

BAKED BANANA BREAD OATMEAL

Serving Size: 12 servings

Ingredients:

- 2 cups old fashion oats (NUT & SESAME FREE)
- 1/3 cup sugar
- 1 tsp baking powder
- 2 tsp cinnamon
- ½ tsp salt
- 2 cups milk
- 1 cup banana mashed
- 1 tsp vanilla
- 3 tbsp unsalted butter, melted
- 12 cupcake foils

PREP BEFORE CLASS:

Preheat the oven to 350 degrees F. Melt butter by placing on top of the over (plastic bowl) or inside the oven (metal bowl.)

Directions:

1. Have students measure out and add the oats, sugar, baking powder, cinnamon, and salt into a large bowl.
2. In another large bowl have students mash the banana. Then measure and whisk together milk, vanilla, and the banana.
3. Slowly have a student pour in melted butter into the (milk, banana, and vanilla mixture) whisking constantly.
4. Instruct student to add oats mixture into the wet ingredients and stir to combine.
5. Spread among baking sheet and bake for 10-12 minutes.

DID YOU KNOW?

Banana plants are not trees, they are a type of herb!



STRAWBERRY BANANA GREEK YOGURT PARFAIT

Serving Size: 1/3 cup per student

Ingredients:

- 2 cups of Greek yogurt
- 1 pint of strawberries
- 2 bananas
- ¼ cup honey (more for drizzling on top)
- 2 cups oats
- ¼ cup sugar
- ½ teaspoon vanilla
- 12 plastic cups and spoons for serving

PREP BEFORE CLASS:

Rinse strawberries and cut bananas into 12 pieces.

Directions:

1. Measure all the ingredients for granola: oats, sugar, and vanilla. Mix together.
2. Pass 1-2 strawberries and 1 piece of banana to each student and instruct them to slice it.
3. Pass each student a plastic cup.
4. Collect strawberries from all the students.
5. Have students help measure and blend together honey, strawberries and Greek yogurt.
6. Pass bowl with Greek yogurt and instruct students to layer 1 tbsp in the cup.
7. Pass granola and have students layer a teaspoon of granola on top.
8. Have students layer bananas.
9. Repeat all layers 3 times and enjoy!



LESSON 8

HEALTHY BREAKFAST

SHOPPING LIST

Ingredients to buy:

- 3 bananas
- 1 pint of strawberries
- 2 cups milk
- 3 tbsp unsalted butter, melted
- 2 cups of Greek yogurt
- 4 cups old fashion oats (NUT & SESAME FREE)
- 1 tsp baking powder
- 12 cupcake foils (or in the bin)

Ingredients in the bin:

- sugar
- cinnamon
- salt
- honey
- vanilla
- 12 plastic cups and spoons for serving


OBJECTIVES

- Explain the importance of breakfast foods
- Examine how to layer.
- Understand why bananas are healthy

COOKING PRO

Layering ingredients are a great way to incorporate all food groups. Think about adding different ingredients into your recipes when cooking for the next time!

INTRODUCTION

 2-3 min

- Complete Start of Class Checklist
- 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 breakfast foods. Key Qs:

- Raise your hand if you had breakfast.
- What did you have for breakfast and your favorite breakfast foods?
- Why eating breakfast is important? Gives you energy for the day, supplies your brain work during the day and helps with memory and concentration etc.
- What is a healthy vs unhealthy breakfast? Good breakfast has all three nutrients: protein, carbohydrates and fiber. Give example of each.
 - Protein: yogurt, egg, beans.
 - Carbs: bread, cereal, fruits and veggies,
 - Fiber: fruits and veggies, whole wheat toast.
- Unhealthy breakfast: high in sugar and low in other nutrients: pop tarts, toaster strudels, cereal bars.
- Discuss healthy breakfast options that include all three nutrients.
- Key Questions for the students about our star ingredient: Who here likes bananas? Where do bananas come from? What do they taste like? Why are they the color yellow, but sometimes green? What foods contain bananas?

LESSON 8

HEALTHY BREAKFAST

STAR INGREDIENT: BANANAS



- Where do bananas come from? Bananas are mostly grown in Africa, Latin America, the Caribbean, and the Pacific. Since they are a tropical fruit they need to be grown in tropical climates.
- Why are bananas good for us?
 - Vitamin C – Helps you feel healthy and fight off illness.
 - Potassium – Helps balance water in our body, and helps are our nerves in our body send signals
 - Fiber – Digestive system: it helps you feel fuller for longer.
- Did you know?
 - Bananas are technically berries: Despite their size and shape, bananas are classified as berries botanically. They belong to the same family as lilies and orchids
 - They are the world's most popular fruit: Bananas are the most widely consumed fruit globally. ver 100 billion bananas are eaten each year worldwide, surpassing the consumption of apples and oranges combined.

STAR TECHNIQUE: KNIFE SKILLS

- Chop: Imagine you have a magic wand, but instead of casting spells, you use it to cut things. With a chop, you hold your magic wand (knife) and use a quick downward motion to make small, even pieces. Just be careful to keep your fingers away from the sharp end of the wand!
- Slice: Pretend you're a superhero with a super-sharp laser vision. To slice, you use your laser vision (knife) to make thin, flat pieces of food. Slowly move your laser vision across the food
- Dice: Imagine you're building a tasty food tower with building blocks. When you dice, you use your special food knife to cut the food into small, uniform cubes.
- Julienne: to julienne, you use your magic knife to make long, thin strips of food. It's like creating yummy food ribbons that add a special touch to your dish

ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding

DEVELOPMENT

🕒 5-7 min

- Discuss the health benefits of Bananas, in the Star Ingredient. The benefits of eating Bananas plentiful! They contain many important nutrients which can moderate blood sugar levels, they help with digestive health, aid in weight loss, support heart health, they are powerful antioxidants, and they help make you feel fuller!

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