monster Dip

- This green dip looks like it came from a monster's swamp, but it tastes yummy! It's made with avocado and cottage cheese and is great for dipping crackers or veggies. It's gooey, green, and fun to eat!

In our spooky kitchen, we don't just cook—we create!

- You get to be a chef, a monster-maker, and a food artist.
- Everyone's snack looks different, and that's what makes it special!

What do you love most about your spooky snack?

- Is it funny? Silly? A little gross? That's the fun of Halloween food!
- Halloween is the perfect time to play with your food (in a good way!)
- You're using your hands, your brain, and your imagination to make something tasty and fun. And remember... In the world of spooky snacks, there's no wrong way to be creative!

ENGAGEMENT TIPS



When students are chopping the basil or slicing peppers always introduce (or reintroduce!) the bear claw technique. Make sure to check in with students routinely.



Have students split up measuring Ingredients and take turns putting their Ingredient In the food processor.



Introduce (or re-introduce) the blender dance! When one student blends, have the others dance at their seats until the mixture is fully 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