



# Spicing Things Up

## *A Herb and Spice Cooking Adventure*

**iCook After School  
Elementary School  
Curriculum**



 [info@icookafterschool.com](mailto:info@icookafterschool.com)

 [www.icookafterschool.com](http://www.icookafterschool.com)





# SUPPLIES PROVIDED

## COOKING SET

1. Blender and food processor (\*ADULTS ONLY\*)
2. Mixing bowl set of 4
3. Utensils set (whisk, spatula x 2, can opener, measuring spoons and cups, grater, mixing spoon, first aid kit)
4. Adult apron
5. Cutting boards x 15
6. Kids aprons x 12
7. Lettuce knives x 15
9. Oven mitts
10. Clipboard

## OVEN SET

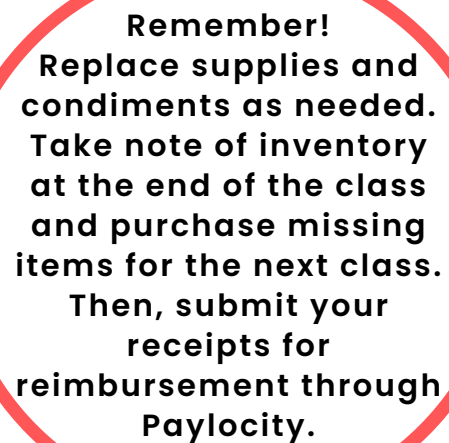
1. Toaster oven (\*ADULTS ONLY\*)
2. Oven mitts
3. Foil muffin tins
4. Foil

## CLEANING SUPPLIES

1. Kitchen rags
2. Paper towels
3. Disinfecting wipes
4. Dish soap, sponge, dish brush
5. Hand soap for kids

## CONDIMENTS

1. Salt and pepper
2. Honey
3. Olive oil
4. Vanilla (imitation extract)
5. Cinnamon
6. Sugar



**Remember!**  
**Replace supplies and condiments as needed. Take note of inventory at the end of the class and purchase missing items for the next class. Then, submit your receipts for reimbursement through Paylocity.**

# CURRICULUM SCHEDULE: HERBS AND SPICES

| Week # | Dates<br>(Mon - Fri) |        | Recipe #1                 | Recipe #2                        |
|--------|----------------------|--------|---------------------------|----------------------------------|
| N/A    | First Class          |        | Orange Tarts              | N/A                              |
| 1      | 1-Apr                | 5-Apr  | Baked Oatmeal Cups        | Pear Parfait                     |
| 2      | 8-Apr                | 12-Apr | Zucchini Lasagna Cups     | Caprese Skewers                  |
| 3      | 15-Apr               | 19-Apr | Baked French Toast        | Berry Whipped Cream              |
| 4      | 22-Apr               | 26-Apr | Black Bean Sliders        | Blueberry Cheesecake             |
| 5      | 29-Apr               | 3-May  | Superfood Veggie Tots     | Rainbow Fruit Smoothie           |
| 6      | 6-May                | 10-May | Rainbow Veggie Pinwheels  | Carrot and Pineapple Salad       |
| 7      | 13-May               | 17-May | Chickpea Salad            | Spiced Pumpkin Butter            |
| 8      | 20-May               | 24-May | Rosemary Oatmeal Crackers | Lemon Hummus                     |
| 9      | 27-May               | 31-May | Enchilada casserole       | Fresh Pico De Gallo              |
| 10     | 3-Jun                | 7-Jun  | Greek Salad               | Greek Yogurt Chocolate "Pudding" |
| 11     | 10-Jun               | 14-Jun | Peach Cobbler Crumble     | Blueberry & Peach Salsa          |

# EQUIPMENT BY WEEK



Optional



Required

| Week #      | Recipes   | Oven                                | Blender                             | Food Processor                      |
|-------------|---|-------------------------------------|-------------------------------------|-------------------------------------|
| First Class | Orange Tarts  | <input type="checkbox"/>            |                                     | <input type="checkbox"/>            |
| 1           | Baked Oatmeal Cups and Pear Parfait                     | <input checked="" type="checkbox"/> |                                     |                                     |
| 2           | Zucchini Lasagna Cups and Caprese Skewers               | <input checked="" type="checkbox"/> |                                     |                                     |
| 3           | Baked French Toast and Berry Whipped Cream              | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     |
| 4           | Black Bean Sliders and Blueberry Cheesecake             | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |
| 5           | Superfood Veggie Tots and Rainbow Fruit Smoothie        | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 6           | Rainbow Veggie Pinwheels and Carrot and Pineapple Salad |                                     |                                     | <input checked="" type="checkbox"/> |
| 7           | Chickpea Salad and Spiced Pumpkin Butter                |                                     |                                     | <input checked="" type="checkbox"/> |
| 8           | Rosemary Oatmeal Crackers and Lemon Hummus              | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |
| 9           | Enchilada Casserole and Pico De Gallo                   | <input checked="" type="checkbox"/> |                                     |                                     |
| 10          | Greek Salad and Greek Yogurt Chocolate "Pudding"        |                                     | <input checked="" type="checkbox"/> |                                     |
| 11          | Peach Cobbler Crumble and Blueberry & Peach Salsa       | <input checked="" type="checkbox"/> |                                     |                                     |

# SHOPPING TIPS: LET'S REDUCE WASTE TOGETHER




Dear Educators, we have compiled a list of recurring ingredients to minimize waste and encourage reuse for future weeks, saving you time and resources in the long run. Please remember not to leave perishable items them in the bin.

Thank you for your dedication to sustainability in the classroom!

**Remember - all the ingredients must be nut free!**



| Week #      | Flour   | Baking powder   | Oats  | Cocoa Powder   | Cinnamon  | Vanilla   |
|-------------|---|---|---|--|---|---|
| First Class |   |   |   |  |   | 1/2 tsp   |
| 1           |   | 1/2 tsp   | 2.5 cups  |  | 1 tsp   | 3/4 tsp   |
| 2           |   |   |   |  |   |   |
| 3           |   |   |   |  | 1 tsp   | 2 tsp   |
| 4           |   |   | 2/3 cup   |  |   | 1 tsp   |
| 5           | 1/2 cup   |   |   |  |   |   |
| 6           |   |   |   |  |   |   |
| 7           |   |   |   |  | 4 tsp   |   |
| 8           | 3 tbsp  | 3/8 tsp   | 1 cup   |  |   |   |
| 9           |   |   |   |  |   |   |
| 10          |   |   |   | 1/2 cup  |   | 1 tbsp  |
| 11          | 1.5 cups  |   | 1/2 cup   |  | 1 tsp   |   |
| Total       | ~2.5 cups   | ~2 tsp  | ~5.5 cups   | 1/2 cup  | ~7 tsp  | ~5.5 tbsp   |
|             |  |  |  |  |  |  |

**NOTE:** this curriculum also uses full 12 oz jar of honey, olive oil, sugar, and vanilla. If you are running low or run out, please buy more and submit for reimbursement.

# Sesame and Nut Allergies

## Sesame

Sesame is a major allergen that is typically in the form of oil or seeds that are added to food products.

Sesame is considered a seed, but is one of the 9 major allergens.



## Nuts

Tree nuts, such as peanuts, are considered a major allergen.

Nuts are used in many food products and may be processed in facilities with other foods.



## Both Allergens

May be processed in the same facilities, or may be cross-contaminated through shared equipment and utensils.

Both are two of the 9 major allergens.

