


## SWEET POTATO PUDDING

Ingredient	Students Per Class		
	10	15	20
Canned Sweet potato (15 oz can)	1 can	1 1/2 cans	2 cans
Brown sugar	1/3 cup	1/2 cup	2/3 cup
Milk	3/4 cup	1 cup + 2 tbsp	1 1/2 cups
Cornstarch	3 tbsp	4 1/2 tbsp	6 tbsp
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Other: Foil baking cups			
 : <b>Make sure it is Peanut, Nut, and Sesame FREE</b>			

### PREP BEFORE CLASS:

Preheat oven to 375F. Open canned sweet potatoes, drain and rinse.

### Directions:

1. Have students help measure and add all ingredients into a blender.
2. Blend until well combined. The consistency should be smooth--no chunks of sweet potato!
3. Spoon about 1/4 cup sweet potato mixture into foil baking cups.
4. Place pudding in oven and bake for 10-12 minutes, until top is cracked and golden brown.



### DID YOU KNOW?

Corn and bean dishes are sometimes also called succotash

## GITHERI

Ingredient	Students Per Class		
	10	15	20
Kidney beans (15 oz can)	1 can	1 1/2 cans	2 cans
Corn (15 oz can)	1 can	1 1/2 cans	2 cans
Tomatoes	2	3	4
Curry powder	1 tsp	1 1/2 tsp	2 tsp
Garlic clove	1	1 1/2	2
Cilantro	1 bunch	1 1/2 bunch	2 bunches

Other: salt and pepper to taste.

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

### PREP BEFORE CLASS:

Open beans and corn, drain and rinse very well.

### Directions:

1. Empty corn and beans into bowl.
2. Have students chop tomatoes and add to corn and beans, stir well.
3. Measure curry powder, a dash each of salt and pepper, and add those to bowl.
4. Have students mince garlic, add to bowl and mix well.
5. Each student can add cilantro garnish of 1-2 leaves to their plate of githeri.
6. Enjoy!



### DID YOU KNOW?

Sweet potatoes have a lot of starch and fiber, which give the pudding a thick consistency!

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Ingredients to buy:

##### Fresh Produce:

- Medium tomatoes
- Clove garlic
- Bunch of cilantro

##### Dairy:

- Milk

#### Pantry Staples:

- Canned kidney beans
- Canned corn
- Canned sweet potato
- Brown Sugar
- Cornstarch
- Curry powder

#### Ingredients in the Bin:

- Honey
- Sugar
- Vanilla extract
- Salt and pepper

### DEVELOPMENT

⌚ 5-7 min

### OBJECTIVES

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

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Kenyan Cuisine
  - Do you have any favorite Kenyan dishes?
  - Can anyone guess what dishes we may be making with the ingredients today?
    - Sweet potato, Brown sugar, Kidney beans. Corn, Tomatoes
- Discuss a few popular Kenyan dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
  - Nyama Choma: The ultimate Kenyan barbecue! Grilled goat or beef served with a fresh tomato-onion salsa.
  - Sukuma Wiki: Healthy greens cooked with onions and tomatoes. The name means "stretch the week" in Swahili.
  - Mukimo: Rainbow mashed potatoes! Regular potatoes mixed with green peas, pumpkin leaves (or spinach), and corn to create a colorful, tasty mash.
- Chapati: Soft, flaky flatbread that gets golden-brown spots while cooking.



### STAR TECHNIQUE: MEASURING

Measuring is a basic skill in cooking and baking. Whether you're following a recipe or experimenting with your own creations, accurate measurements are crucial. By using measuring cups, spoons, and scales, you can ensure that your dishes turn out perfectly.

### ENGAGEMENT TIPS



When measuring curry powder, salt, and pepper, have different students each measure part so everyone gets a turn.



When students chop tomatoes, remind them of the bear claw technique for safe cutting. Check in often and remind them to go slowly.



When adding curry powder, pass it around so students can smell it. Ask what it reminds them of and if they've tried spices like curry before.

# LESSON 18:

## KENYA



### STAR INGREDIENT : CORN



- Corn is believed to have originated in southern Mexico over 7,000 years ago. It was then spread to other parts of the Americas and eventually around the world.
- The most common types of corn are yellow, white, and sweet corn, each with its own flavor and texture.
- Corn is a great source of carbohydrates, providing energy for your body. It also contains fiber, which aids digestion, and essential vitamins like vitamin C and B vitamins for overall health.



### KENYA FUN FACTS

- Kenya is an East African country with diverse landscapes, from savannahs to mountains.
- With a population of around 54 million, Kenya is one of Africa's most populous nations.
- Nairobi, Kenya's capital, is a vibrant city known for its bustling markets, modern buildings, and the Nairobi National Park, where wild animals roam close to the city.
- Kenya is famous for its wildlife, including the "Big Five" – lions, leopards, elephants, rhinos, and buffalo.
- Kenya is also known for producing some of the world's best coffee, prized for its rich flavor.

### EXPLORING COMMON KENYAN INGREDIENTS



- Vegetable Oil: This oil is used to cook many Kenyan dishes like fried or sautéed foods. It gives your body healthy fats that help your heart stay strong.



- Maize (Corn): A super important food in Kenya! It's used to make ugali, a thick porridge that gives lots of energy to help you play and learn.



- Ginger: Ginger is a root that adds a warm and spicy taste to stews and teas. It's great for helping your tummy feel better and keeping you healthy.



- Garlic: Garlic is a yummy ingredient in Kenyan foods like greens and stews. It helps your body fight off colds and stay strong.



- Coriander: Coriander is a leafy herb that makes soups and stews taste fresh and delicious. It also has vitamins to keep your body happy and healthy.



- Tomatoes: Tomatoes are used in almost every Kenyan meal! They add a sweet and tangy taste and have vitamin C to help your skin and immune system.



- Coconut Milk: Coconut milk is creamy and rich, used in Kenyan dishes along the coast. It helps your brain and body with healthy fats.



- Beans: Beans are a big part of Kenyan cooking, especially in githeri, a mix of beans and corn. They give you protein to grow strong and fiber to keep your tummy happy.

### END OF CLASS CHECKLIST

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