

DID YOU KNOW?

The word "orange" was first used for the color and not the fruit!



DID YOU KNOW?

An orange tree can grow as tall as 30 feet and live for 100 years!



NO-BAKE ORANGE TARTS

Ingredient	Students Per Class		
	10	15	20
Graham crackers, sleeve 	1	1 1/2	2
Oranges	3	4 1/2	6
Filling			
Cream cheese	1 cup	1 1/2 cups	2 cups
Greek yogurt	3/4 cup	1 1/4 cups	1 1/2 cups
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Sugar	1/2 cup	3/4 cup	1 cup
Orange zest	1 tsp	1 1/2 tsp	2 tsp
Other: Plastic cups (one per student) and ziplock bags (optional)			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Pass plastic cups to each student. Wash the oranges.
Prepare the food processor.

Directions:

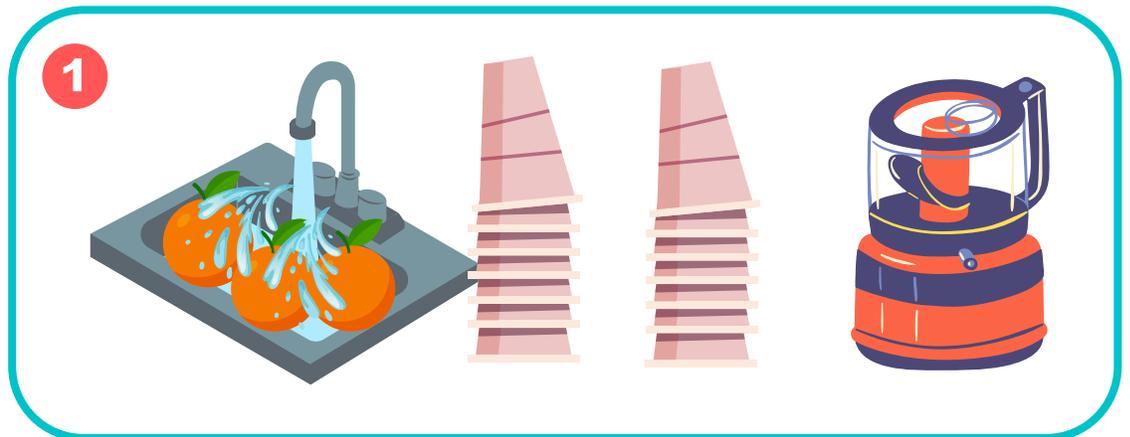
1. Have each student crumble 1/2 graham cracker into their muffin liner and have students use hands or the back of a spoon to pack crust into the bottom. Optionally, the students can place the crackers in a ziplock bag and crush the crackers with their hands before pouring crumbs into their cup.
2. Make the filling by having students measure and mix sugar, cream cheese, Greek yogurt, and vanilla extract into the food processor. Process until completely combined.
3. Demonstrate how to zest orange, and add zest to food processor. Mix until zest is combined.
4. Spoon the mixture on top of the crust in the cups to create the tarts.
5. Cut the oranges into quarters, leaving the peel on. Pass each student 1/4 orange and instruct them to peel and slice orange into small pieces. Then decorate the tart with orange pieces as they wish.
6. Enjoy!

LESSON 1

NO BAKE ORANGE TARTS

INGREDIENTS

Graham Crackers
Oranges
Cream Cheese
Greek Yogurt
Vanilla Extract
Sugar
Orange Zest
Plastic Cups
Ziplock Bags



1

Prep before class: wash oranges, pass out cups, prepare food processor



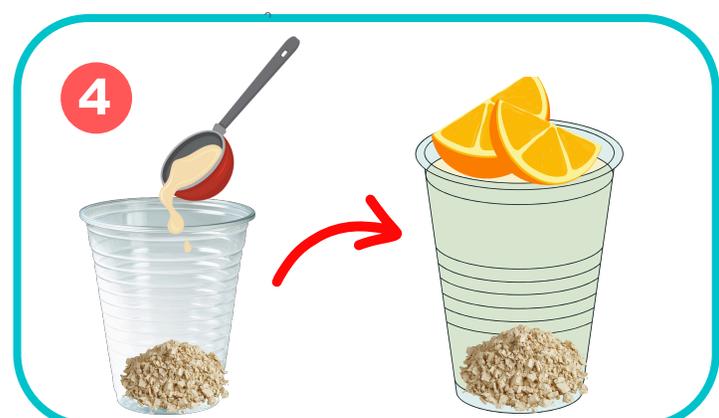
2

Crumble graham crackers into the muffin liners (inside Ziplock bag or by back of spoon) and press into plastic cup



3

Make filling by processing sugar, Greek yogurt, cream cheese, vanilla, and orange zest until smooth



4

Spoon mixture into cups. Cut oranges for decoration. Enjoy!