Many of the same food products contain or may contain sesame and/or nuts

## Foods with Sesame

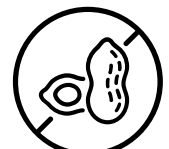
- Tahini - used to make hummus and dressings
- Middle Eastern and Asian cuisine - sesame oil and seeds are commonly used in these cuisines (ex. falafel, sushi, stir-fry)
- Bread and baked goods - crust of bread or baked goods, like hamburger buns
- Snack foods - sesame may be used in granola bars, crackers, chips, or trail mix.
- Sauces, dressings, or dips
- Desserts - Halva which is a sesame-based Middle Eastern dessert
- Vegetable oil (may contain sesame oil)
- Spices or seasonings

## Foods with Tree Nuts

- Nut Butters - peanut butter, almond butter, cashew butter
- Bread and baked goods - may be in cookies, bread, pastries, and other baked goods
- Snack foods - granola bars, trail mix, chocolate bars, cereals
- Sauces, dressings, or dips
- Peanut oil
- Sandwiches
- Desserts - Baklava uses peanuts as a filling
- Asian and Indian Cuisine - Peanuts are commonly used in these cuisines (ex. salads, stir-fry's, desserts)

## Allergy Prevention

- ✓ Always check labels for foods that contain or may contain sesame or tree nuts including oils. **Avoid all products that say "contain" or "may contain" sesame or nuts.**
- ✓ Ensure that foods are not processed in the same facility as sesame or tree nuts.
- ✓ Other seeds may be used in place of sesame or nuts such as flaxseeds, pumpkin seeds, or sunflower seeds (if so, ensure they are processed in a nut and sesame free facility)
- ✓ Cross-contamination of sesame or nuts may occur when facilities share equipment or cooking utensils.



# Allergy Safe Food Brands

## Graham Crackers



Honey Maid



Favorite Day



Signature Select



Nabisco Grahams

## Flour & Oats



Gold Medal



Good & Gather



Quaker Oats



Good & Gather

## Tortillas & Tortilla Chips



Mission Corn Tortillas



El Milagro Corn Tortillas



Mission Tortilla Rounds



Mission Tortilla Strips

## Pita Chips

Stacy's Pita Chips  
Simply Naked



Note: Other variations of this brand may contain sesame. Always remember to check the label!

## Naan & Pita Bread



Joseph's Lavash Flatbread



Papa Filin's Pita Bread



Joseph's Original Pita Bread

## Egg Roll Wrappers



Nasoya Egg Roll Wrappers



Spring Home Spring Roll Pastry

## Soy Sauce



Kikkoman's Soy Sauce

## Chocolate Chips & Cocoa Powder



Good & Gather Semi-Sweet Chocolate Chips



Signature Select



Hershey's Cocoa

## French and Wheat Bread, & Crostini Crackers



Udi's French Baguettes & French Bread Rolls



Angelic Bakehouse Sprouted Wheat



Triscuit Original

## Ladyfingers & Spongecake



Alessi Biscotti Savoiardi Lady Fingers



Dessert Shells





Arrive at least 15 minutes before the class begins



Set up for the class and wash any produce



Take attendance immediately as kids arrive

- Review roster for other **ALLERGIES** and medical conditions
- Never bring anything containing or contaminated by nuts
- Students who are not registered should not attend the class



Students wash hands



Review class rules



Follow the lesson plan





## **Use "Me - You - Us" Technique**

In the "Me-You-Us" technique, the teacher demonstrates a new technique or shares a personal experience. Then, one student repeats and shows what the teacher did. Finally, the whole class takes turns sharing their own experiences. This promotes empathy, understanding, and collaboration among students.



## **Use questioning and observation throughout**



## **Think-Pair-Share: Teacher listens to responses**

In the Think-Pair-Share technique, students first think individually, then pair up to discuss their ideas, and finally share with the whole class. It promotes active thinking and collaboration.



## **Observe children as they complete each task and skill and see if anyone needs more help, support and explanation**




## **Use Thumbs up and down to confirm understanding**

Thumbs up and down is a way to show understanding or agreement with a thumbs-up or disagreement with a thumbs-down.



The way we finish the class is always the same. Once both of your dishes are done and you are ready to taste your creations, carry on with the Taste Test, Thumbs Up Test and Clean up and Dismissal Steps outlined below.

## TASTE TEST

 2-3 min

- As you are 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.
- Explain students that it is very important to be present when you taste your food and not be distracted by other things, like TV or phones.
- Remind the class while they are tasting to focus on their 5 senses (see chart below).
- How would you describe the dish? Use the 5 tastes to describe it and/or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the curriculum).
- 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 chopping boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it.
- Dismiss in an orderly line and collect pick up signatures from parents.

### 5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

### 5 TASTES

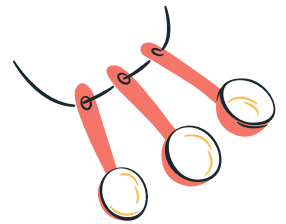
- Salt
- Sugar
- Bitter
- Sour
- Umami

# UNIT CONVERSION

## VOLUME:

### *CUP, TABLESPOON (tbsp) and TEASPOON (tsp) to MILLILITERS*

|     |            |   |    |                 |   |    |           |   |     |    |
|-----|------------|---|----|-----------------|---|----|-----------|---|-----|----|
| 1   | cup        | = | 16 | tablespoons     | = | 48 | teaspoons | = | 240 | ml |
| 3/4 | cup        | = | 12 | tablespoons     | = | 36 | teaspoons | = | 180 | ml |
| 2/3 | cup        | = | 11 | tablespoons     | = | 32 | teaspoons | = | 160 | ml |
| 1/2 | cup        | = | 8  | tablespoons     | = | 24 | teaspoons | = | 120 | ml |
| 1/3 | cup        | = | 5  | tablespoons     | = | 16 | teaspoons | = | 80  | ml |
| 1/4 | cup        | = | 4  | tablespoons     | = | 12 | teaspoons | = | 60  | ml |
| 1   | ml         | = | 1  | cm <sup>3</sup> |   |    |           |   |     |    |
| 1   | tablespoon | = | 15 | ml              |   |    |           |   |     |    |
| 1   | teaspoon   | = | 5  | ml              |   |    |           |   |     |    |

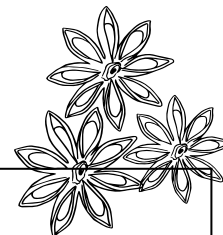


# KITCHEN SAFETY

1. Wash hands with soap before cooking
2. Wash fruits and vegetables
3. Stay away from oven and blender (only adult 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 teacher if you can go to the restroom

And most important of all... Have Fun!

# COMMON SPICES



| Spice     | Use  | Benefits  |
|-----------|--|---|
| Chili     | Mexican, Tex-Mex, and spicy dishes           | Metabolism boost, pain relief, potential antioxidant effects                  |
| Cinnamon  | Baking, desserts, oatmeal, beverages         | Antioxidant, anti-inflammatory, blood sugar regulation                        |
| Cloves    | Baked goods, spiced beverages, marinades     | Antioxidant, antimicrobial, digestive aid                                     |
| Coriander | Indian, Mexican, and Middle Eastern cuisines | Digestive aid, antimicrobial, potential blood sugar regulation                |
| Cumin     | Indian, Middle Eastern, and Mexican dishes   | Digestion aid, cholesterol regulation, antimicrobial                          |
| Garlic    | Wide range of dishes                         | Antimicrobial, potential cardiovascular benefits                              |
| Ginger    | Savory and sweet dishes, teas, desserts      | Anti-nausea, digestive support, anti-inflammatory                             |
| Nutmeg    | Baked goods, savory dishes, beverages        | Antioxidant, anti-inflammatory, digestive aid                                 |
| Paprika   | Hungarian and Spanish cuisines, rubs         | Metabolism boost, appetite reduction, heart health                            |
| Saffron   | Rice dishes, soups, desserts                 | Antioxidant, potential mood enhancement, potential cancer-fighting properties |
| Turmeric  | Curries, rice dishes, coloring agent         | Anti-inflammatory, antioxidant, joint health, digestion                       |
| Vanilla   | Baked goods, desserts, beverages             | Flavor enhancer, aromatic, culinary versatility                               |

