

# LESSON 11

## CHIPS AND DESSERT SALSA

### CINNAMON CHIPS

Serving Size: 12 servings

#### Ingredients:

- 6 flour tortillas (NUT & SESAME FREE)
- 2 tbsp butter, melted
- 2 tsp sugar
- 1 tsp cinnamon

#### PREP BEFORE CLASS:

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

#### Directions:

1. Cut tortillas into 6 triangles each.
2. Drizzle with melted butter.
3. Measure cinnamon and sugar in a small bowl and then mix. Remind students to have a level measuring spoon and not heaped.
4. Sprinkle the cinnamon sugar mix all over the tortillas.
5. Bake cinnamon chips for 8-10 minutes or until crispy.
6. Keep an eye on the oven—the sugar will burn quickly!
7. Remove from oven and allow to cool.



#### DID YOU KNOW?

Cinnamon comes from the bark of a tree!



### DESSERT SALSA

Makes 12 servings, 1/3 cup per student

#### Ingredients:

- 10 strawberries
- 1 kiwi
- 3 oz canned pineapple
- 1 golden apple
- 1 lemon for juice and zest
- 1 tsp honey

#### DID YOU KNOW?

Kiwis are high in vitamin C, which helps fight germs!

#### PREP BEFORE CLASS:

Wash fruit. Peel kiwi (use a spoon to scoop out kiwi from peel). Drain canned pineapple.

#### Directions:

1. Divide fruit equally between students. Students will make dessert salsa on individual plates.
2. Have each student dice each fruit finely concentrating on safe knife handling and the bear claw technique. Make sure the fruit pieces are small enough to scoop!
3. Juice and zest the lemon. In a separate bowl, combine ½ tsp juice, ½ tsp zest, and the honey and whisk to make a dressing.
4. Drizzle the dressing over the fruit and toss to combine.
5. Enjoy with cinnamon chips!

# LESSON 11: SPICE UP YOUR LIFE

## SHOPPING LIST

### Ingredients to buy:

- 3 large strawberries
- 1 kiwi
- 3 oz canned pineapple
- 1 golden apple
- 1 lemon
- 2 tbsp butter, melted
- 6 flour tortillas (NUT & SESAME FREE)


### Ingredients in the bin:

- sugar
- cinnamon
- honey

## OBJECTIVES

- Identify the use of seasonings
- Explain the importance of flavor balance
- Identify the different used of seasonings

## INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum)
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Notice that one recipe used cinnamon as a spice but the other uses lemon juice and zest and honey as a flavor enhancer
- Have students think of different kind of spices that are used (e.g. pepper, oregano, rosemary, garlic powder, etc.) Discuss thoughts in pairs. Allow 2-5 students share with the class.

## STAR INGREDIENT: CINNAMON

- What is cinnamon? A seasoning from tree bark!
- Why are seasonings important? Having a balance of different seasonings can enhance a meal and the flavors
- What a flavor star? The flavor star is a 5 point system to find the perfect balance of sweet, savory, bitter, sour and spice
- Did you know? Most spices come from India and have come from there throughout all of history!



## COOKING PRO

- Cinnamon comes from the bark of the 'true cinnamon tree'.
- Cinnamon is not initially sweet, but it does amplify sweetness. This is why we often see it paired with sweeteners like sugar in desserts!

# LESSON 11:

## SPICE UP YOUR LIFE

### STAR TECHNIQUE: SEASONING

- Today we will learn a fun cooking technique: Seasoning
- Why is seasoning important? Seasoning with different spices and flavor enhancers that can change a meal from boring or exciting!
- What types of spices are used in seasonings? Salt, pepper, oregano, basil, cumin, paprika, jalapeno, etc..
- How do you know what is the right amount of spice? Each person has a different tolerance and preference for spices. But when learning about seasonings, its best to refer to the flavor star to find the best balance between savory, sweet, bitter, sour, and spicy.

### 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

🕒 10 min

- Continue talking about spices: What is a spice?
- A spice is a seed, root, or bark, that has been dried (and usually ground up). Spices are used for flavoring, coloring and preserving different foods. People having been using spices for thousands of years
- What do you think the difference is between a spice and an herb? An herb is the leaf, flowers or stem of the plant, and many people prefer to use it fresh rather than dried
- Why do you think we use spices?
  - Flavor: We add spices to different recipes to add aroma and flavor to the dish. Spices can enhance the flavor of one or more ingredients and help build a “flavor profile” which is how the entire dish will taste.
  - Color: Spices can be used to add color to a dish. Turmeric is often used to add a yellow color and chili powders are used for the red color. Like herbs and flowers, people used to use different spices to color fabrics and skin.
  - Preservation: Before refrigerators, people used spices to preserve their food. Many spices have antibacterial properties, which means they can kill the bacteria that can make us sick.
  - Medicine: Some spices are used as a form of medicine. For example, ginger can help when your tummy is upset (has anyone drank ginger ale when they didn't feel good?)
- As you are completing the Cinnamon Chips, discuss Star ingredient. Key Q's: Where does cinnamon come from, what part of the tree is cinnamon? Cinnamon comes from Sri Lanka and South America. Cinnamon comes from the bark the bark of the 'true cinnamon tree'
- As you are doing the recipe, talk about the Star Technique, seasoning.

### 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