LESSON 1: KITCHEN SAFETY

SHOPPING LIST

Ingredients to buy:

Fresh Produce:

- Oranges

Dairy:

- Cream cheese
- Greek yogurt

Please see recipe for amounts, varies by class size

Pantry Staples:

- Graham crackers (NUT & SESAME FREE)

Ingredients in the bin:

- Sugar
- Vanilla extract
- Foil baking cups
- Ziplock bags (optional)

OBJECTIVES

- Explain why fruits are important in a balanced diet
- Students will be able to name at least 4 of the 9 iCook rules that promote kitchen safety
- Describe the health benefits of oranges

iCOOK RULES

1. Wash hands with soap before cooking
2. Wash fruits and vegetables
3. Stay away from oven and blender (only adults can use these)
4. Keep your station clean (clean as you go)
5. Do not play with knives
6. "One bite rule." Taste at least one bite of every dish we make
7. Raise a hand if you want to speak up/ask question
8. Ask the teacher if you can go to the restroom
9. Have fun!

INTRODUCTION

🕒 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Introduce yourself. Share three of your favorite foods. Have students go around and share their name and their favorite food.
- Have students raise their hands to answer the following questions:
 - Do you like cooking or baking? Do you help your parents cook at home? What's your favorite thing to make at home? What do you do at home to be safe in the kitchen?
- Come up with rules together for the class, by guiding kids to suggest rules below. You can help them come up with rules by asking leading questions like:
 - "What was the first thing we did when we came to the class?"
Washed hands. Let's have it as our number one rule.
- Establish the nine rules to follow in the class. Make sure students understand not only the rule but why it is important.
- Ask the students to identify the ingredients from the recipe. Have them guess what we might be making today.
- Discuss fruits that are considered citrus and their benefits. Key Qs:
 - What are some examples of citrus fruits? Citrus fruits include lemon, lime, orange, and grapefruit.
 - What are the benefits of eating citrus fruits? These fruits are high in antioxidants and vitamin C, which fight off the "bad germs" that can cause harm to our body.

ENGAGEMENT TIPS



Have students crush graham crackers in a ziplock bag until fine. If sharing, count "1-2-3-4-5 PASS!" before switching.



Introduce the blender dance! When the food processor runs, students dance. When it stops, they freeze.



While zesting, have each student take a turn. Count "1-2-3-4-5 PASS!" to keep it fun and moving.

LESSON 1: KITCHEN SAFETY

STAR INGREDIENT: ORANGE



- Where do oranges come from?
 - Oranges grow best in sub-tropical and tropical areas because they require a lot of sunshine and water. In the US, California and Florida are largest producers of oranges. But Brazil is the largest producer in the world!
- Why are oranges good for us?
 - Vitamin C- helps empower the immune system
 - Vitamin A- helps vision
 - Fiber- helps keep our digestive system healthy.

COOKING PRO

Blending is simply mixing or combining ingredients together!
What are the benefits of blending? When you blend fruits, vs juicing them you have the fiber intact. Fiber helps keep your tummy healthy. What food do you blend at home?



DEVELOPMENT

🕒 5-7 min

As you are completing the No-Bake Orange Tarts, discuss the Star ingredient: Oranges.

- Key Q's: What superpower does an orange have? Oranges are a great way to help support eyesight and the immune system. Yellow and orange fruits have a lot of Vitamin A which promotes eye health, and vitamin C which supports your immune system.
- As you're adding items to the blender, discuss Cooking Pro: Blending. Blending is a great way to incorporate fruit into the diet. Blending fruit not only satisfies hunger it helps retain fiber keeping your tummy healthy. While blending, have students take turns pressing the button, or play the blender game (students can dance when blender is running, but must freeze when blender stops.)

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.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salty
- Sweet
- Bitter
- Sour
- Umami

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

OLIVE OIL DINNER ROLLS

Ingredient	Students Per Class		
	10	15	20
All-purpose flour 	2 cups + 2 tbsp	3 cups + 2 tbsp	4 1/4 cup
Baking powder	2 1/2 tsp	3 1/2 tsp	5 tsp
Butter, unsalted	2 1/2 tbsp	3 1/2 tbsp	5 tbsp
Whole milk	1 cup	1 1/2 cup	2 cups
Sugar	4 tsp	2 1/2 tbsp	3 tbsp
Salt	1/2 tsp	3/4 tsp	1 tsp

: Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Preheat the toaster oven to 350°F. Foil and grease baking pan.