# COMMON SPICES



Chili



Cinnamon



Cloves



Coriander



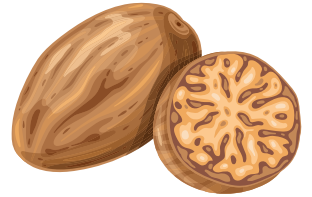
Cumin



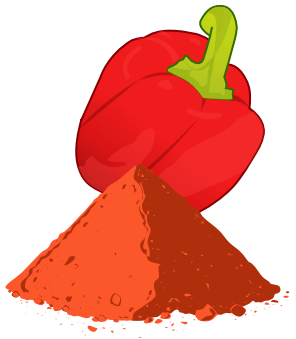
Garlic



Ginger



Nutmeg



Paprika



Saffron



Turmeric



Vanilla

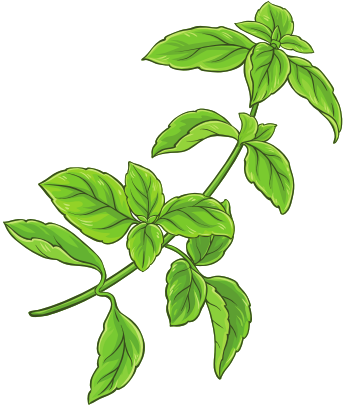


# COMMON HERBS

| Herb     | Use   | Benefits  |
|----------|---|---|
| Basil    | Italian dishes, pesto, salads, sauces       | Anti-inflammatory, antioxidant, potential antimicrobial effects                 |
| Chives   | Salads, soups, garnish                      | Antioxidant, potential antimicrobial effects, digestive support                 |
| Cilantro | Mexican, Indian, and Asian cuisines         | Antioxidant, potential digestive aid, potential heavy metal detoxification      |
| Dill     | Pickles, salads, fish dishes                | Antioxidant, potential digestive aid, potential antimicrobial effects           |
| Mint     | Tea, desserts, salads, sauces               | Digestive aid, potential headache relief, potential antimicrobial effects       |
| Oregano  | Italian dishes, tomato-based sauces, salads | Antimicrobial, antioxidant  |
| Parsley  | Garnish, salads, sauces                     | Antioxidant, potential diuretic properties, potential anti-inflammatory effects |
| Rosemary | Roasted meats, vegetables, marinades        | Antioxidant, anti-inflammatory, potential cognitive benefits                    |
| Sage     | Stuffing, sausages, roasted vegetables      | Antioxidant, anti-inflammatory, potential cognitive benefits                    |
| Thyme    | Roasted meats, stews, sauces                | Antioxidant, anti-inflammatory, potential respiratory benefits                  |



# COMMON HERBS



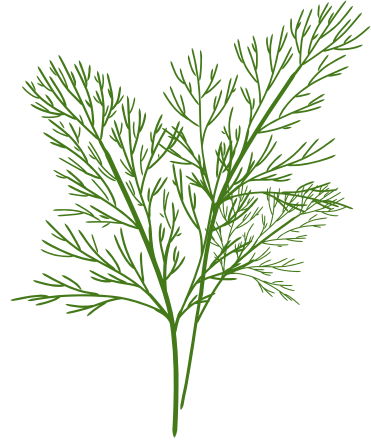
Basil



Chives



Cilantro



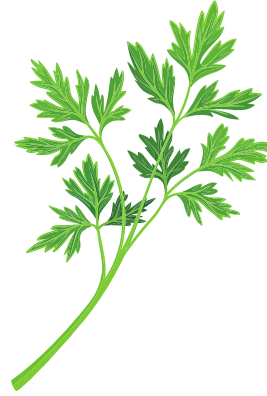
Dill



Mint



Oregano



Parsley



Rosemary



Sage



Thyme

## SAFETY HOLDING A KNIFE

Four important rules to teach children:

- **Grip.** Hold the knife properly. Hold the knife with your dominant hand (the hand you write with). Pinch the blade right above the handle and rest the knuckles of your pointer finger on the back of the knife.
- **Stance.** Do the chef stance. Stand on a steady surface with feet shoulder width apart. Make sure your hips are at counter height. Wear close-toed shoes that are non-slip. Create an X with the tip of the knife and your claw hand. Elbows out.
- **Claw.** The hand that is holding the food should look like a bear claw – fingers curled with thumb in. This protects your fingers in case the knife slips.
- **Eyes.** Keep eyes on the knife at all times. Remind your child that if their eyes wander then they should stop cutting and place the knife carefully on the cutting board.



## PRACTICE KNIFE SKILLS

Before practicing knife skills there are a few tips to discuss with your kids. These tips will help them successfully cut a piece of food while remaining safe.

- **The knife is stuck.** Tell kids to pretend the tip of the knife is stuck to the cutting board.
- **Rocking the boat technique (aka rock the blade).** When cutting, the blade should move in a rocking motion to saw through the food.
- **Lay food flat.** Round items like cucumbers and bananas should be cut in half lengthwise to lay on their flat side for safe cutting.
- **Move hand to coarsely chop.** Small pieces like garlic or herbs should be chopped by rocking the knife across the food while your hand lays flat on top of the knife.

Now you are ready to work on your recipes and do some chopping and dicing like a pro.

# MEASURING TIPS

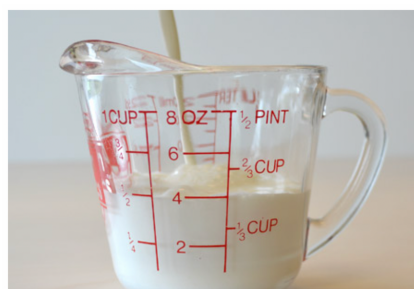
Use these to help teach students about measuring different ingredients



**MEASURING DRY INGREDIENTS**



**MEASURING BROWN SUGAR**



**MEASURING LIQUIDS**



**MEASURING YOGURT**



**MEASURING HONEY HACK**

## MEASURING

- Means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- Measuring tools include measuring cups (dry and liquid), measuring spoons, scales.
- Measuring properly ensures that your recipe will taste good and cook correctly!

## MEASURING DRY INGREDIENTS (FLOUR, SUGAR, ETC)

- Always use a dry measuring cup for these ingredients!
- Spoon into measuring cup from container.
- Level off any excess with the backside of a butter knife.

## MEASURING BROWN SUGAR

- Spoon the brown sugar into a measuring cup.
- Pack down the top.
- You know you've done it right when you dump the brown sugar out and it keeps the shape of the measuring cup.

## MEASURING BUTTER

- Butter and margarine are solid fats need to be measured using a dry measuring cup. Press the fat into the measuring cup and level the top, using a spoon or rubber spatula.
- If you are using stick butter or margarine, explain that one normal size stick equals ½ cup. The sticks also have handy lines that mark each tablespoon.

## MEASURING LIQUIDS

- Set the liquid measuring cup on the counter.
- Bend down so your eyes are level with the measuring cup.
- Pour the liquid into the measuring cup until it hits the line that matches the amount you want to measure.

## MEASURING SOUR CREAM, PEANUT BUTTER, YOGURT

- Thick ingredients, such as sour cream, need to be measured in a dry measuring cup.
- Spoon into a dry measuring cup, making sure there aren't any air pockets in the cup.
- Level off with the back of a butter knife.

