

LESSON 3

ROSEMARY CRACKERS AND HUMMUS

ROSEMARY OATMEAL CRACKERS

Makes 12 servings

Ingredients:

- 1 cup oats
- 3 tbsp all-purpose flour
- 1 tsp salt
- ½ tsp pepper
- 1 tsp rosemary leaves – can also use dried
- 3/8 tsp baking powder
- ¼ stick cold unsalted butter, cubed
- 4 tbsp milk

PREP BEFORE CLASS:

Preheat the oven to 375 degrees. Foil and grease baking pan.

Directions:

1. Make oat flour by placing oats in a food processor and pulse until finely chopped.
2. Measure and add, salt, pepper, rosemary, baking powder, and butter to the food processor. Pulse.
3. Add milk slowly. Pulse until a dough forms.
4. Divide dough between students. Have them roll into ½ inch balls and flatten between palms. The thinner the crackers are, the crispier they will be!
5. Arrange crackers on a baking sheet and bake for 15 minutes.
6. Allow crackers to cool before enjoying!

DID YOU KNOW?

Chickpeas are high in plant protein and can be used instead of meat in vegetarian and vegan dishes.



LEMON HUMMUS

Makes 12 student servings

Ingredients:

- 1 can chickpeas
- 1 large lemon
- 2 tbsp olive oil
- 1 garlic clove
- ½ tsp salt
- 2 tbsp water

PREP BEFORE CLASS:

Open cans of chickpeas, drain.

Directions:

1. Have kids take turns measuring ingredients and adding them to the blender in this order: chickpeas, olive oil, lemon juice, water, and seasonings. Pulse, scraping sides down periodically, until chickpeas are pureed.
2. Scoop about ¼ cup of hummus on each student's plate.
3. Eat with rosemary oatmeal crackers.
4. Enjoy!

DID YOU KNOW?

Oats are a naturally gluten-free food!



LESSON 3: YUMMY YELLOW

OBJECTIVES

- Describe why we use blending in cooking.
- Discuss the health benefits of lemons.
- Name one other superfood used in today's recipes.

STAR INGREDIENT: LEMON

- What is a lemon? A yellow, oval citrus fruit with thick skin and fragrant, acidic juice
- Where are lemons from? Lemons are native to South Asia, primarily in Northeast India.
- Why are lemons good for us? Like other citrus fruits like lime and orange, they are very high in Vitamin C and fiber, which means they help us build a strong immune system and digestive system.
- What can we do with lemons? Add to drinks, use zest in baking, add juice to salad dressings, deserts, sauces, etc.



INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they ever cooked or eaten any of these ingredients before?
- Alongside our Star Ingredient, today we are going to be discussing several superfoods! Key Q: What is a superfood? A superfood contains lots of vitamins, minerals, and other nutrients to help us stay healthy and strong! There are two superfoods in these recipes that we will focus on: oats and chickpeas.
- Why would we consider oats to be a superfood? Oats contain lots of vitamins including Vitamin B, biotin, and fiber that help our body stay in super shape! Fiber is great for our digestive system, biotin helps keeps skin and nerves healthy, and Vitamin B is good for lots of parts of our body, including our blood. What are some ways that you have eaten oats? What has been your favorite way to eat oats?
- Why would we consider chickpeas to be a superfood? Chickpeas are also full of superpower vitamins, and are high in protein to help keep us full during our adventures. Protein is necessary to build strong muscles, and helps gives us energy through the day. Can you think of other foods or flavors that can be used in hummus for flavor? Olives, peppers, garlic, avocado, pumpkin, chocolate!

DEVELOPMENT

🕒 5-7 min

- As you are making Rosemary Oatmeal Crackers, ask students what other food can be used to eat dips such as hummus! Chips, carrots, celery sticks, etc. are all great examples.
- As you are making the Lemon Hummus, discuss the following Star Technique and the Star Ingredient.
- Me-You-Us. Teacher demonstrates how to flatten dough to make crackers. 2. A volunteer demonstrates. 3. Class prepares their crackers.

LESSON 3: YUMMY YELLOW

COOKING PRO

The wrapper on sticks of butter come with markings for tablespoons, $\frac{1}{4}$ cup and $\frac{1}{3}$ cup, and $\frac{1}{2}$ cup. Use knife to cut the desired amount!


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: BLENDING

- What is blending? Blending is simply the process of mixing or combining ingredients together! When you use a blender, this process is very easy, but imagine having to do this by hand!
- What are the benefits of blending? Blending is an excellent way to change the consistency of an ingredient. In the case of hummus, we can eat a creamy dip instead of eating whole chickpeas. When you blend fruits, vs juicing them, you have the fiber intact. Fiber helps keep your tummy healthy.
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees frozen desserts and more!

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.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Umami