Directions:

1. Have students take turns in mixing the wet ingredients. In a large bowl, stir melted butter, milk, sugar, and salt together.
2. Add baking powder and stir until fully mixed.
3. SLOWLY add the flour, mixing until a dough forms.
4. Divide the dough and give each student a small portion of dough. Have them roll their dough into a ball using their hands.
5. Place dough balls on the prepared baking sheet, Evenly spaced out for baking.
6. Bake for 30 minutes, or until the tops are golden brown.
7. Cool for a few minutes and serve. Enjoy!



DID YOU KNOW?

Whole milk creates a creamier texture in recipes because it contains about 3.5% fat!



DID YOU KNOW?

Feta has a crumbly texture and a salty taste that makes it a favorite in Mediterranean dishes!

WHIPPED FETA DIP

Ingredient	Students Per Class		
	10	15	20
Feta cheese	6 oz	8 oz	12 oz
Greek yogurt, plain	1/2 cup	3/4 cup	1 cup
Garlic cloves	1 1/2	2	3
Olive oil	3/4 tsp	1 tsp	1 1/2 tsp
Honey	1 1/2 tsp	2 tbsp	3 tbsp
Black pepper	to taste	to taste	to taste

: Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Prepare the food processor.

Directions:

1. Break the feta cheese into smaller pieces if necessary.
2. Place the following ingredients into the food processor: feta cheese, greek yogurt, garlic cloves, and olive oil.
3. Pulse until the mixture becomes smooth and creamy.
4. Scoop around 1-2 tbsp of the whipped feta into each student's bowl.
5. Have the students add honey and black pepper on their feta dip to their liking.
6. Enjoy!

LESSON 2

OLIVE OIL DINNER ROLLS

INGREDIENTS

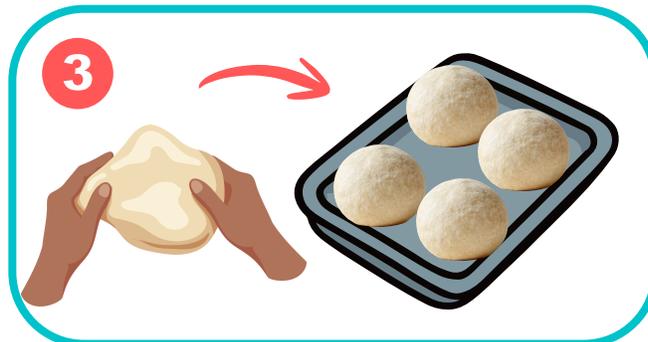
All Purpose Flour
Baking Power
Butter
Whole Milk
Sugar
Salt



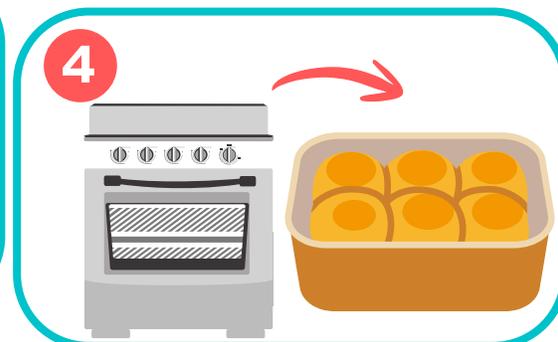
Mix wet ingredients into a large bowl.



Into same bowl, add in baking powder and flour slowly until dough forms



Give students a portion of dough to roll into balls. Place onto baking sheet



In preheated 350 degree oven, bake rolls for 30 minutes. Let cool then enjoy!

WHIPPED FETA DIP

INGREDIENTS

Feta Cheese
Greek Yogurt
Garlic Cloves
Olive Oil
Honey
Black Pepper



Process feta cheese, Greek yogurt, garlic, an olive oil into food processor until whipped. Spoon into students bowls and add honey and pepper if desired. Enjoy!

