

LESSON 16:

PÃO DE QUEIJO & BRAZILIAN LEMONADE



DID YOU KNOW?

In Brazil, people often eat these biscuits for breakfast with coffee

BRAZILIAN CHEESE BREAD

Ingredient	Students Per Class		
	10	15	20
All-purpose flour 	3/4 cup	1 cup	1 1/2 cup
Cornstarch	3/4 cup	1 cup	1 1/2 cup
Baking powder	1/2 tsp	3/4 tsp	1 tsp
Salt	1/2 tsp	3/4 tsp	1 tsp
Olive oil	1/3 cup	1/2 cup	2/3 cup
Milk	2/3 cup	1 cup	1 1/3 cup
Grated parmesan cheese	1 cup	1 1/2 cups	2 cups
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Preheat the oven to 400°F.

Directions:

1. Have students measure ingredients, mixing dry and wet ingredients in separate bowls.
2. Add wet ingredients to dry ingredients.
3. Stir just until combined, it will be a thick batter.
4. Add batter to tin muffin liners with room to rise (around 2 tablespoons per greased tin)
5. Bake for 15-20 minutes
6. Let cool and enjoy!

BRAZILIAN LEMONADE

Ingredient	Students Per Class		
	10	15	20
Fresh limes	9	14	18
Sweetened condensed milk	1 cup	1 1/2 cups	2 cups
Sugar	1 cup	1 1/2 cups	2 cups
Cold water	12 cups	18 cups	24 cups
Ice, optional	1/4 cup	1/3 cup	1/2 cup

Other: Cups for serving. 20 serving recipe will need to be made in 2 rounds

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

PREP BEFORE CLASS:

Wash all limes.

Directions:

1. Pass out limes and ask students to cut into 4 pieces (quarters).
2. Collect all limes and add to a blender.
3. Have 2 students measure out sugar and condensed milk and add a blender.
4. Add water and ice and blend.
5. Pour into plastic cups and enjoy!



DID YOU KNOW?

Limes sink whereas lemons float

LESSON 16:

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SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Limes

Dairy:

- Milk
- Grated Parmesan Cheese
- Sweetened condensed milk

Pantry Staples:

- Flour (NUT & SESAME FREE)
- Cornstarch
- Baking powder

Other:

- Ice cubes (optional)
- Cold Water

Ingredients in the Bin:

- Sugar
- Salt
- Olive oil

OBJECTIVES

- ☒ Teach and Discuss Brazilian cuisine
- ☒ Discuss the star technique and star ingredient
- ☒ Discuss common ingredients used in Brazilian cooking
- ☒ Talk about Brazil fun facts

DEVELOPMENT

⌚ 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Brazilian Cuisine
 - Do you have any favorite Brazilian dishes?
 - Can anyone guess what dishes we may be making with the ingredients today?
 - Parmesan Cheese, Flour, Baking powder, Cornstarch, Limes, Sweetened condensed milk
- Discuss a few popular Brazilian dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
 - Feijoada: Brazil's national dish, a hearty stew made with black beans, pork, and beef, slow-cooked and traditionally served with rice, orange slices, and farofa (toasted cassava flour).
 - Pão de Queijo: Chewy cheese bread made from tapioca flour and Parmesan or Minas cheese.
 - Brigadeiros: Sweet chocolate truffles made with condensed milk, cocoa powder, and butter, rolled in chocolate sprinkles, often served at celebrations.

STAR TECHNIQUE: JUICING

Juicing fruits and vegetables is a tasty way to pack a bunch of nutrients into one refreshing drink.

Adding a splash of lime juice brightens up the flavor and gives your blend a zesty kick—plus, it's loaded with vitamin C! Try combos like carrot-apple-lime or cucumber-spinach-lime for something fresh and tangy.

ENGAGEMENT TIPS



While stirring, let each student take a turn. Count "1-2-3-4-5 PASS!" and remind them to use their wrists to avoid spills.



Do the blender dance! While the lemonade blends, let students dance by their chairs. When it stops, they freeze.



While mixing, have students watch how the dry and wet ingredients come together. Ask them to say when the batter looks fully combined.

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STAR INGREDIENT:

LIME



- Limes are native to Southeast Asia and were brought to the Mediterranean region and northern Africa by traders. Spanish explorers introduced limes to the Americas in the 16th century, where they became a key ingredient in regional cuisines.
- The most common types of limes are Persian limes and Key limes
- A single lime provides over 20% of the daily recommended intake of vitamin C.



BRAZIL FUN FACTS

- The world's largest tropical rainforest, the Amazon, is located in Brazil.
- Brazil is the largest country in South America.
- Rio de Janeiro, Brazil is one of the most visited cities.
- Carnival is a vibrant festival with parades, music, and dance, and it is celebrated annually in Rio de Janeiro.
- Soccer, or football, is the most popular sport in Brazil, with numerous world-class players and passionate fans.
- Brazil is known for its diverse culture, influenced by indigenous, European, and African traditions.

EXPLORING COMMON BRAZILIAN INGREDIENTS



- Coconut: Coconut can be used as milk, oil, or grated to make foods extra creamy or add a touch of sweetness. It's great in both stews and desserts!



- Cassava: A root vegetable that's super versatile! It can be fried into crispy snacks or ground into flour for yummy dishes like farofa.



- Rice: Rice is a big part of Brazilian meals. It's often served with beans or used in flavorful dishes like coconut rice.



- Dendê Oil: A type of palm oil with a bright orange hue that gives foods a unique color and flavor.



- Beans: A favorite ingredient in Brazil. They're most famously used in feijoada, a hearty and tasty stew.



- Plantains: Plantains are a type of banana that gets cooked by frying or baking. They're delicious in both sweet and savory dishes.



- Citrus: Limes and oranges bring fresh, tangy flavors to marinades, dressings, and refreshing drinks that brighten up any meal.



- Pineapple: Pineapple is a tropical fruit that's not only juicy and sweet but also amazing in savory dishes or caramelized for desserts.

- Salted Meat: This meat is dried and salted, giving it a unique taste. It's often paired with beans or cassava for filling, yummy meals!

END OF CLASS CHECKLIST

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal