



# LESSON 1:

# OLIVE OIL DINNER ROLLS & WHIPPED FETA

## OLIVE OIL DINNER ROLLS

Ingredient	Students Per Class		
	10	15	20
All-purpose flour 	2 cups + 2 tbsp	3 cups + 2 tbsp	4 1/4 cup
Baking powder	2 1/2 tsp	3 1/2 tsp	5 tsp
Butter, unsalted	2 1/2 tbsp	3 1/2 tbsp	5 tbsp
Whole milk	1 cup	1 1/2 cup	2 cups
Sugar	4 tsp	2 1/2 tbsp	3 tbsp
Salt	1/2 tsp	3/4 tsp	1 tsp
 : Make sure it is Peanut, Nut, and Sesame FREE			

### PREP BEFORE CLASS:

Preheat the toaster oven to 350°F. Foil and grease baking pan.

### Directions:

1. Have students take turns in mixing the wet ingredients. In a large bowl, stir melted butter, milk, sugar, and salt together.
2. Add baking powder and stir until fully mixed.
3. SLOWLY add the flour, mixing until a dough forms.
4. Divide the dough and give each student a small portion of dough. Have them roll their dough into a ball using their hands.
5. Place dough balls on the prepared baking sheet, Evenly spaced out for baking.
6. Bake for 30 minutes, or until the tops are golden brown.
7. Cool for a few minutes and serve. Enjoy!



### DID YOU KNOW?


Whole milk creates a creamier texture in recipes because it contains about 3.5% fat!



### DID YOU KNOW?

Feta has a crumbly texture and a salty taste that makes it a favorite in Mediterranean dishes!

## WHIPPED FETA DIP

Ingredient	Students Per Class		
	10	15	20
Feta cheese	6 oz	8 oz	12 oz
Greek yogurt, plain	1/2 cup	3/4 cup	1 cup
Garlic cloves	1 1/2	2	3
Olive oil	3/4 tsp	1 tsp	1 1/2 tsp
Honey	1 1/2 tsp	2 tbsp	3 tbsp
Black pepper	to taste	to taste	to taste
 : Make sure it is Peanut, Nut, and Sesame FREE			

### PREP BEFORE CLASS:

Prepare the food processor.

### Directions:

1. Break the feta cheese into smaller pieces if necessary.
2. Place the following ingredients into the food processor: feta cheese, Greek yogurt, garlic cloves, and olive oil.
3. Pulse until the mixture becomes smooth and creamy.
4. Scoop around 1-2 tbsp of the whipped feta into each student's bowl.
5. Have the students add honey and black pepper on their feta dip to their liking.
6. Enjoy!

# LESSON 1:

## POWERS OF HEALTHY FATS

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Ingredients to buy:

##### Fresh Produce:

- Garlic cloves

##### Dairy:

- Feta cheese
- Greek plain yogurt, Non-fat
- Butter
- Whole milk

##### Pantry Staples:

- Baking powder
- All-purpose flour (NUT & SESAME FREE)

#### Ingredients in the bin:

- Olive Oil
- Sugar
- Honey
- Salt

### OBJECTIVES

- ☒ Understand the role of kneading in developing the structure and texture of dough.
- ☒ Learn how healthy fats improve flavor and nutrition.
- ☒ Explore creative ingredient combinations

### STAR INGREDIENT: FETA

- Feta is a tangy, crumbly cheese traditionally made from sheep's milk or a mix of sheep and goat's milk.
- It originates from Greece and has been a staple of Mediterranean cuisine for centuries.
- The name "feta" means "slice" in Greek, referring to the cheese's traditional storage method in slices and kept in salty water to stay fresh.
- Rich in calcium and protein, feta supports bone health and muscle function while being lower in fat compared to many other cheeses.
- Its salty, tangy flavor pairs perfectly with fresh salads, roasted veggies or baked into savory dishes.

### 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.
- Ask the students to identify the ingredients from both recipes and guess what we might be making today.
- Ask, "what do you think makes some fats healthy?"
  - Healthy fats like those in olive oil, feta cheese, and yogurt are important for our bodies because they give us energy, help our brains think clearly, and keep our heart strong.
  - Encourage students to think of foods they know that contain healthy fats such as avocados, nuts, and seeds.
- How can fats make our recipes more delicious, like making bread softer or dips creamier?
  - Olive oil: makes the rolls soft and flavorful
  - Feta: adds creaminess and tang to the dip
- Fun activity: Have students pair up to discuss a time they ate a meal with creamy or rich flavors (like a buttery roll or cheesy dip). What did they like about it? Allow 2-5 students to share their thoughts with the class.
- Share that today, we will explore the powers of healthy fats by making two recipes that use them in different ways.

### ENGAGEMENT TIPS



When mixing wet and dry ingredients, have students announce when the butter is mixed in and no longer floating.



While processing, have students listen for the sound to smooth out as the feta blends. Raise hands when they hear the change.



Have students season their individual plates instead. Just make sure they don't over season!

# LESSON 1:

## POWERS OF HEALTHY FATS


### STAR TECHNIQUE:

#### KNEADING

- What is kneading?
  - The process of working dough with your hands to develop gluten, which gives bread its structure and chewiness.
- Why is kneading important?
  - Helps create an even, elastic dough that bakes into soft, fluffy bread.
  - Ensures the dough is stretchy and holds its shape during baking.
  - Distributes ingredients evenly throughout the dough.
- How to Knead:
  - Press the dough with the heel of your hand, pushing it away from you.
  - Fold the dough over itself and rotate it slightly.
  - Repeat for 5-7 minutes until the dough is smooth and elastic.



### DEVELOPMENT

 5-7 min


- As you start making the Dinner Rolls, discuss how measuring carefully is important to get the best results in baking!
- Before the students begin mixing the dough, demonstrate how kneading works. Discuss why it's important in baking bread. Why do we knead dough?
  - To make it stretchy and soft
  - To evenly mix ingredients
  - To help the rolls bake fluffy and perfect!
- Encourage each of the students to participate kneading with the dough.
  - Share tips: use the heel of your hand, fold the dough, and repeat until smooth.
  - As they take turns to roll the dough for the rolls, discuss how fats like butter and olive oil make the bread soft and flavorful.
- Talk about the star ingredient: Feta
  - Highlight its benefits: rich in calcium for strong bones and lower in fat than many other cheeses.
  - Ask them if they have eaten feta cheese before? What does it taste like?
- Encourage students to think of the kitchen as a lab where they can try new things:
  - Suggest simple swaps instead of chives in the whipped feta such as basil.
  - Ask: what's a new herb or ingredient you want to try in cooking?
- While preparing whipped feta, explore how blending creates the creamy texture and why olive oil and honey balance the tangy feta flavor.
- Challenge the students to try a new healthy fat this week, such as avocados, almonds, sesame seeds, and report back when they do.
- Remind them that creativity and adventure are key to becoming confident chefs!

#### COOKING PRO

Always let your dough rest for a few minutes after kneading—it makes it easier to shape and ensures fluffier rolls. For extra flavor, try adding a pinch of your favorite herb to the dough!



### 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