LESSON 2: POWERS OF HEALTHY FATS

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Garlic cloves

Dairy:

- Feta cheese
- Greek plain yogurt, Non-fat
- Butter
- Whole milk

Pantry Staples:

- Baking powder
- All-purpose flour (NUT & SESAME FREE)

Ingredients in the bin:

- Olive Oil
- Sugar
- Honey
- Salt

OBJECTIVES

- Understand the role of kneading in developing the structure and texture of dough.
- Learn how healthy fats improve flavor and nutrition.
- Explore creative ingredient combinations

STAR INGREDIENT: FETA

- Feta is a tangy, crumbly cheese traditionally made from sheep's milk or a mix of sheep and goat's milk.
- It originates from Greece and has been a staple of Mediterranean cuisine for centuries.
- The name "feta" means "slice" in Greek, referring to the cheese's traditional storage method in slices and kept in salty water to stay fresh.
- Rich in calcium and protein, feta supports bone health and muscle function while being lower in fat compared to many other cheeses.
- Its salty, tangy flavor pairs perfectly with fresh salads, roasted veggies or baked into savory dishes.

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.
- Ask the students to identify the ingredients from both recipes and guess what we might be making today.
- Ask, "what do you think makes some fats healthy?"
 - Healthy fats like those in olive oil, feta cheese, and yogurt are important for our bodies because they give us energy, help our brains think clearly, and keep our heart strong.
 - Encourage students to think of foods they know that contain healthy fats such as avocados, nuts, and seeds.
- How can fats make our recipes more delicious, like making bread softer or dips creamier?
 - Olive oil: makes the rolls soft and flavorful
 - Feta: adds creaminess and tang to the dip
- Fun activity: Have students pair up to discuss a time they ate a meal with creamy or rich flavors (like a buttery roll or cheesy dip). What did they like about it? Allow 2-5 students to share their thoughts with the class.
- Share that today, we will explore the powers of healthy fats by making two recipes that use them in different ways.

ENGAGEMENT TIPS



When mixing wet and dry ingredients, have students announce when the butter is mixed in and no longer floating.



While processing, have students listen for the sound to smooth out as the feta blends. Raise hands when they hear the change.



Have students season their individual plates instead. Just make sure they don't over season!

LESSON 2:

POWERS OF HEALTHY FATS

STAR TECHNIQUE:

KNEADING



- What is kneading?
 - The process of working dough with your hands to develop gluten, which gives bread its structure and chewiness.
- Why is kneading important?
 - Helps create an even, elastic dough that bakes into soft, fluffy bread.
 - Ensures the dough is stretchy and holds its shape during baking.
 - Distributes ingredients evenly throughout the dough.
- How to Knead:
 - Press the dough with the heel of your hand, pushing it away from you.
 - Fold the dough over itself and rotate it slightly.
 - Repeat for 5-7 minutes until the dough is smooth and elastic.



COOKING PRO

Always let your dough rest for a few minutes after kneading—it makes it easier to shape and ensures fluffier rolls. For extra flavor, try adding a pinch of your favorite herb to the dough!

DEVELOPMENT

 5-7 min

- As you start making the Dinner Rolls, discuss how measuring carefully is important to get the best results in baking!
- Before the students begin mixing the dough, demonstrate how kneading works. Discuss why it's important in baking bread. Why do we knead dough?
 - To make it stretchy and soft
 - To evenly mix ingredients
 - To help the rolls bake fluffy and perfect!
- Encourage each of the students to participate kneading with the dough.
 - Share tips: use the heel of your hand, fold the dough, and repeat until smooth.
 - As they take turns to roll the dough for the rolls, discuss how fats like butter and olive oil make the bread soft and flavorful.
- Talk about the star ingredient: Feta
 - Highlight its benefits: rich in calcium for strong bones and lower in fat than many other cheeses.
 - Ask them if they have eaten feta cheese before? What does it taste like?
- Encourage students to think of the kitchen as a lab where they can try new things:
 - Suggest simple swaps instead of chives in the whipped feta such as basil.
 - Ask: what's a new herb or ingredient you want to try in cooking?
- While preparing whipped feta, explore how blending creates the creamy texture and why olive oil and honey balance the tangy feta flavor.
- Challenge the students to try a new healthy fat this week, such as avocados, almonds, sesame seeds, and report back when they do.
- Remind them that creativity and adventure are key to becoming confident chefs!

