

# LESSON 8

## OATMEAL CUPS AND PEAR PARFAIT

### BAKED OATMEAL CUPS

Makes 12 student servings, 1 muffin tin per student

#### Ingredients:

- 2.5 cups old fashioned rolled oats
- 1 tsp. cinnamon
- ¼ tsp. salt
- 1 tsp. baking powder
- ¾ cup milk
- 4 tbsp. honey
- ¾ tsp. vanilla
- 1/2 cup applesauce
- 1 medium pear
- 12 muffin tins

#### PREP BEFORE CLASS:

Preheat oven to 350 degrees F.

#### Directions:

1. Have a student volunteer measure the oats into a bowl.
2. Have students measure the cinnamon, salt, and baking powder into the bowl with the oats.
3. In a separate bowl, have a student measure the milk, then add the honey, vanilla extract, and applesauce into the same bowl.
4. Have a student add the dry ingredients to the wet ingredients and mix together.
5. Pour into 12 muffin tins.
6. Bake for 15 minutes in preheated oven. Watch the oven, time might vary.
7. Let cool and enjoy!

#### DID YOU KNOW?

Oats were one of the oldest cereal grains. They were first cultivated in China around 7,000 B.C.!



#### DID YOU KNOW?

Pears are a part of the rose family.

### PERFECT MORNING PEAR PARFAIT

Makes 12 student servings, 1/3 cup per student

#### Ingredients:

- 4 cups vanilla Greek yogurt
- 2 tbsp. honey
- 1 pear
- 2 tbsp. cinnamon

#### PREP BEFORE CLASS:

Wash pear; cut into 12 equal pieces.

#### Directions:

1. Pass 1 piece of pear to each student. Have students dice their pear piece into very small chunks.
2. Measure 2 tbsp. yogurt into each individual cup.
3. Students can then add their pear pieces, and measure about 1/2 tsp honey and a sprinkle of cinnamon on top.
4. Add another 2tbsp. yogurt to each cup. Encourage students to leave the parfait in layers instead of mixing.
5. Enjoy!

# LESSON 8: GOOFY GREEN

## OBJECTIVES

- Demonstrate how to slice various fruits and vegetables.
- Name one reason why oats are healthy.
- Describe why antioxidants are good for us.

## STAR INGREDIENT: OATS

- What are oats? Oats are a type of whole cereal grain that is high in fiber, protein, and antioxidants. It is a common breakfast food but can also be used in desserts, like oatmeal cookies!
- Where do oats grow? Oats prefer a cool, temperate climate. They are grown all over, including Russia, The U.S., Canada, Finland, and Poland!
- Why are oats good for us? Oats are high in fiber, which provides a steady stream of glucose, or energy, to your brain. Oats are also rich in protein, which helps keep you fuller for longer, and antioxidants, which protect your body from cellular damage.



## INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Explain that we're going to be making recipes that contain high amounts of fiber. Explain that fiber can be found in all sorts of foods, including whole grains, fruits, and vegetables.
- Discuss the various foods that contain whole grains and fiber. Ask the kids to name some of their favorite grains, fruits, and vegetables.

## DEVELOPMENT

🕒 5-7 min

- As you make the Baked Oatmeal discuss the benefits of eating the Star Ingredient: Oats and Star Technique. Explain what stirring is, what tools are used for stirring and types of foods we stir.
- Oats are whole grains that are full of fiber. Fiber helps keep your heart and digestive system health and also provides your brain with a steady stream of glucose, which helps you concentrate better and feel more alert during your daily activities. Oats also have a good dose of protein, which promotes satiety, meaning it helps you feel fuller for longer. Oats contain antioxidants, which are compounds that protect our cells from damage! Eating an antioxidant rich diet helps keep you feeling healthy.
- Also touch on the importance of proper measuring techniques, Cooking Pro.
- While preparing the Pear Parfait, have students identify the food sources of fiber within recipe (pears!) Good sources of fiber are pears, avocado, spinach and berries (e.g blueberries or raspberries). Ask students why fiber is important in our diet? Fiber is what helps us feeling fuller for longer and aids in digestion.
- Me-You-Us. Teacher demonstrates how to layer ingredients in the parfait.

# LESSON 8:

## GOOFY GREEN

### COOKING PRO

Measuring! Measuring can be done using various items, including measuring cups and measuring spoons. It is especially important to measure the right amount in baking so that your baked goods turn out tasty and look great!

### 5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

### 5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- 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

### STAR TECHNIQUE: STIRRING


- Today's recipe focuses on a super fun cooking technique - stirring!
- What is stirring? Stirring means mixing ingredients together with the use of utensil, without vigorous motion, until evenly blended.
- What tools do you use to stir? Spoon, spatula.
- What foods do you stir? Eggs into batter, parmesan cheese into cooked rice to make risotto, batters, etc.
- What are we stirring in today's recipe?

### 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.