

### BAKED APPLES WITH WHIPPED CREAM

Serving Size: 12, 1/2 apple per student

#### Ingredients:

Apples:

- 6 medium apples
- ½ tbsp cinnamon
- 1 tsp sugar
- 12 muffin tins

Whipped Cream

- 1½ cup heavy whipping cream
- 1 tsp sugar
- ½ tsp vanilla (optional)

#### PREP BEFORE CLASS:

Preheat the oven to 350°F. Wash and core apples, cut into wedges. Distribute 1 muffin tin per student.

#### Directions:

Baked Apples:

1. Distribute apple wedges equally between students, have them dice apple using the bear claw technique. Have each student place their apples in their muffin tin.
2. Measure and mix together sugar and cinnamon in a small bowl.
3. Have students take a spoon and sprinkle cinnamon and sugar mix over diced apples. Stir in the muffin tin.
4. Bake for 12 minutes, until apple edges are starting to turn golden brown.

Whipped Cream:

1. Meanwhile, in food processor, measure and add heavy whipping cream. Blend until it has reached desired consistency (do not overwhip). Add sugar and vanilla when it is done, and blend for 5 more seconds.
2. Once apples have cooled, top with whipped cream and enjoy!



### CHOCOLATE HUMMUS

Makes 12 servings, 1/3 cup per student

#### Ingredients:

- 1 16 oz can cooked chickpeas
- 1/4 cup cocoa powder (NUT & SESAME FREE)
- ½ cup semi-sweet chocolate chips (NUT & SESAME FREE)
- 1/3 cup honey
- ½ tsp salt
- 1 tbsp vanilla extract
- ¼ cup water
- 1/2 bag pretzels for serving (NUT & SESAME FREE)

#### PREP BEFORE CLASS:

Open the chickpeas, drain.

#### Directions:

1. Have students take turns measuring the ingredients.
2. Add ingredients except for the water to the blender.
3. Process until completely smooth.
4. Add the water slowly and process until blended.
5. Scoop about ¼ cup of hummus on each student's plate
6. Instruct students to taste the hummus with pretzels. Enjoy!

# LESSON 9

## SMART SUBSTITUTIONS

### SHOPPING LIST

#### Ingredients to buy:

- 6 medium apples
- 1½ cup heavy whipping cream
- 1 16 oz can cooked chickpeas
- 1/4 cup cocoa powder (NUT & SESAME FREE)
- ½ cup semi-sweet chocolate chips (NUT & SESAME FREE)
- 1/2 bag pretzels (NUT & SESAME FREE)
- 12 muffin tins (or in the bin)

#### Ingredients in the bin:

- cinnamon
- vanilla
- sugar
- salt
- water
- honey
- 12 muffin tins

#### DID YOU KNOW?

Chickpeas were first cultivated in the Middle East 9000 years ago! Chickpeas are also called garbanzo beans.

### OBJECTIVES

- Customize their own desserts
- Identify different ways we can customize food
- Understand the health benefits of chocolate

### INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum)
- 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?
- Key Questions for the students: How many of you guys like chocolate? Almost everyone loves it! What are some desserts that you know that have chocolate in them? Do you guys know the health benefits in chocolate? Why is it good for us? What's your favorite type of chocolate?

### DEVELOPMENT

🕒 5-7 min

- Discuss the Star Technique. Customization opens up a lot of opportunities for students to express their creativity on their own using either topping, flavor bases, and more!
- Discuss the health benefits of Chocolate, in the Star Ingredient. The three benefits from eating chocolate are lowering cholesterol levels, preventing cognitive decline, and reducing the risk of cardiovascular problems.
- Progress to the topic of the class Smart Substitutions. Ask students if they have ever heard of the term "smart substitutions" and what they think it means. Encourage them to share their ideas.
- Write the term "smart substitutions" on the board (if available) and explain that it refers to making healthier choices by replacing certain ingredients with healthier alternatives in recipes.
- Discuss why smart substitutions are important for creating healthier meals and snacks, such as reducing added sugars, saturated fats, or refined grains.

# LESSON 9: SMART SUBSTITUTIONS

## STAR INGREDIENT: CHOCOLATE

- Where does chocolate come from?
  - Chocolate comes from cocoa beans, which grew on trees in Central and South America
- Why is chocolate good for us?
  - The raw cocoa beans are really good for you, full of vitamin C and magnesium, but they're bitter. The beans also have a fair amount of caffeine in them, like coffee or tea.
- What can we do with chocolate?
  - Chocolate is bitter on it's own, so when we use it in deserts, which we often do, we need to add a sweetener like sugar.
- Dark chocolate is more bitter, while milk chocolate has more sugar and milk, so it is sweeter.

## COOKING PRO

- Roasting uses the same technique as Baking! However roasting uses higher temperatures for thicker, tougher foods.
- The higher heat means you can easily get a flavorful brown, crispy look on food like fatty meats and potatoes!

## 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

## DEVELOPMENT


Discuss common substitutions:

- Using whole wheat flour instead of white flour in baking.
- Using Greek yogurt instead of sour cream in dips or dressings.
- Using mashed bananas or applesauce instead of butter or oil in baked goods.
- Using herbs and spices to add flavor instead of excessive salt.
- Discuss the benefits of each substitution, such as increasing fiber content, reducing unhealthy fats, or adding more nutrients to the dish.

## STAR TECHNIQUE: CUSTOMIZATION

- Customization is when you have choices to choose various foods or toppings to place onto your entrée!
- Examples: A good example of customization is a buffet, you can customize what you want on your plate and choose various foods that you would enjoy through the wide variety of foods!
- Yogurt is a perfect example of customization in the food industry. You are able to choose multiple different toppings to make a flavored masterpiece!

## 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