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

LESSON 3: ROSEMARY OATMEAL CRACKERS & LEMON HUMMUS

ROSEMARY OATMEAL CRACKERS

Ingredient	Students Per Class		
	10	15	20
Oats 	1 cup	1 ½ cups	2 cups
All-purpose flour 	2 ½ tbsp	3 ½ tbsp	5 tbsp
Rosemary	1 tsp	1 ½ tsp	2 tsp
Baking powder	½ tsp	¾ tsp	1 tsp
Cold unsalted butter, cubed	2 ½ tbsp	3 ½ tbsp	5 tbsp
Milk	3 tbsp	4 ½ tbsp	6 tbsp
Salt	1 tsp	1 ½ tsp	2 tsp
Pepper	⅓ tsp	½ tsp	2/3 tsp

: Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

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

Directions:

1. Make oat flour by placing oats in blender and pulse until a fine powder forms.
2. Measure and add, salt, pepper, rosemary, baking powder, and butter to the blender and the oat flour. Blend for a few seconds.
3. Add milk slowly. Pulse until a dough forms.
4. Divide dough between students. Have them roll the dough into ½ inch balls and flatten the dough between their 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 with hummus!



DID YOU KNOW?

Oats are a naturally gluten-free food and are packed with fiber!



DID YOU KNOW?

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

LEMON HUMMUS

Ingredient	Students Per Class		
	10	15	20
Chickpeas	2 cups	3 cups	4 cups
Lemon juice	3 tbsp	4 ½ tbsp	6 tbsp
Olive oil	3 tbsp	4 ½ tbsp	6 tbsp
Garlic clove	1	1 ½	2
Salt	1 tsp	1 ½ tsp	2 tsp
Water	1 tbsp	1 ½ tbsp	2 tbsp

: Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Open can(s) of chickpeas, drain and rinse.

Directions:

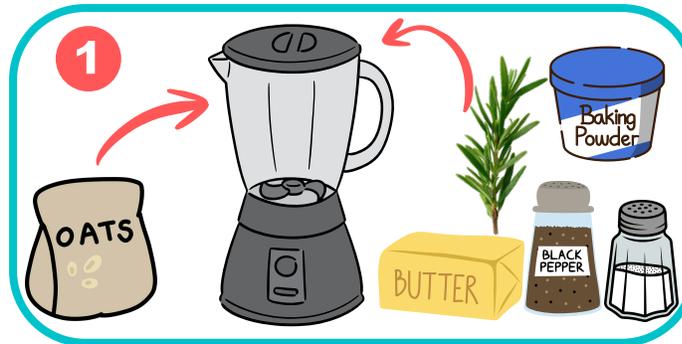
1. Have kids take turns measuring the ingredients and adding them to the food processor in this order: chickpeas, olive oil, lemon juice, water, and seasonings. Pulse, scraping sides down periodically, until the mixture is a puree. Slowly add more water if needed.
2. Scoop about ¼ cup of hummus on each student's plate.
3. Eat with rosemary oatmeal crackers.
4. Enjoy!

LESSON 3

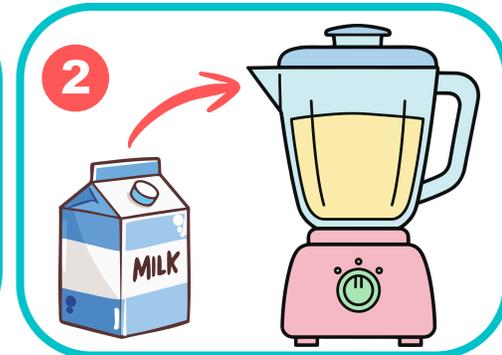
ROSEMARY OATMEAL CRACKERS

INGREDIENTS

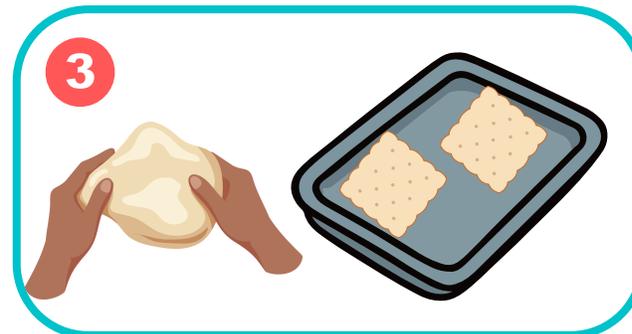
Oats
All Purpose Flour
Rosemary
Baking Power
Cubed Butter
Milk
Salt
Pepper



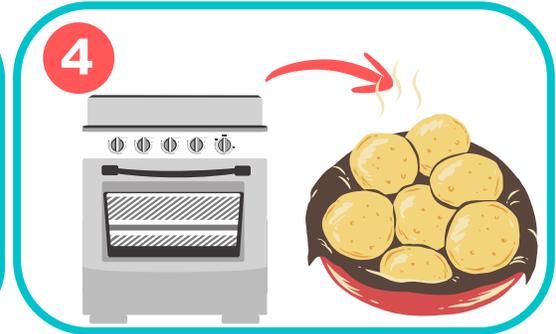
First, blend oats until they're powder. Then, add salt, pepper, rosemary, baking powder, and butter and blend



Add milk slowly and blend until dough forms



Give portion of dough to students to roll and flatten out between their palms. Place onto baking sheet



In preheated 375 degree oven, bake crackers for 15 minutes. Let cool then enjoy!