## MEASURING HONEY HACK

- Oil the utensil before measuring—the honey will slide out cleanly.

- Acidic – sour or sharp in taste
- Aromatic – having a distinctive smell
- Astringent – sharp in flavor
- Bitter – a sharp, sometimes unpleasant flavor
- Bittersweet – a pleasing mix of bitterness and sweetness
- Bland – lacking in flavor
- Brackish – a taste of salty water
- Buttery – having the taste of butter
- Creamy – smooth, rich texture, usually used to describe dairy products
- Crumbly – the texture of food that crumbles
- Delicate – a light taste or texture
- Earthy – a flavor reminiscent of fresh soil, usually for root vegetables or wine
- Fiery – a dish that packs a spicy punch
- Flaky – usually used to describe a pastry with many layers
- Gamy – having the wild taste of game meat
- Glazed – a sticky, flavorful coating
- Honeyed – reminiscent of honey
- Luscious – having a pleasant, rich taste
- Mealy – containing meal; soft, dry, and friable
- Mellow – a gentle, smooth flavor
- Nectarous – like nectar, the drink of the gods
- Pickled – a process that gives food a briny taste
- Pungent – unpleasantly strong in taste or smell
- Plummy – having the taste, smell, or flavor of a plum
- Saccharine – overly sweet
- Savory – food that's salty or spicy, not sweet
- Silky – a smooth taste
- Tang – food with a tart taste
- Treacly – excessively sweet
- Zesty – having an invigorating flavor



# FIRST CLASS: ORANGE TARTS

## ORANGE TARTS

Serving Size: 12 servings, 1 per student

### Ingredients:

Crust:

- 1 sleeve graham crackers (NUT FREE)
- 12 foil mini muffin tins
- Ziplock bags (optional)

Filling:

- 8 oz cream cheese
- 5 oz Greek yogurt
- 1 tsp vanilla extract
- 1/2 cup sugar
- 1 tsp orange zest
- ½ tsp vanilla extract

Topping:

- 3 oranges
- 1/2 bunch mint to garnish

### PREP BEFORE CLASS:

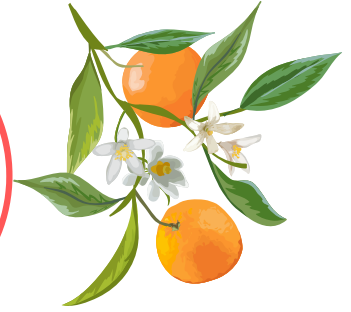
Pass muffin tins to each student. Wash oranges. Cut oranges into quarters, leaving peel on.

### Directions

1. Have each student crumble ½ graham cracker into foil tin and have students use hands or the back of a spoon to pack crust into bottom of tins.
2. Make the filling by having students measure and mix sugar, cream cheese, Greek yogurt, and vanilla extract into the food processor.
3. Instructor only: demonstrate how to zest orange, and add to food processor. Mix one more time until zest is combined.
4. Spoon the mixture onto the top of the crust in the foil tins.
5. Pass each student ¼ orange and instruct them to peel and slice orange into small pieces. Then decorate the tart with orange slices and mint as they wish. Enjoy!

### DID YOU KNOW?

The color orange was named after the fruit.



### DID YOU KNOW?

Rich in vitamin C: Oranges are known for their high vitamin C content, which is essential for a healthy immune system, collagen production, and protecting cells from damage.



# LESSON 1

## KITCHEN SAFETY

### SHOPPING LIST

#### Ingredients to buy:

- 3 oranges
- 1 bunch mint
- 1 sleeve graham crackers (NUT FREE)
- 8 oz cream cheese
- 5 oz Greek yogurt

#### Ingredients in the bin:

- 12 foil mini muffin tins
- Ziplock bags (optional)
- vanilla
- sugar

### OBJECTIVE

- Students will be able to name at least 4 of 9 iCook rules that promote kitchen safety
- Students will demonstrate the ability to prepare a simple recipe

### iCOOK RULES

1. Wash hands with soap before cooking
2. Wash fruits and vegetables
3. Stay away from oven and blender (only adult 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 teacher if you can go to the restroom
9. Have fun!

### INTRODUCTION

- 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 student go around and share their name and their favorite food.
- Have student's 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?
  - Why kitchen safety is important?
- In today's cooking class, we're going to talk about kitchen safety. Kitchen safety is important because it helps prevent accidents and injuries. The kitchen can be a dangerous place if proper precautions are not taken. This includes handling sharp knives and hot surfaces, using electrical appliances, and dealing with potential foodborne illnesses.
- To ensure everyone's safety in the kitchen, we need to follow safety rules. Come up together with rules 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. Invite kids to act up/demonstrate how they would wash hands. Etc
- Establish the nine rules to follow in the class - see sidebar for iCook rules. Make sure students understand not only the rule but why it is important.



### STAR INGREDIENT: MINT

Pass mint leaves around and have students rub it in their hands and smell. How would you describe the smell? Learn more:

- Mint has been used for thousands of years and is believed to have originated in Asia and the Mediterranean region.
- There are over 25 different species of mint, including peppermint and spearmint, which are the most commonly used varieties.
- Mint leaves contain a compound called menthol, which gives them their refreshing and cooling flavor.
- In ancient times, mint was used as a symbol of hospitality and was often used to freshen breath.
- Mint has been known to help soothe the stomach and relieve indigestion. It can be used in recipes to add a refreshing twist while promoting healthy digestion.
- Mint's natural menthol content helps freshen breath and can be used as a natural alternative to chewing gum or mints.

### MINT USES

- Flavoring desserts: Mint is often used to flavor desserts such as ice cream, cakes, cookies, and chocolates. It adds a refreshing and cool taste.
- Infused beverages: Mint leaves can be steeped in hot water to make mint tea or muddled with fruits to make flavored water or mocktails.
- Savory dishes: Mint leaves can be added to salads, dressings, and marinades to provide a burst of freshness. It also pairs well with lamb, peas, and other vegetables.
- Garnish: Whole or chopped mint leaves make a beautiful and aromatic garnish for dishes like soups, curries, and summer drinks



### STAR TECHNIQUE: ZESTING

- Today's recipe contains a really cool cooking technique – Zesting!
- Zesting means to grate small amounts of something, usually citrus peels, and add it to a recipe for flavor.
- Which tools do you use to zest? Grater, zester
- What types of food do you zest? Citrus peels, like orange, lemon, lime, or grapefruit.
- Why do we zest ingredients? Adding 'zest' to a dish adds lots of juicy flavor without adding extra liquid from the juice. Zest can be added on top of a dish for decoration. It looks a little like orange confetti!

### 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 1:

## 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 are 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 2 tbsp. yogurt to each cup. Encourage students to leave the parfait in layers instead of mixing.
5. Enjoy!

# LESSON 1: ENHANCING AROMA

## SHOPPING LIST

### Ingredients to buy:

- 2 pears
- 1/2 cup applesauce
- 4 cups vanilla Greek yogurt
- ¾ cup milk
- 2.5 cups old fashioned rolled oats
- 1 tsp. cinnamon
- 1 tsp. baking powder

### Ingredients in the bin:

- honey
- vanilla
- salt

## OBJECTIVES

- Understand how spices and herbs contribute to the aroma of food.
- Learn common spices and herbs known for their great aromas
- Learn how to incorporate spices for aroma in food

## 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?



## 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 making Oatmeal Cups and a Pear Parfait. We are going to be using multiple ingredients, some don't have much of a smell and other's make the dish even more appetizing.
- Have you ever wondered why some foods smell so delicious?
- Have you ever smelled something good and gotten hungry? The smell - or "aroma" - influences our expectations and appetite even before we take the first bite.

