



LESSON 17:

THUMBPRINT COOKIES & SHAMROCK SHAKE

THUMBPRINT COOKIES

Ingredient	Students Per Class		
	10	15	20
Flour 	1 cup	1 1/2 cup	2 cup
Butter	1/3 cup	1/2 cup	2/3 cup
Cream cheese, 4 oz box	1/2 box	3/4 box	1 box
Vanilla extract	1/4 tsp	1/3 tsp	1/2 tsp
Sugar	3 tbsp	4 1/2 tbsp	6 tbsp
Strawberry jam	1/4 cup	1/3 cup	1/2 cup
 : Make sure it is PEANUT, NUT, and SESAME FREE			

PREP BEFORE CLASS:

Preheat oven to 350°F. Foil and grease baking sheet. Melt butter in the oven. Allow cream cheese to soften.

Directions:

1. In a food processor, mix butter, cream cheese, vanilla, and sugar until creamed together.
2. Add mixture to bowl. Add flour slowly and mix until combined. The dough should be thick.
3. Evenly divide and pass out the dough.
4. Have students roll their dough into a small ball, then have them use their thumb to make a large indent in the middle of their cookie.
5. Place cookies on a greased baking sheet.
6. Bake cookies for 11-13 minutes or until very lightly golden brown.
7. Let cookies cool, then let students add 1 tsp of jam to the indentation on their cookie.



DID YOU KNOW?

The average strawberry has 200 seeds.



GREEN MACHINE SMOOTHIE

Ingredient	Students Per Class		
	10	15	20
Cold water	2 1/2 cup	3 3/4 cup	5 cup
Baby spinach	2 cup	3 cup	4 cup
Kiwi	1	1 1/2	2
Green apple	1	1 1/2	2
Bananas	2	3	4
Honey	3 tbsp	4 1/2 tbsp	6 tbsp
Other: Cups for serving.			

PREP BEFORE CLASS:

Cut apple into quarters and remove core. Peel kiwi and divide bananas equally. Prepare the blender.

Directions:

1. Pass out a piece of apple, kiwi, or banana to each student. Have students cut whatever fruit they have into smaller chunks.
2. Measure water and spinach into blender along with chopped fruit and honey.
3. Puree until smooth.
4. Pour smoothie from blender, dividing evenly among plastic cups.
5. Enjoy!

SHOPPING LIST

Ingredient amounts will differ by class size; see individual recipes for exact quantities.

Ingredients to buy:

Produce

- Mint
- Fresh spinach leaves

Dairy

- Butter
- Cream cheese
- Vanilla Greek yogurt

Pantry Staples

- Strawberry jam
- Flour (NUT & SESAME FREE)
- Oeppermint extract

Ingredients in the bin:

- Vanilla extract
- Sugar
- Honey
- Plastic cups

OBJECTIVES



To introduce students to the diverse world of desserts and the cultural significance they hold in different countries



To encourage students to make connections between different cultures through the shared love of desserts, fostering an inclusive and open-minded approach to global cuisines



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.
 - Have them guess what we might be making today.
 - Have they previously had all of these ingredients, or is there a new item?
- Discuss that today we will dive into the fascinating realm of desserts from different cultures and regions. Each corner of the globe has its own unique sweet creations that reflect the traditions, flavors, and ingredients of its respective cuisines.
- Cultural Significance of Desserts: Desserts play a significant role in many cultures, serving as a way to celebrate special occasions, express hospitality, and preserve culinary traditions. They often incorporate local ingredients, techniques, and flavors that have been passed down through generations, making each dessert a delightful representation of a particular culture's heritage.
- Flavor Profiles and Ingredients: Desserts around the world offer a diverse range of flavor profiles and unique ingredients. Let's explore some of the key aspects:
 - Spices and Aromatics: Many traditional desserts incorporate spices like cinnamon, cardamom, nutmeg, or saffron, adding depth and complexity to the flavors. Aromatics like rosewater, orange blossom water, or vanilla are also common additions, infusing desserts with enticing fragrances.

DID YOU KNOW?

Humans are born liking sweet tastes, which remains a lifelong preference shared across all cultures. This preference likely evolved because sweetness signaled nutritious foods.



LESSON 17:

DESSERTS FROM AROUND THE WORLD

STAR INGREDIENT: MINT



- Mint leaves have a cool sensation when you chew them because they contain a compound called menthol.
- The word "mint" comes from the Greek word "minthe," which is a mythological nymph who transformed into a plant.
- Mint helps to freshen your breath! That's why it's often used in toothpaste and mouthwashes.
- Mint can help soothe an upset tummy. If you're feeling a bit queasy, try sipping on some mint tea or chewing on a mint leaf.
- Mint leaves contain antioxidants that can help boost your immune system and keep you healthy.
- Mint can also help you feel more alert and focused. The cool scent of mint can be invigorating and help wake up your brain.

DEVELOPMENT

⌚ 5-7 min

- Continue the discussion: Desserts are often deeply intertwined with cultural and religious celebrations, representing symbols of luck, prosperity, or religious significance. For example, mooncakes during the Mid-Autumn Festival in East Asia, or panettone during Christmas in Italy. Exploring desserts from various festivities allows us to understand the cultural significance and symbolism behind these sweet creations.
- The cookies we are making today come from another country. Can you guess which one?
 - "Thumbprint cookies," have a charming history that dates back to the early 20th century. They are believed to have originated in Sweden, where they are known as "Tumgrejor" or "Holländare." The name "thumbprint" comes from the traditional method of making an indentation in the center of each cookie using one's thumb.
 - Thumbnail cookies are popular during holiday seasons and festive occasions in many cultures. They are cherished for their simplicity, versatility, and the joy of customizing the fillings to suit individual preferences. These cookies often evoke nostalgic memories of family gatherings and traditional baking.
- As we conclude our exploration of desserts around the world, we realize that these delightful treats are not just about satisfying our sweet tooth but also reflect the rich tapestry of human culture. They bring people together, celebrate traditions, and create lasting memories. So, embrace the diversity, flavors, and techniques of desserts from different corners of the globe, and let your taste buds embark on an incredible culinary adventure.



If there a student that seems bored with the process, have them watch the clock while the cookies bake to watch for them to turn golden brown.

ENGAGEMENT TIPS



Have one student in charge of blending while another adds the flour slowing to the blender. This emphasizes teamwork while prepping a recipe!



Have students wash and dry dishes, clean tables and surfaces, pick up food scraps, pack up extra ingredients, etc.

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