LEMON HUMMUS

INGREDIENTS

Chickpeas
Lemon Juice
Olive Oil
Garlic Clove
Salt
Water



In food processor, pulse (in this order) chickpeas, olive oil, lemon juice, water, and seasonings. Scrae down sides and add water when needed. Serve with crackers!

LESSON 3: HEROIC HERBS

SHOPPING LIST

Ingredients to buy:

Fresh Produce:

- Lemon
- Garlic
- Fresh rosemary

Dairy:

- Unsalted butter
- Whole milk

Please see recipe for amounts, varies by class size

Pantry Staples:

- Chickpeas, 16 oz. cans
- Rolled Oats (NUT & SESAME FREE)
- All-purpose flour (NUT & SESAME FREE)
- Baking powder

Ingredients in the bin:

- Olive Oil
- Honey
- Salt
- Pepper

OBJECTIVES

- Learn what an infusion is in cooking
- Learn about where rosemary comes from
- Explain the purpose of setting in baking

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
- Ask the students to identify the ingredients from both recipes, guess what we are making and cuisine the recipes belong to.
- Today we are going to talk about using infusions to add flavor of different herbs and spices into food.
- What is an infusion? Infusion is the process of steeping (soaking) herbs in water until the water absorbs the oils and flavors, then drinking the liquid for the taste, medicinal use, or using in cooking.
- Sounds a bit complicated, but you've probably drank an infused drink and maybe didn't even know - tea! Tea is an infusion of leaves that steep in hot water until the water absorbs the flavor.
- Other types of infusions can use roots, shoots, leaves, and flowers of the plant.

STAR INGREDIENT: ROSEMARY

- Rosemary is an aromatic evergreen herb that belongs to the mint family.
- The name "rosemary" is derived from the Latin words "ros" meaning "dew" and "marinus" meaning "sea," due to its affinity for coastal areas.
- Rosemary has been traditionally associated with memory enhancement and mental clarity. Its aroma is believed to have cognitive benefits.
- Rosemary has a long history of use in traditional medicine for supporting respiratory health and soothing coughs.



ENGAGEMENT TIPS



Students typically love rolling dough, so give them a few minutes to stretch and pull the cracker dough into different shapes before rolling into a ball.



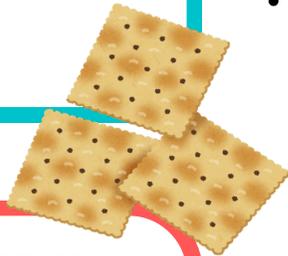
When introducing rosemary, ask students what the smell reminds them of, what herbs and/or spices they are familiar with



When preparing the oat flour, introduce the blender dance!

COOKING PRO

Chefs layer flavor by adding fresh herbs and warming spices at just the right moments. Try sprinkling a little extra herb on top—it makes your dish taste AND look like it came from a restaurant!



STAR TECHNIQUE: SETTING

- What is setting? Setting is the process where a mixture becomes firm, solid, or holds its shape. This usually happens through cooling, chilling, or letting the mixture rest.
- What are the benefits of setting? Setting helps foods thicken, stabilize, and develop the right texture. It allows dishes like yogurt parfaits, gelatin desserts, puddings, and no-bake bars to hold together properly.
- What tools help with setting? A refrigerator or freezer is most commonly used. Sometimes, simply letting a mixture sit at room temperature also allows it to set.

DEVELOPMENT

⌚ 5–7 min

- As the students prepare today's recipe, discuss the star technique: setting.
 - How do you think our recipe today will change after it sets?
 - Why do you think some recipes need time to set before we can eat them?
 - How does letting a food set make it taste or feel different?
- Discuss today's recipe:
 - Ask students: Why do you think our recipe needs time to set?
 - Have them make predictions about how the texture will change as the mixture cools or rests. Encourage them to imagine how the flavor might come together once everything has had time to settle.
- As students cook, talk about patience as part of cooking:
 - Some techniques happen fast—like chopping or whisking—but setting takes time. That time is what helps the ingredients become something new.
- Link it to creativity in the kitchen:
 - Just like chefs experiment with flavors, they also experiment with texture. Setting is one of the tools chefs use to turn simple ingredients into something exciting. A runny mixture can become a mousse, a sticky mixture can become a bar, a warm sauce can become a gel—all because of setting.
- Encourage a challenge for the week:
 - Try noticing when foods at home have “set” before eating—like Jell-O, yogurt parfaits, pasta salads, or anything chilled. Pay attention to how their texture makes the experience more enjoyable.
- By the end of class, students should understand that setting is more than waiting—it's an important technique that transforms ingredients and creates the final texture of a dish.

