



LESSON 12: SPICED PEAR PIES & PEAR PARFAIT

SPICED PEAR PIES

Ingredient	Students Per Class		
	10	15	20
Biscuits, canned 	2 can	3 can	4 can
Pears	2	3	4
Brown sugar	5 tsp	7 1/2 tsp	10 tsp
Cinnamon	1 tsp	1 1/2 tsp	2 tsp

: Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Wash pears and divide into wedges (1 per student). Preheat oven to 375°F. Grease foil-lined pan with oil.

Directions:

1. Distribute one pear wedge per student and instruct them to remove seeds and chop finely.
2. Distribute one biscuit to each student and instruct to flatten their biscuit using the heel of their hand.
3. Instruct students to place their chopped-up pear onto half of their biscuit. If they fill the whole biscuit, it will be difficult to fold over.
4. Pass cinnamon and instruct students to take a pinch and sprinkle over the pears.
5. Pass around brown sugar and have students measure and spoon 1/2 tsp over their pears.
6. Instruct students to fold the empty half of the biscuit over to cover the pears and press down the edges to seal pies.
7. Collect all student's mini-pies on the baking sheet.
8. Bake for 8-12 minutes (until golden brown).
9. Let cool for 2-3 minutes. Serve and enjoy!



DID YOU KNOW?

Pears have been grown for a long time, dating back to 4,000 BC.



DID YOU KNOW?

Pears are a part of the rose family.

PERFECT MORNING PEAR PARFAIT

Ingredient	Students Per Class		
	10	15	20
Vanilla Greek yogurt	4 cup	6 cup	8 cup
Honey	2 tbsp	3 tbsp	4 tbsp
Pear	1	1 1/2	2
Cinnamon	2 tbsp	3 tbsp	4 tbsp

Other: Cups and spoons for serving.

PREP BEFORE CLASS:

Wash pears. Core pears and cut each into equal portions according to class size.

Directions:

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

LESSON 12: BAKING & PIES

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Biscuits, canned (NUT & SESAME FREE)
- Pears
- Brown sugar
- Vanilla Greek yogurt

Ingredients in the bin:

- Cinnamon
- Honey
- Cups and spoons for serving

OBJECTIVES

- Understand the concept of baking
- Understand the various health benefits of cinnamon
- Demonstrate how to layer foods

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. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?

DEVELOPMENT

🕒 5-7 min

- As you are completing your first recipe, Spiced Pear Pies, discuss the Star Ingredient - Cinnamon. Ask the students: Do you like cinnamon?
- Discuss Fun Facts About Pies:
 - History: The first pies were made by the ancient Egyptians. The early pies were filled with meat, not fruit.
 - Pumpkin Pie: Pumpkin pie is a traditional dessert in the United States, especially popular during Thanksgiving.
 - World Record: The largest pumpkin pie ever made was over 3,699 pounds!
 - Why it's Round: Pies are usually round because historically, pies were made in round pots, and the shape stuck.

STAR TECHNIQUE: LAYERING

- Layering means to place ingredients on top of each other, sometimes following a pattern.
- Which tools do you use to layer? Hands, spoon, or spatula.
- Why do we want to layer ingredients in a recipe? We layer ingredients to build flavors of the dish.
- Layering can also refer to the visual presentation of a dish, where different colors, textures, and flavors are arranged in layers. This technique is often used in dishes such as salads, sandwiches, and desserts.
- What are we layering in today's recipe?



COOKING PRO: TOASTING CINNAMON

To enhance the aroma and flavor of cinnamon, consider toasting the cinnamon sticks or ground cinnamon before using them in your recipe. Simply heat a dry skillet over medium-low heat, add the cinnamon sticks or ground cinnamon, and gently toast them for a minute or two until fragrant. Be careful not to burn them!

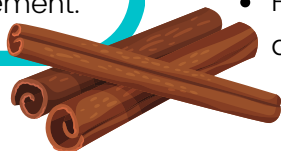


STAR INGREDIENT:

CINNAMON

Pass a small amount of cinnamon in a cup around and have students smell it. What does it smell like? Learn more:

- Cinnamon comes from the bark of trees belonging to the Cinnamomum genus.
- It has been used for thousands of years and was highly prized in ancient civilizations such as Egypt and Rome.
- Cinnamon is native to Sri Lanka but is now cultivated in several countries, including India, Indonesia, and Vietnam.
- Rich in antioxidants: Cinnamon is packed with antioxidants that help protect the body against oxidative damage caused by harmful free radicals.
- Supports healthy blood sugar levels: Cinnamon has been shown to improve insulin sensitivity and may help regulate blood sugar levels.
- Enhances brain function: The scent of cinnamon has been linked to improved cognitive function, memory, and attention span. Including cinnamon in recipes can help keep kids mentally sharp.
- Boosts metabolism: Cinnamon has been found to increase metabolism and improve digestion, which can aid in weight management.



BAKING

- **What is Baking?** Explain that baking is a cooking method that uses dry heat, usually in an oven. It's different from boiling or frying because it cooks the food slowly and evenly.
- **Why Do We Bake?**
 - Baking helps to cook food all the way through, making it safe to eat.
 - It brings out flavors and creates delicious textures, like the crispy crust of a pie or the fluffy texture of bread.
 - Baking can preserve food longer, like in the case of baked goods that stay fresh for days.
- **The Science of Baking:**
 - **Heat Transfer:** Explain how heat moves from the outside to the inside of what you're baking. This helps to cook the food evenly.
 - **Chemical Reactions:** Discuss how ingredients like baking powder or eggs change when heated, causing the food to rise or set.
 - **Maillard Reaction:** This is a chemical reaction between amino acids and reducing sugars that gives browned food its distinctive flavor, like the crust on a pie.
- **Tools Used in Baking:**
 - **Oven:** The main tool for baking, it provides the consistent heat needed.
 - **Measuring Cups and Spoons:** Precise measurements are important in baking because the right proportions are crucial for the recipe to turn out well.
 - **Mixing Bowls:** Used to combine ingredients.
 - **Whisks and Spoons:** Used for mixing ingredients together.



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