

LESSON 9

CHEESECAKE AND BERRY SMOOTHIE

BLUEBERRY CHEESECAKE CUPS

Serving Size: 12 servings

Ingredients:

- 1 sleeve graham crackers
- 8 oz cream cheese
- 6 tbsp sugar
- 3/4 cup heavy cream
- 1 cup fresh blueberries
- 5 tbsp butter
- Ziplock bag

PREP BEFORE CLASS:

Melt butter.

Directions:

1. Put graham crackers in a plastic bag and crush.
2. Give each student 2 tbsp of graham cracker crumbs in individual cups.
3. Mix in melted butter and combine. Press down to form a crust. Set aside.
4. Add cream cheese, ½ cup blueberries, and sugar to a bowl. Mix well.
5. Measure and add heavy cream to food processor. Mix until thick and smooth, but don't over mix.
6. Fold in whipped cream to cheese and sugar and mix until thick and smooth.
7. Add the cream filling on top of student's graham cracker base, and then top with remaining blueberries.

DID YOU KNOW?

Blueberries are a rare example of food that is naturally blue in color. Other examples include blue corn and blue potatoes!



DID YOU KNOW?

Blueberries have been part of the human diet for at least 13,000 years.

MIXED BERRY SMOOTHIE

Makes 12 servings

Ingredients:

- 1 cup frozen raspberries
- 1 cup fresh blueberries
- 3 medium bananas
- 1 cup plain Greek yogurt
- 1/2 cup milk

PREP BEFORE CLASS:

Prepare blender.

Directions:

1. Measure and add the raspberries, blueberries, bananas, yogurt, and milk to the blender.
2. Blend until smooth. Use rubber spatula to stir as needed.
3. If smoothie is too thick, add 1/8 cup water and continue to blend.
4. Pour smoothie mixture into cups.
5. Enjoy!

LESSON 9: BRILLIANT BLUE

OBJECTIVES

- ☑ Explain at least one reason why blueberries are good for us
- ☑ Summarize how different colored blueberries indicate different stages of ripeness
- ☑ Demonstrate how to effectively fold ingredients

STAR INGREDIENT: BLUEBERRIES

- Where do blueberries grow? Blueberries grow on bushes on almost every continent on earth. There are two types: the highbush and lowbush blueberry. The highbush can grow as tall as 13 feet high!
- Why are blueberries good for us?
- Vitamins C, K, A, E, B – keeps our bodies and minds happy and strong!
- Antioxidants – keeps our bodies safe from bad guys called free radicals and helps us heal when we are sick.
- Did you know? Blueberries are one of the only foods that are blue! This blue color is from anthocyanin, an antioxidant.



INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Today's recipes involve one of the healthiest fruits around—blueberries! Ask students if they enjoy the flavor of blueberries.
- Blueberries are a unique color! They are dark in color because they are rich in polyphenols, which are antioxidants. In fact, blueberries contain more antioxidants than any other fruit or vegetable! Antioxidants are compounds that protect our cells from damage! Eating an antioxidant rich diet helps keep you feeling healthy. Blueberries are also rich in fiber, a compound that helps keep our digestive system running smoothly. Lastly, blueberries are rich in a variety of vitamins and minerals, including vitamins A and K and manganese.

DEVELOPMENT

🕒 5-7 min

- Complete the Blueberry Cheesecake recipe first, tying in the information shared from the Star Ingredient below.
- Do any of your blueberries have a cloudy, dusty looking film on the skin? This cloudy covering is a natural preservative that helps keep the berries fresh. Washing the berries removes this protective barrier. However, when the barrier is removed, the berries will deteriorate (or go bad) much more quickly.
- Are any of your blueberries different colors? As with most fruits and vegetables, the color of the blueberry represents its ripeness. You may notice that the darker the color of the skin, the riper the blueberry (and the sweeter the flavor). Pinker blueberries tend to be sour while green blueberries usually have little to no taste because they are not yet ripe.
- As you are completing the Blueberry Muffins, discuss the Star Technique. Folding doesn't mean folding your clothes! Folding in cooking and baking is a gentle mixing technique used to retain as much air as possible. This technique is the key to light and fluffy desserts! Folding is done slowly and using a certain technique where you scrape the bottom of the bowl to combine the two mixtures—no aggressive stirring.
- As you are completing the Berry Smoothie, recipe discuss Cooking Pro. Key Qs: Before you blend, ask the students what colors they see in the blender. Repeat this question after blending.

LESSON 9: BRILLIANT BLUE

STAR TECHNIQUE: FOLDING

- Folding is a gentler mixing technique than "stirring" and "mixing." It is meant to combine two mixtures of different thickness and weight into one mixture while retaining as much of the air as possible.
- What tools are used in folding? A bowl, rubber spatula
- How to fold:
 - Add light ingredients to the heavy ingredients
 - Gently scoop the bottom of mixture over the top. That's the fold we're talking about!
 - Rotate the bowl and repeat.
 - Add more of the lighter mixture until everything is combined.

COOKING PRO

The most efficient way to blend is to load the blender in the following order: liquids first, then fruits and vegetables, and finally greens and ice. To make your smoothie bowl thicker add more frozen fruit or ice. To make your smoothie bowl thinner add more milk.

5 SENSES 5 TASTES

- | | |
|-----------|----------|
| • Sight | • Salt |
| • Smell | • Sugar |
| • Touch | • Bitter |
| • Taste | • Sour |
| • Hearing | • Umami |

ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding

TASTE TEST

🕒 2-3 min

- When the class is ready to taste food, complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see 5 Senses and 5 Tastes graphic)
- How would you describe the dish? Use 5 Tastes to describe or use adjectives from "Words to Describe Food Taste, Smell, or Texture" page at the beginning of the instructor guide
- Repeat this for the second recipe.

THUMBS UP TEST

🕒 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

CLEAN UP & DIMISSAL

🕒 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all cutting boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it – or better!
- Dismiss from classroom in an orderly line and follow school dismissal procedures.
- Any issues? Contact your Program Coordinator.