## DEVELOPMENT

🕒 5-7 min

- As you are chopping discuss knife safety (see Knife Skills section at the beginning of the curriculum for more information)
- As you are completing the oatmeal cups recipe, discuss the star ingredient, cinnamon.

## 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!

# LESSON 1: ENHANCING AROMA



## 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.


## DEVELOPMENT (CONT.)

- There are many foods that smell good, and one way to enhance both flavor and aroma is through herbs and spices.
- Spices are dried seeds, bark, roots, or fruits of plants, while herbs are the leaves and stems of plants. Spices and herbs have been used for centuries to add flavor and aroma to food in various cuisines around the world.
- Some spices and herbs are common in baked goods, such as a cinnamon or cloves. Others might be better suited with meat or vegetables, like basil, thyme, and rosemary. Fragrant herbs can be used in marinades, sauces, dressings, and as garnishes to add freshness and aroma to dishes.
- When it comes to releasing the aroma, there are some cooking techniques that help chefs get the most out of their herbs and spices. These can be dry roasting, grinding, crushing, and infusing in oils or liquids.
- No matter what you use, it's important to get the right balance so you can taste the herb or spice but it doesn't overpower the dish.

## CINNAMON USES

- Baking: Cinnamon is commonly used in baking, adding warmth and depth of flavor to cookies, cakes, muffins, bread, and pies.
- Spiced beverages: Cinnamon is an essential ingredient in spiced beverages like chai tea, mulled cider, and hot chocolate.
- Breakfast dishes: Sprinkle cinnamon over oatmeal, pancakes, French toast, or yogurt to enhance the flavor.
- Savory dishes: In certain cuisines, cinnamon is used in savory dishes such as stews, curries, and Middle Eastern dishes to add a subtle warmth and complexity to the flavors.

## 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



### ZUCCHINI LASAGNA CUP

Serving Size: 12 servings, 1 per student

#### Ingredients:

- 12 wonton wrappers
- 1 cup part skim ricotta
- 1 zucchini
- 1 cup pasta sauce
- 1 cup shredded mozzarella cheese
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 12 muffin tins

#### PREP BEFORE CLASS:

Preheat oven to 375. Wash zucchini. Spray a muffin tin with cooking spray.

#### Directions:

1. Mix ricotta, salt, and pepper. Stir until well combined
2. Slice the zucchini into thin slices, about 1/8 inch thick or as thin as possible.
3. Put a wonton wrapper in the muffin tin. Push the center of the wrapper down into the tin, forming a cup. Spoon the ricotta mixture into the wonton cups. Place a zucchini slice on the ricotta and press down slightly. Top with the pasta sauce and mozzarella. You can do another layer of cheese and pasta sauce if your cup has extra room.
4. Bake for 12 minutes. The edges of the exposed wonton wrappers should be golden brown and crisp. To ensure the zucchini softens, cook for as long as possible without burning the wontons.
5. Let the cups cool for 5 minutes before removing from the muffin tin and serving. Enjoy!



### CAPRESE SKEWERS WITH BALSAMIC VINAIGRETTE

Makes 12 servings, 1 per student

#### Ingredients:

- 12-24 container of cherry tomatoes
- 12-24 small mozzarella balls
- 12-24 basil leaves
- Cocktail skewers

#### Dressing: Balsamic Vinaigrette

- 1/4 cup balsamic vinegar
- 1 teaspoon honey or maple syrup
- 1 garlic clove, grated
- 1/2 teaspoon sea salt
- Freshly ground black pepper
- 1/4 cup olive oil

#### PREP BEFORE CLASS:

Wash tomatoes and basil

#### Directions:

1. Assemble tomatoes, basil and mozzarella balls on medium-sized cocktail skewer or toothpick.
2. To make balsamic vinaigrette, in a small bowl, whisk together the vinegar, honey, garlic, salt, and several grinds of pepper.
3. Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified
4. Drizzle over the caprese skewers. Enjoy!





# LESSON 2: ITALIAN HERBS AND SPICES

## SHOPPING LIST

### Ingredients to buy:

- 12-24 container of cherry tomatoes
- 1 zucchini
- 1 garlic clove, grated
- 12 wonton wrappers
- 12-24 basil leaves

- 1 cup part skim ricotta
- 1 cup shredded mozzarella cheese
- 12-24 small mozzarella balls
- 1 cup pasta sauce
- Cocktail skewers
- ¼ cup balsamic vinegar

### Ingredients in the bin:

- salt and pepper
- olive oil
- honey

## OBJECTIVES

- Describe common herbs and spices in Italian cuisine
- Understand the process of skewering
- Identify herbs and spices used in today's recipe.

## BASIL USES

- Soups and stews: Basil can be added to soups, stews, and tomato-based sauces to enhance the flavor and add freshness.
- Pizza and bruschetta: Basil leaves are commonly used as a topping for pizzas, bruschetta, and other Italian appetizers.
- Infused oils and vinegars: Basil leaves can be used to infuse oils or vinegars, adding a subtle basil flavor to dressings and marinades.

## 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.
- Today we are exploring cuisine from Italy. Ask students if they can name any common Italian ingredients or dishes?
  - Ingredients: flour, tomato, egg, meat and seafood, olive oil
  - Herbs and Spices: basil, garlic, red pepper, rosemary, oregano
  - Dishes: pasta, lasagna, ravioli, minestrone, bruschetta, tiramisu, cannoli
- Italian cuisine is known for its delicious flavors, and herbs and spices play a crucial role in achieving those flavors

## DEVELOPMENT

🕒 5-7 min

- What are some Italian dishes you know? Many popular dishes feature herbs and spices, such as pasta, pizza, bruschetta, and caprese salad.
- Some common herbs are basil, which we will talk about more on the next page. But there are more!
  - Oregano, known for its earthy and slightly bitter flavor, is a key ingredient in tomato-based sauces, pizzas, and meat dishes.
  - Rosemary, with its fragrant and pine-like aroma, is often used in roasts, stews, and bread recipes.
  - Garlic is a staple in Italian cooking, providing a robust and pungent flavor to various dishes.
  - Red pepper flakes add a touch of heat and are sprinkled on pizzas and pasta dishes to bring a bit of spiciness.



## DEVELOPMENT (CONT.)

- The use of herbs and spices in Italian cooking reflects the culinary traditions and cultural heritage of the country. These flavors have been passed down through generations, representing the authentic essence of Italian cuisine. They bring depth to sauces, soups, and stews, making them more robust and satisfying.

### STAR INGREDIENT: BASIL

Pass basil leaves around and have students smell them. Learn more about basil:

- Basil is a culinary herb that is native to tropical regions, particularly in Asia.
- The word "basil" is derived from the Greek word "basileus," which means "king" or "royal," highlighting its regal status among herbs.
- Rich in nutrients: Basil is a good source of vitamins A, K, and C, as well as minerals like calcium, iron, and magnesium.
- Supports digestion: Basil has been known to help soothe the stomach, aid digestion, and reduce bloating and gas.
- Anti-inflammatory properties: Basil contains volatile oils, such as eugenol, that have anti-inflammatory effects, which can help reduce inflammation in the body.
- Boosts the immune system: Basil contains compounds that have antimicrobial properties and may help support the immune system, keeping kids healthier.
- Freshens breath: Chewing on basil leaves can help freshen breath naturally.
- Promotes mental clarity: The aroma of basil has been found to have a calming effect on the mind and can promote mental clarity and focus.

