


# LESSON 11:

## HONEY ROASTED CARROTS & PEAR PARFAIT

### HONEY ROASTED CARROTS

Ingredient	Students Per Class		
	10	15	20
Baby carrots	1 lb	1 1/2 lbs	2 lbs
Butter	3 tbsp	4 1/4 tbsp	6 tbsp
Garlic cloves	2	3	4
Honey	2 tbsp	3 tbsp	4 tbsp
Salt	pinch	1/4 tsp	1/2 tsp

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

#### PREP BEFORE CLASS:

Preheat toaster oven to 425 degrees F. Melt butter on top of toaster oven. Line small baking sheet with foil.

#### Directions:

1. Demonstrate how to mince garlic to the class. set aside.
2. Distribute carrots to the students and instruct them to cut the carrots into small coin- shapes.
3. In a large bowl, combine melted butter, garlic, honey, and salt. Mix until well to combine.
4. Add cut carrots into the bowl with the honey butter and toss until carrots are fully coated.
5. Transfer carrots to lined baking sheet.
6. Bake for 20-25 minutes.
7. Allow to cool and enjoy!



#### DID YOU KNOW?

Baby carrots aren't a special variety of carrot; they're regular carrots cut down in size because they had blemishes or were a funny shape!




#### DID YOU KNOW?

Pears are a part of the rose family.

### PERFECT MORNING PEAR PARFAIT

Ingredient	Students Per Class		
	10	15	20
Vanilla Greek yogurt	3 cups	4 1/2 cups	6 cups
Honey	3 tbsp	4 1/4 tbsp	6 tbsp
Pear	1	1 1/2	2
Cinnamon	2 tsp	3 tsp	4 tsp

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

#### PREP BEFORE CLASS:

Wash pear; cut into 10 equal pieces.

#### Directions:

1. Pass 1 piece of pear to each student. Have students dice their pear piece into very small chunks.
2. Measure 2 tbsp yogurt into each individual cup.
3. Students can then add their pear pieces, and measure about 1/2 tsp honey and a sprinkle of cinnamon on top.
4. Add another 2 tbsp. yogurt to each cup. Encourage students to leave the parfait in layers instead of mixing.
5. Enjoy!

# LESSON 11:

## SWEETNESS FROM NATURE

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Ingredients to buy:

##### Fresh Produce

- Baby carrots
- Garlic cloves
- Pear(s)

##### Dairy

- Butter
- Vanilla Greek yogurt

#### Ingredients in the bin:

- Honey
- Cinnamon
- Salt

### OBJECTIVES

- ☒ Learn more about the delicious fruits: pears!
- ☒ Explore the technique of glazing and it's uses in cooking and baking
- ☒ Understand how to create flavors that are both savory and sweet



### STAR INGREDIENT: PEAR

- There are over 3,000 varieties of pears grown worldwide, each with its own unique flavor, texture, and nutritional profile.
- Pears are a good source of dietary fiber, especially soluble fiber, which supports digestive health and may help regulate blood sugar levels by slowing the absorption of glucose.
- They also contain plant compounds called polyphenols, which have been shown to support heart health by improving blood vessel function and helping reduce oxidative stress in the body.

### 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?
  - Baby Carrots, Honey, Garlic, Pears, Vanilla Greek yogurt, Cinnamon
- As you are completing the Pear Parfait, talk about the Star Ingredient – Pears!
- Who here has tried a pear before? What did it taste like? Was it sweet, juicy, soft, or crunchy?
- Get them observing:
  - Let's look at the pears we're using today.
  - What color are they? What shape are they? Are they long or more round?
- Share a fun fact:
  - There are many different kinds of pears grown around the world. They come in all sorts of colors and shapes. Some pears are really sweet and soft, while others are firm and a little crisp.
- Talk about the Star Technique, glazing, when you are tossing the carrots in the garlic honey butter sauce before baking them.
- Additionally, discuss the Cooking Pro fact described on the next page.

### ENGAGEMENT TIPS



When mincing garlic, let each student have a turn. To keep it moving, count "1-2-3-4-5 PASS!" out loud so everyone stays engaged.



When students dice their pear pieces, reteach the bear claw technique for safe cutting. Check in often and encourage small, even chunks.



For layering the parfaits, set up an assembly line with each ingredient at a separate station. While students wait, ask what other toppings they'd add at home.

# LESSON 11:

## SWEETNESS FROM NATURE

⌚ 5-7 min

### STAR TECHNIQUE:

#### GLAZING

- Glazing means adding a thin, shiny coating to food to make it look and taste better!
- What tools do you usually use to glaze?
  - You can use a brush, spoon, or even drizzle the glaze on with a spatula.
- What foods do you usually glaze?
  - Cookies, donuts, cakes, roasted vegetables, and meats like ham or salmon can all be glazed.
- Why is glazing useful?
  - Glazing can add sweetness, shine, or even a bit of crunch depending on the ingredients, making food more delicious and visually appealing!



### DEVELOPMENT

- Discuss that today we are going to discuss sweetness from nature! While it's totally okay to enjoy man-made sweet treats sometimes, we also want to balance these with naturally sweet options that come straight from nature.
- Key Questions:
  - What's your favorite fruit?
  - What kinds of fruits or vegetables are naturally sweet?
  - What are some reasons why we may want to swap actual candy with 'nature's candy'?
- Nature's Candy
  - Fruits such as berries, bananas, mangoes, and grapes have their own natural sugars. These fruits may help satisfy our sweet tooth without added processed sugars.
  - A Rainbow of Flavors: The great thing about fruit is there are a ton of different options! Fruit comes in so many varieties: crisp apples, juicy watermelon, soft bananas, and chewy dates. Just like candy, different fruits have different flavors: tart, tangy, super sweet, or even a little sour!
  - Packed with Good Nutrition: Unlike regular candy, fruit has fiber, vitamins, and antioxidants that help keep our bodies strong and healthy.
- Remember, It's okay to enjoy candy sometimes, but adding more fruit into our diet helps us get important nutrients while still enjoying sweet, delicious flavors. Nature's candy is a fun, tasty way to fuel our bodies and feel our best!

### COOKING PRO:

#### CARMELIZATION

Caramelization is the process where sugars break down and transform when heated, usually starting at ~320°F (160°C). As the sugar molecules break apart, they form hundreds of new compounds that create rich flavors, deep brown color, and a sweet, slightly nutty aroma.



### 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