





# LESSON 12:

## FUDGY PUMPKIN BROWNIES & PUMPKIN JUICE

### FUDGY PUMPKIN BROWNIES

Ingredient	Students Per Class		
	10	15	20
Pumpkin Puree, canned	3/4 cup	1 cup	1 1/2 cup
Vanilla extract	3/4 tsp	1 tsp	1 1/2 cup
Oats 	1/4 cup	1/4 cup	1/3 cup
Mini chocolate chips 	1/4 cup	1/4 cup	1/3 cup
Sugar	1/4 cup	1/3 cup	1/2 cup
Cocoa Powder 	1/4 cup	1/4 cup	1/3 cup
Baking Soda	1/3 tsp	1/2 tsp	2/3 tsp

Other: Foil baking cups per students.

 **Make sure it is PEANUT, NUT, and SESAME FREE**

#### PREP BEFORE CLASS:

Open canned pumpkin puree. Preheat oven to 375°F.

#### Directions:

1. Have students measure and whisk together pumpkin and vanilla extract.
2. In a separate bowl, measure and stir together all remaining ingredients.
3. Pour dry ingredients into wet ingredients (not the other way around!) and stir until well combined.
4. Evenly distribute mixture between the foil baking cups.
5. Bake for 11-13 minutes. Keep an eye on the oven as time may vary. They will look underdone, but brownies will firm up as they cool.
6. Take out and let it cool down. Enjoy!



#### DID YOU KNOW?

Brownies were thought to have been a baking error when a chef forgot to add baking powder to cake batter.

#### DID YOU KNOW?


Did you know?  
The name pumpkin comes from the Greek word 'pepon', meaning large melon.



### PUMPKIN JUICE

Ingredient	Students Per Class		
	10	15	20
Apple juice	32oz	48oz	64oz
Pumpkin puree	7oz	11oz	15oz
Honey	1/4 cup	1/3 cup	1/2 cup
Vanilla	2tsp	3tsp	4tsp
Cinnamon	1tsp	1.5tsp	2tsp

Other: Plastic cup per students.

 **Make sure it is PEANUT, NUT, and SESAME FREE**

#### PREP BEFORE CLASS:

Open can of pumpkin puree.

#### Directions:

1. Have students help measure the pumpkin puree, honey, vanilla and spices into the blender.
2. Blend until well combined.
3. Slowly add apple juice to the pumpkin mixture, blend until all ingredients are combined.
4. If mixture is too thick, students can add water to thin to the desired consistency.
5. Enjoy!

# LESSON 12:

## ORANGE YOU GLAD

### SHOPPING LIST

#### Ingredients to buy:

Please see recipe for amounts, varies by class size

#### Pantry Staples:

- Pumpkin puree, canned
- Oats (NUT & SESAME FREE)
- Mini chocolate chips (NUT & SESAME FREE)
- Baking soda
- Apple juice
- Cocoa powder (NUT & SESAME FREE)

#### Ingredients in the bin:

- Sugar
- Honey
- Vanilla extract
- Cinnamon
- Plastic cups
- Foil baking cups

### OBJECTIVES

- ☒ Discuss this week's theme: Orange you glad
- ☒ Teach the star ingredient and demonstrate the star technique
- ☒ Talk about this week's fun facts!

### 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.

Let's Explore Today's Ingredients! Show the ingredients from both recipes. Hold up an item, then ask:

- Can anyone tell me what this is?
- Have you ever eaten this before? Do you like it?
- What do you think we're going to make with these ingredients today?

Star Ingredient:

- As you prepare the fudgy pumpkin brownies, introduce the Star Ingredient of the day. If possible, let students smell the canned pumpkin puree!
  - Ask: What are pumpkins? Why are pumpkins good for us? How big can pumpkins grow? Can we eat pumpkin seeds? What else can we use pumpkins for?

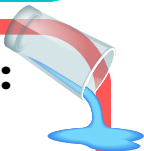
Star Technique:

- Today's special skill is pouring! Let's learn how to pour carefully!
  - Ask: What does it mean to pour? What kinds of foods do you pour? Why do we pour ingredients?
- Show how to carefully pour the apple juice into the blender, inviting students to help.

Let's Learn Some Fun Food Facts!

- Finish up with a quick discussion of the fun facts listed on the next page of the curriculum.
- Use voices, gestures, or storytelling to bring the facts to life and keep them age-appropriate.

### STAR TECHNIQUE: POURING



- Pouring means to carefully tip and let something flow from one container into another. When we pour, we have to use steady hands and go slow so we don't spill!
- What kinds of food do you pour?
  - Juice, milk, smoothie mix, batter, oil, or water.
- Why do we pour ingredients?
  - Pouring helps us move liquids or runny mixtures into a bowl, pan, or cup so we can cook or serve them. It also helps us measure just the right amount!

# LESSON 12:

## ORANGE YOU GLAD

### STAR INGREDIENT:

### PUMPKIN

- What are pumpkins?
  - Pumpkins are fruits that grow on the ground.
- Why are pumpkins good for us?
  - Pumpkins help keep our tummy happy and help our eyes stay healthy!
- How big can pumpkins grow?
  - Pumpkins can grow super big- the biggest one ever weighed over 2,600 pounds!
- Can we eat pumpkin seeds?
  - Yes! Pumpkin seeds are a tasty snack that you can roast and eat!
- What else can we use pumpkins for?
  - Pumpkins are great for soups and pies- not just for Halloween!



### DEVELOPMENT

⌚ 5-7 min

Today we're learning about orange fruits and veggies!

- Do you see something orange on your plate? Let's find out why it's so special!

Orange foods get their color from something with a funny name: Carotenoids (can you say it with me? Care-oh-teen-oids!)

They help give these foods their bright orange color - kind of like a crayon inside the food!

Carotenoids help us:

- See better
- Keep our skin healthy
- Stay strong to run, play, and grow!

Let's name some orange foods together:

- |           |                       |
|-----------|-----------------------|
| • Oranges | • Apricots            |
| • Carrots | • Sweet Potatoes      |
| • Mangoes | • Orange Bell Peppers |
|           | • Cantaloupe          |



Let's try to eat more naturally orange foods to help our bodies shine bright like the sun!

### ORANGE YOU GLAD: FUN FACTS

- Oranges grow on big trees in warm places like Florida.
- Apricots grow on trees and feel soft and fuzzy like a peach. Bees love their flowers before they turn into fruit!
- Mangoes grow in hot and sunny places like India. Parrots and bats love to munch on mangoes!
- Rabbits love to nibble carrots, and they help your eyes see better!
- Orange bell peppers grow on leafy plants and taste sweet- not spicy! Butterflies like to land on their flowers before the peppers grow.

### ENGAGEMENT TIPS



When students whisk the pumpkin and vanilla extract, remind them to use their wrist to control the whisk to avoid spilling!



Have students take turns blending the pumpkin mixture! Ask them if they think it looks too thick and encourage them to add water for desired consistency.



When baking the brownies, ask the students to keep an eye on the classroom clock. Remind students that brownies may look undercooked when finished but will harden when cooling.

### 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