### STAR TECHNIQUE: SKEWERING



- Skewering is a cooking technique that involves threading pieces of food onto a skewer before grilling, roasting, or barbecuing. It is a fun and versatile method that kids can enjoy in their cooking adventures.
- Skewering allows you to be creative with the ingredients you choose. You can skewer a variety of foods, including meat (such as chicken, beef, or shrimp), vegetables (such as bell peppers, onions, or cherry tomatoes), and even fruits for a sweet twist. The choice of ingredients is endless, and kids can have fun mixing and matching their favorites.
- Once the skewers are assembled, they can be cooked using various methods such as grilling, roasting in the oven, or even using a stovetop grill pan.

## 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: BAKED FRENCH TOAST

## BANANA FRENCH TOAST

Serving Size: 12 servings, 1 per student

### Ingredients:

- 12 pieces of wheat bread (NUT FREE)
- 1 1/2 cup of milk
- 3 bananas
- 1 tsp. vanilla extract
- 1 tsp. of cinnamon
- 12 foil muffin tins

### PREP BEFORE CLASS:

Preheat oven to 350°F. Cut bananas into twelve pieces, leave peel on.

### Directions:

1. Begin by passing a piece of wheat bread and banana to each student
2. Have students dice the bread into bite sized pieces. Demonstrate safe chopping technique.
3. Instruct students to peel and slice or dice bananas
4. Have student helpers take turn helping measure and add milk, vanilla, and cinnamon to a bowl and whisk to combine.
5. Instruct students to place diced bananas and bread into their individual muffin tin. Use hands to squish the two ingredients together, and add 1-2 tbsp. of milk mixture on top. Students will likely have extra ingredients.
6. Let sit for 1-2 minutes so milk can be absorbed by the bread.

### DID YOU KNOW?

French toast is not really French. Romans invented the dish first!



### DID YOU KNOW?

Berries are very low in sugar, which makes them a naturally sweet snack



## BERRY WHIPPED CREAM

Serving Size: 12 servings

### Ingredients:

- 1 cup of heavy whipping cream
- 1 cup frozen mixed berries
- 2 tbsp. sugar or honey
- 1 tsp. vanilla extract

### PREP BEFORE CLASS:

Prepare the blender

### Directions:

1. Add mixed berries in a bowl, and have students help mash using a fork. If the berries have too much liquid, drain the liquid first.
2. If too chunky, add to the blender and pulse until it has a paste consistency.
3. Have students help measure and add heavy whipping cream, sugar, and vanilla to the blender.
4. Whip until it has reached the consistency of whipped cream.
5. Instruct students to listen to the blender carefully because if you whip for too long, heavy whipping cream will turn into butter. It will change the sound once it starts getting too thick.
6. Add whipped cream to the bowl with 1 cup of mashed berries, and fold until combined.
7. Equally add a spoonful of whipped cream to each student's baked toast. Enjoy!

# LESSON 3: SPICES IN BAKING

## SHOPPING LIST

### Ingredients to buy:

- 3 bananas
- 1 1/2 cup of milk
- 1 cup of heavy whipping cream
- 1 cup frozen mixed berries
- 12 pieces of wheat bread (NUT FREE)

### Ingredients in the bin:

- vanilla
- sugar
- cinnamon
- honey

## OBJECTIVES

- Identify at least three common spice blends
- Understand how vanilla can be used
- Explain how to whip cream.

## VANILLA USES

- Baking: Vanilla extract is commonly used in baking cakes, cookies, pastries, and other sweet treats to add a rich and sweet flavor.
- Desserts: Vanilla is a staple flavor in ice cream, custards, puddings, and creamy desserts like panna cotta.
- Beverages: Vanilla is used in various beverages such as milkshakes, smoothies, coffee, and hot chocolate to enhance the flavor.
- Savory dishes: In some cuisines, a hint of vanilla is used in savory dishes like sauces, marinades, and glazes to add depth and complexity to the flavors.

## 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 making Baked French Toast and Berry Whipped Cream. To make it taste delicious, we will be using spices. But not just one - we will be using a blend of multiple spices that will work together to enhance the flavor and make it delicious.

## DEVELOPMENT

🕒 5-7 min

- Using spices in baking can take your treats from ordinary to extraordinary. Spices like cinnamon, nutmeg, ginger, and cloves add warmth and depth of flavor to baked goods. A sprinkle of cinnamon can transform a simple sugar cookie into a cozy autumn delight, while a pinch of nutmeg can elevate a classic banana bread to a whole new level. The aromatic blend of ginger and cloves can create the perfect gingerbread or spiced cake. Spices not only add delicious taste but also fill the air with enticing aromas as your goodies bake. So, don't be afraid to experiment with spices in your baking adventures and watch as your creations become even more irresistible!

## COOKING PRO

Vanilla can help balance the sweetness in desserts. If you find a dessert too sweet, adding a small amount of vanilla extract can provide a subtle bitterness that offsets the sweetness and creates a more balanced taste.



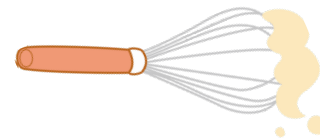
## STAR INGREDIENT: VANILLA

Put a teaspoon of vanilla in a small plastic cup and pass it around. Have students smell it, what does it smell like? Learn more about vanilla:


- Vanilla comes from the beans of the vanilla orchid, a climbing vine native to Mexico and Central America.
- Vanilla is one of the most popular and widely used flavors in the world.
- The process of growing and cultivating vanilla beans is time-consuming and labor-intensive, making it one of the most expensive spices.
- Vanilla beans are hand-pollinated because they require a specific type of bee or hummingbird found only in their native regions to naturally pollinate.
- Vanilla extract is made by soaking the vanilla beans in alcohol, which extracts and concentrates the flavor.
- Natural mood enhancer: The scent of vanilla has been found to have a positive impact on mood and can help reduce anxiety and stress levels.
- Antioxidant properties: Vanilla contains antioxidants that help protect the body against damage caused by harmful free radicals.
- Soothing and comforting aroma: The aroma of vanilla has a calming effect and can create a cozy and comforting atmosphere.
- Anti-inflammatory effects: Vanilla has been shown to have anti-inflammatory properties, which can help reduce inflammation in the body.
- Aphrodisiac qualities: Vanilla has a reputation as an aphrodisiac, known for its enticing aroma and flavor that can stimulate the senses.
- Contains trace minerals: Vanilla beans contain small amounts of essential minerals like calcium, magnesium, and potassium.
- Enhances flavor in recipes: Vanilla adds a rich and sweet flavor to a variety of dishes, including baked goods, desserts, beverages, and even savory dishes like sauces and marinades.

## STAR TECHNIQUE: WHIPPING

- Whipped cream is a delicious addition to many desserts.
- Whip cream slowly and in a controlled way.
- Don't over- whip it – once it just reaches stiff peaks, then stop. Over-whipped cream will first turn grainy and then to butter.
- Cream will roughly double in size when whipped.
- Cream whipped in a food processor with a blade won't be as light and fluffy as cream that is whisked. The cream will be thicker, so if you want to cover a cake with cream, use this method.



## 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:

## BLACK BEAN SLIDERS AND BLUEBERRY CHEESECAKE

### BLACK BEAN SLIDERS WITH RANCH DRESSING

Serving Size: 12 servings, 1 per student

#### Ingredients:

- 2 can of black beans (reserve 1 tbsp of liquid)
- 2/3 cup oats
- 1 lime, juiced
- 2 tsp chili powder
- 1 tsp salt
- 1 clove garlic
- 1/2 tsp black pepper
- 12 leaves of romaine lettuce (for "buns")
- 1 package shredded cheese
- Ranch dressing

#### PREP BEFORE CLASS:

Open can of black beans, pour liquid into a small mixing bowl and set aside. Preheat oven to 350 degrees and grease a cookie sheet.