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

LESSON 4:

CRUNCHY CABBAGE SLAW & ORANGE CHOCOLATE MOUSSE

CRUNCHY CABBAGE SLAW

Ingredient	Students Per Class		
	10	15	20
Red Cabbage	2 cups	3 cups	4 cups
Carrots	1 cups	1 1/2 cups	2 cups
Apple (any variety)	1/2 cup	3/4 cup	1 cup
Baby Spinach	1 cup	1 1/2 cups	2 cups
Lemon Juice	1 tbsp	1 1/2 tbsp	2 tbsp
Honey	1 tsp	1 1/2 tsp	2 tsp
Dijon mustard	1 tsp	1 1/2 tsp	2 tsp
Olive Oil	1.5 tbsp	2 tbsp	3 tbsp
Salt	1/4 tsp	1/3 tsp	1/2 tsp

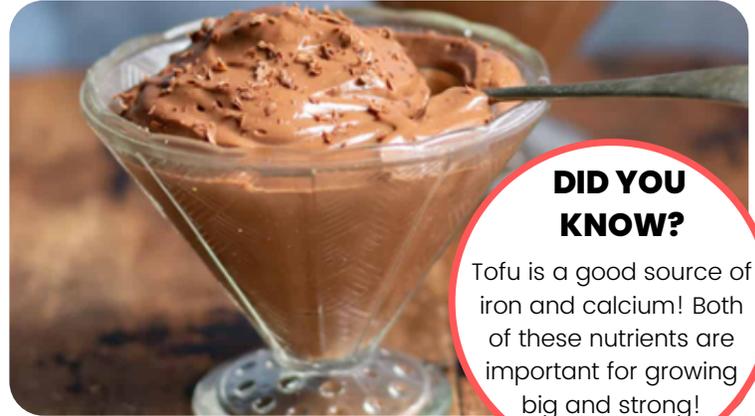
: Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Prepare food processor

Directions:

1. Pass out cutting boards and knives to students
2. Have students slice the cabbage, apple, and baby spinach into fine slices/ strips. Demonstrate as needed. Add the sliced vegetables to a large bowl.
3. Add peeled carrots to food processor and pulse for 15-25 seconds until shredded. Add carrots to the large bowl with the other vegetables.
4. Make the dressing: have students cut and squeeze lemons. Measure juice, honey, dijon mustard, and olive oil into a bowl and whisk.
5. Combine the salad and dressing, Mix well. Serve and enjoy!



DID YOU KNOW?

Tofu is a good source of iron and calcium! Both of these nutrients are important for growing big and strong!

ORANGE CHOCOLATE MOUSSE

Ingredient	Students Per Class		
	10	15	20
Silken tofu, (firm or extra firm) 	1 pound	1 1/2 pound	2 pounds
Cocoa powder 	3 tbsp	4 1/2 tbsp	6 tbsp
Orange	2	3	4
Orange zest	3 tbs	4 1/2 tbs	6 tbs
Honey	3 tbs	4 1/2 tbs	6 tbs
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Salt	1 1/2 tsp	2 tsp	3 tsp

Toppings: Chocolate chips

: Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Open tofu, drain excess water from the box, and place on a paper towel.

Directions:

