

FIRST CLASS: ORANGE TARTS

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Serving Size: 12 servings, 1 per student

Ingredients:

Crust:

- 1 sleeve graham crackers (NUT FREE)
- 12 foil mini muffin tins
- Ziplock bags (optional)

Filling:

- 8 oz cream cheese
- 5 oz Greek yogurt
- 1 tsp vanilla extract
- 1/2 cup sugar
- 1 tsp orange zest
- 1/2 tsp vanilla extract

Topping:

- 3 oranges
- 1/2 bunch mint to garnish

PREP BEFORE CLASS:

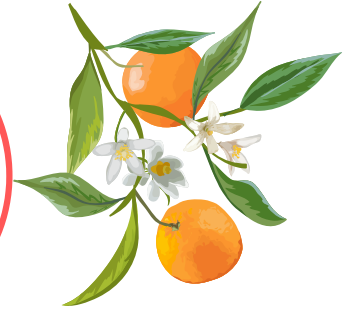
Pass muffin tins to each student. Wash oranges. Cut oranges into quarters, leaving peel on.

Directions

1. Have each student crumble 1/2 graham cracker into foil tin and have students use hands or the back of a spoon to pack crust into bottom of tins.
2. Make the filling by having students measure and mix sugar, cream cheese, Greek yogurt, and vanilla extract into the food processor.
3. Instructor only: demonstrate how to zest orange, and add to food processor. Mix one more time until zest is combined.
4. Spoon the mixture onto the top of the crust in the foil tins.
5. Pass each student 1/4 orange and instruct them to peel and slice orange into small pieces. Then decorate the tart with orange slices and mint as they wish. Enjoy!

DID YOU KNOW?

The color orange was named after the fruit.



DID YOU KNOW?

Rich in vitamin C: Oranges are known for their high vitamin C content, which is essential for a healthy immune system, collagen production, and protecting cells from damage.

LESSON 1

KITCHEN SAFETY

SHOPPING LIST

Ingredients to buy:

- 3 oranges
- 1 bunch mint
- 1 sleeve graham crackers (NUT FREE)
- 8 oz cream cheese
- 5 oz Greek yogurt

Ingredients in the bin:

- 12 foil mini muffin tins
- Ziplock bags (optional)
- vanilla
- sugar

OBJECTIVE

- Students will be able to name at least 4 of 9 iCook rules that promote kitchen safety
- Students will demonstrate the ability to prepare a simple recipe

iCOOK RULES

1. Wash hands with soap before cooking
2. Wash fruits and vegetables
3. Stay away from oven and blender (only adult can use these)
4. Keep your station clean (clean as you go)
5. Do not play with knives
6. "One bite rule": Taste at least one bite of every dish we make
7. Raise a hand if you want to speak up/ask question
8. Ask teacher if you can go to the restroom
9. Have fun!

INTRODUCTION

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies
- Introduce yourself. Share three of your favorite foods. Have student go around and share their name and their favorite food.
- Have student's raise their hands to answer the following questions:
 - Do you like cooking or baking?
 - Do you help your parents cook at home?
 - What's your favorite thing to make at home?
 - What do you do at home to be safe in the kitchen?
 - Why kitchen safety is important?
- In today's cooking class, we're going to talk about kitchen safety. Kitchen safety is important because it helps prevent accidents and injuries. The kitchen can be a dangerous place if proper precautions are not taken. This includes handling sharp knives and hot surfaces, using electrical appliances, and dealing with potential foodborne illnesses.
- To ensure everyone's safety in the kitchen, we need to follow safety rules. Come up together with rules for the class, by guiding kids to suggest rules below. You can help them come up with rules by asking leading questions like:
 - "What was the first thing we did when we came to the class?" Washed hands. Let's have it as our number one rule. Invite kids to act up/demonstrate how they would wash hands. Etc
- Establish the nine rules to follow in the class - see sidebar for iCook rules. Make sure students understand not only the rule but why it is important.



STAR INGREDIENT: MINT

Pass mint leaves around and have students rub it in their hands and smell. How would you describe the smell? Learn more:

- Mint has been used for thousands of years and is believed to have originated in Asia and the Mediterranean region.
- There are over 25 different species of mint, including peppermint and spearmint, which are the most commonly used varieties.
- Mint leaves contain a compound called menthol, which gives them their refreshing and cooling flavor.
- In ancient times, mint was used as a symbol of hospitality and was often used to freshen breath.
- Mint has been known to help soothe the stomach and relieve indigestion. It can be used in recipes to add a refreshing twist while promoting healthy digestion.
- Mint's natural menthol content helps freshen breath and can be used as a natural alternative to chewing gum or mints.

MINT USES

- Flavoring desserts: Mint is often used to flavor desserts such as ice cream, cakes, cookies, and chocolates. It adds a refreshing and cool taste.
- Infused beverages: Mint leaves can be steeped in hot water to make mint tea or muddled with fruits to make flavored water or mocktails.
- Savory dishes: Mint leaves can be added to salads, dressings, and marinades to provide a burst of freshness. It also pairs well with lamb, peas, and other vegetables.
- Garnish: Whole or chopped mint leaves make a beautiful and aromatic garnish for dishes like soups, curries, and summer drinks



STAR TECHNIQUE: ZESTING

- Today's recipe contains a really cool cooking technique – Zesting!
- Zesting means to grate small amounts of something, usually citrus peels, and add it to a recipe for flavor.
- Which tools do you use to zest? Grater, zester
- What types of food do you zest? Citrus peels, like orange, lemon, lime, or grapefruit.
- Why do we zest ingredients? Adding 'zest' to a dish adds lots of juicy flavor without adding extra liquid from the juice. Zest can be added on top of a dish for decoration. It looks a little like orange confetti!

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