#### Directions

- Add black beans, oats, lime juice, salt, pepper, and chili powder to large bowl.
- Mash beans together with the rest of the ingredients. If the mixture is not sticking together, add in 1 tbsp of the reserved black bean liquid until well combined.
- Add chopped garlic clove and continue to mix.
- Shape mixture into individual patties (about 1-2 inches wide) and place on greased cookie sheet.
- Bake for about 10 minutes and then take out, flip, and add cheese on top.
- Let bake for another 10 minutes so cheese melts.
- Serve the sliders in a leaf of romaine lettuce, and dollop of ranch dressing (if desired).
- Enjoy!

#### DID YOU KNOW?

Black beans and Greek yogurt are great sources of vegetarian protein!



SEE NEXT PAGE FOR  
SECOND RECIPE



# LESSON 4:

## BLACK BEAN SLIDERS AND BLUEBERRY CHEESECAKE

### BLUEBERRY CHEESECAKE

Serving Size: 12 servings, 1 per student

#### Ingredients:

##### Crust

- 1 1/2 sleeve Graham crackers (NUT FREE)
- 4 tbsp. (1/2 stick) unsalted butter, melted

##### Filling

- 12 oz cream cheese, room temperature
- 1/3 cup and 2 tbsp sugar
- 1 tsp. vanilla extract
- 1 cup blueberries (fresh or frozen)
- 1 1/2 cup whipping cream
- Graham cracker crumbs for garnish (NUT FREE)
- 12 cups for serving
- 6 small ziplock bags

#### PREP BEFORE CLASS:

Recommended, but optional: set oven to a low temperature; place butter and cream cheese in two separate bowls to soften on top of the oven to soften. If using metal bowls, place inside oven.

#### Directions

##### Crust:

1. Place Graham crackers inside zip locks and crush them. Pour crumbles into a mixing bowl and add melted or room temperature butter. Mix until well combined. Set aside

##### Filling

1. Have students add 1 cup whipping cream, vanilla extract and 1 tbsp. of sugar to the food processor and blend until whipped.
2. Have students take turns measuring and mixing together cream cheese and 1/3 cup sugar.
3. In a separate bowl, add 1 tbsp sugar into bowl of blueberries and have students squish to release the juice.
4. Fold in 1/2 cup of whipping cream into the cream cheese mixture. Save the rest for garnish.

##### Assembly

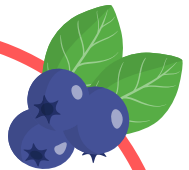
1. Press down graham cracker and butter mixture into a plastic cup to form a crust. Spoon cream cheese mixture on top of graham cracker crust.
2. Then add blueberry mixture and whipped cream.
3. Garnish with extra graham cracker crumbs. Enjoy!

#### DID YOU KNOW?

Legend has it that blueberry cheesecakes were fed to the athletes at the Olympic Games in Greece.



#### DID YOU KNOW?



Blueberries were called “star fruits” by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.

# LESSON 4: ADDING HEAT

## OBJECTIVES

- Name a reason why people eat spicy food
- Identify a type of pepper
- Describe a use of chili peppers in cooking

## SHOPPING LIST

### Ingredients to buy:

- 12 leaves of romaine lettuce
- 1 lime, juiced
- 1 cup blueberries (fresh or frozen)
- 2 can of black beans
- 1 package shredded cheese
- Ranch dressing (optional)
- 1 ½ cup whipping cream
- 4 tbsp. (1/2 stick) unsalted butter
- 12 oz cream cheese, room temperature
- 2/3 cup oats
- 2 tsp chili powder
- 1 1/2 sleeve Graham crackers (NUT FREE)

### Ingredients in the bin:


- olive oil
- Salt and pepper
- vanilla
- sugar

## STAR INGREDIENT: CHILLI




- Chili peppers belong to the nightshade family and are native to the Americas.
- Chili peppers are widely used in cuisines around the world and are an essential ingredient in dishes like salsa, curry, and chili con carne
- Pain relief: Capsaicin in chili peppers can provide relief from pain by reducing the production of pain signals in the body.
- Source of vitamins: Chili peppers are rich in vitamins A and C, which are essential for maintaining healthy skin, boosting the immune system, and promoting overall well-being.
- Mood booster: Eating chili peppers can trigger the release of endorphins, which are natural chemicals in the body that promote feelings of pleasure and happiness.
- Digestive health: Chili peppers can aid digestion by increasing saliva production and stimulating the release of digestive enzymes.

## 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.
- Herbs and spices add flavor, aroma, and dimension to food - and they can add the element of heat as well. Do you like spicy food? Some people love it and some people can't take it.
- What are some spicy foods you know? What makes them spicy?

## DEVELOPMENT

 5-7 min

- Spicy food has a hot and fiery taste - but why? The spice that makes food spicy is called capsaicin, and it comes from certain plants like chili peppers.
- When you eat something spicy, it can make your mouth feel hot or tingly. Some people love the feeling, while others might find it a little too intense. The spiciness of food is measured using a scale called the Scoville scale. The Scoville scale tells us how spicy something is, with milder flavors having fewer Scoville units, and really spicy ones having a lot more.
- Now, why do people enjoy eating spicy food? Well, it's because eating spicy food can actually make us feel good! When we eat something spicy, our bodies release a chemical called endorphins. These endorphins can make us feel happy and give us a little bit of an adrenaline rush.

# LESSON 4: ADDING HEAT

## STAR TECHNIQUE: BAKING

- Baking is a method of cooking food that usually uses prolonged dry heat, such as in oven, but can also be done in a microwave.
- What types of foods do you bake? Bread, cookies, cakes, meats, lasagna, vegetables and fruits.
- How do you think baking in microwave will differ than oven? A microwave will bake faster, but the oven can make foods crispy.

## CHILLI USES

- Spicy dishes: Chili peppers are a staple ingredient in spicy dishes like chili con carne, curries, salsas, and hot sauces.
- Marinades and rubs: Chili peppers can be used in marinades and dry rubs for grilling or roasting meats and vegetables, adding heat and flavor.
- Seasoning: Ground chili powder or flakes can be used as a seasoning to add spice to various dishes like soups, stews, stir-fries, and Mexican cuisine.
- Condiments: Chili peppers can be used to make spicy condiments like salsa, hot sauce, chutney, or infused oils for drizzling over dishes.

## DEVELOPMENT (CONT.)

- Not all spice is created equal. Different spices have different levels of spice. Of course, it can subjective. What you might think is too spicy, your friend might love. That's why we should be adventurous with foods and try new things to see what we like.



Bell peppers



Paprika



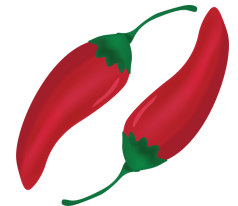
Cherry pepper



Jalapeno



Habanero



Ghost pepper

## 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

### SUPERFOOD VEGGIE TOTS

Makes 12 servings

#### Ingredients:

- 2 cups baby carrots
- 2 cups (one head) broccoli
- ½ cup all-purpose flour
- 16 crushed ritz crackers
- ½ cup grated parmesan cheese
- 1-2 tbsp fresh dill
- 4 tbsp. olive oil
- ½ tsp salt
- Ranch dressing OR ketchup for dipping (optional)

#### PREP BEFORE CLASS:

Wash vegetables. Preheat oven to 400F. Grease baking sheet or line with foil.