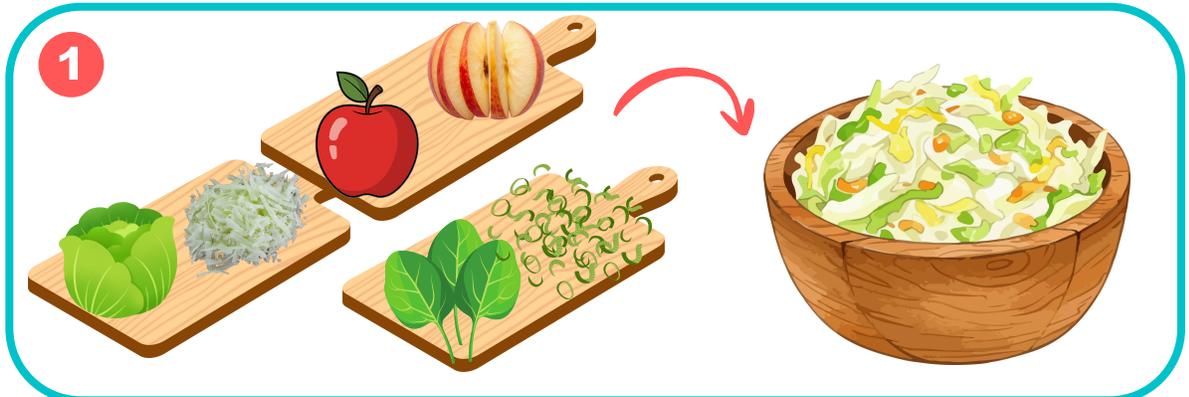
1. Demonstrate how to safely zest an orange. Add the zest of the orange into the blender.
2. Slice the zested orange into halves and have students help squeeze the juice into blender. Have students measure and add the tofu, cocoa powder, honey, salt and vanilla; add to blender
3. Blend until completely smooth.
4. Distribute the mousse into cups, top with chocolate chips and enjoy!

LESSON 4

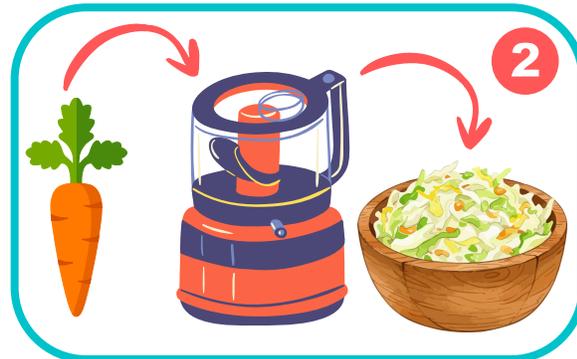
CRUNCHY CABBAGE SLAW

INGREDIENTS

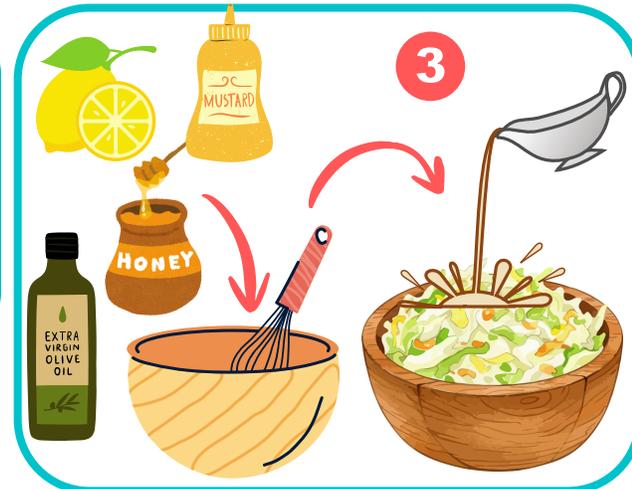
Red Cabbage
Carrots
Apple
Baby Spinach
Lemon Juice
Honey
Dijon Mustard
Olive Oil
Salt



1 Have students slice cabbage, apples, and spinach into fine slices/strip. Add to a large bowl



2 Add carrots to food processor and pulse until shredded. Add to bowl

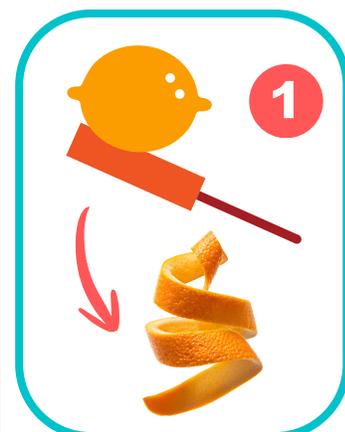


3 Make dressing by mixing lemon juice, honey, mustard, and oil in bowl. Mix in with slaw and enjoy!

ORANGE CHOCOLATE MOUSSE

INGREDIENTS

Silken Tofu
Cocoa Powder
Honey
Vanilla Extract
Oranges
Chocolate Chips



1 Demonstrate how to safely zest and orange



2 Have students help squeeze oranges to get the juice. Blend together the zest, orange juice, tofu, cocoa powder, honey, salt, and vanilla extract. Distribute into cups, top with chocolate chips, and enjoy!