#### Directions:

1. Pulse vegetables several times in food processor. You may need to pulse carrots and broccoli separately if there is not enough space in the food processor.
2. Place remaining ingredients into a large bowl: flour, crushed crackers or breadcrumbs, parmesan cheese, oil, and salt. Stir until combined.
3. Add blended veggies to bowl. Add fresh dill and mix to combine.
4. Form mixture into individual tots/cylinders or patties (about 1 tablespoon of mixture each) and place on baking sheet. If they do not hold their shape, add 1tbsp additional oil.
5. Bake for 15 minutes at 400F. Flip each tot and bake another 10 minutes. (Total 25 minutes). Cool. Enjoy!



#### DID YOU KNOW?

Each strawberry has about 200 seeds on their surface

### RAINBOW FRUIT SMOOTHIE

Makes 12 student servings, 1/3 cup per student

#### Ingredients:

- 3 bananas
- ½ pound strawberries, whole
- 1 cup of baby spinach
- 1 tbsp. honey
- 1 1/2 cup non-fat plain Greek yogurt
- 2 cups water

#### PREP BEFORE CLASS:

Wash strawberries and remove stem and leaves. Chop banana into small pieces. Prepare blender.

#### Directions:

1. Have student volunteer wash hands and place fruit in blender.
2. Have student measure one cup of baby spinach leaves and add to the blender.
3. Have a student measure the yogurt into the blender. Measure and add honey.
4. Have a student add water to the blender.
5. Cover the blender and blend until smooth. Students may take turns blending.
6. Add additional water to thin if necessary.
7. Serve in cups and enjoy!



#### DID YOU KNOW?

Carrots can have many colors, including white, purple and yellow.



# LESSON 5: SPICING UP SNACKS

## OBJECTIVES

- Give one example of traditional Portuguese dish
- Describe the process of zesting by using today's recipes as an example
- Describe the benefits of applesauce

## STAR INGREDIENT: DILL

- Dill is an herb that is native to the Mediterranean region and parts of Western Asia.
- Dill has been used for centuries as a medicinal herb, culinary ingredient, and even as an ingredient in perfumes.
- Digestive health: Dill has been traditionally used to soothe digestive issues such as bloating, gas, and indigestion.
- Source of vitamins and minerals: Dill is a good source of vitamins A and C, as well as minerals like calcium and iron, which are important for maintaining overall health.
- Calming properties: Dill has been used as a natural remedy for promoting relaxation and reducing anxiety. Its aroma is believed to have a calming effect on the mind.



## SHOPPING LIST

### Ingredients to buy:

- 3 bananas
- ½ pound strawberries
- 1 cup of baby spinach
- 2 cups baby carrots
- 2 cups (one head) broccoli
- ½ cup all-purpose flour
- 1 1/2 cup non-fat plain Greek yogurt
- 16 crushed ritz crackers
- ½ cup grated parmesan cheese
- 1-2 tbsp fresh dill
- Ranch dressing OR ketchup for dipping (optional)

### Ingredients in the bin:

- honey
- olive oil
- salt

## 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.
- Who likes snacks? What are your favorite type of snacks?
- In America, common snack foods are potato chips, pretzels, popcorn, cookies, and cheese and crackers. And while anything is okay in moderation, these are not foods that should be eaten every day since they are high in saturated and trans fats.
- The good news is there are healthy snack options - and especially when adding herbs and spices, we can turn a boring snack into a delicious treat!

## DEVELOPMENT

🕒 5-7 min

- Healthy snacks need to contain some combination of two of these things things: protein, carb, and fat.
  - Protein - tuna, yogurt, cottage cheese, hummus, hard boiled eggs, jerky, etc...
  - Carb- quinoa, oats, sweet potato, whole grain crackers, apply, baby carrots etc...
  - Fat - avocado (or guacamole), nut or sunflower seed butter, dark chocolate, chia seeds
- You can combine these foods to create a healthy snack that satisfies hunger and leaves you feeling satisfied for longer.

# LESSON 5: SPICING UP SNACKS


## DILL USES

- Culinary applications: Dill is commonly used in culinary dishes, particularly in Scandinavian, Eastern European, and Mediterranean cuisines.
- Pickling: Dill is a key ingredient in pickling recipes, such as pickled cucumbers (dill pickles).
- Fresh salads: Dill leaves can be added to fresh green salads, pasta salads, and potato salads to provide a fresh and aromatic flavor.
- Seasoning: Dill can be used as a seasoning for roasted vegetables, grilled meats, and fish dishes. It adds a mild, herbaceous taste.
- Herb butter and sauces: Dill can be incorporated into herb butter or mixed with yogurt and sour cream to make delicious dips, sauces, and spreads.

## DEVELOPMENT (CONT)

- We can make the snacks more fun by seasoning them to our liking! For example - hummus and carrots can be a lot more yummy when adding garlic, salt, pepper, sesame seeds, and even some fresh herbs. A plain avocado can be made even better with "everything but the bagel" seasoning, or even adding red pepper flakes for a spicy kick!
- What combinations of snack foods and spice would you want to try?
- Can you identify the protein, carb, and fat in our first recipe, Veggie Tots? What about the smoothie? Why is that a healthy snack?
- The veggie tots are great snack because they are easy to make, hand-held and easy to pack on the go, and of course - delicious! They have vegetables, cheese for protein, olive oil for healthy fat, and carbs in carrots.
- Just like the first recipe, the smoothie is packed with healthy ingredients: yogurt for protein, bananas for carbs, and honey to add some sweetness.
- Both of these recipes can be customized with other foods you like; swap strawberries or mangos or dill with basil!

## 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

## STAR TECHNIQUE: BLENDING

- What is blending? Blending is simply the process of mixing or combining ingredients together!
- What are the benefits of blending? Blending is an excellent way to change the consistency of an ingredient. You can turn a chickpea into hummus, or a fruit into a smoothie!
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees, frozen desserts and more.



# LESSON 6:

## VEGGIE PINWHEELS AND CARROT PINEAPPLE SALAD

### RAINBOW VEGGIE PINWHEELS

Serving Size: 12 servings

#### Ingredients:

- 2 bell peppers (red, yellow, or orange)
- 1 cup baby carrots
- 1 cup of baby spinach
- ¼ small head purple cabbage
- 8 oz cream cheese
- 12 small tortillas (NUT FREE)
- salt and pepper to taste

#### PREP BEFORE CLASS:

Wash veggies and cut into 12 pieces for distribution

#### Directions:

1. Pulse carrots in the small bowl of food processor until roughly shredded.
2. Pass a piece of bell pepper to each student
3. Demonstrate how to slice pepper into long strips and have the students repeat the task.
4. Pass a handful of cabbage and spinach to each student.
5. Pass a spreading knife with cream cheese and have students spread cream cheese on to their tortilla, almost out to the edges.
6. Have students arrange veggies in rows across the cream cheese. Instruct students to fold in corners and roll up each tortilla. Walk around and help all students tightly roll the wrap. If the ends don't stay shut, you can add a bit more cream cheese.
7. Cut crosswise into pinwheels and enjoy!



### DID YOU KNOW?

Eating carrots can help keep your teeth and gums healthy because they're crunchy and full of fiber.



### CARROT AND PINEAPPLE SALAD

Serving Size: 12 servings

#### Ingredients:

- 3 cups baby carrots
- 1 can crushed pineapple (or pineapple chunks, tidbits, etc.)
- 1/3 cup raisins
- 1/4 cup orange juice
- 1/2 inch ginger root, grated
- 1/2 lemon
- 1/8 tsp salt

#### PREP BEFORE CLASS:

Open can of pineapple, drain.

#### Directions:

1. Place baby carrots in food processor, shred. You may need to fill the food processor twice.
2. Place shredded carrots in a bowl.
3. Cut a lemon in half and juice it into a separate container. Note: this is a task for the instructor.
4. Have students measure and add orange juice, lemon juice, crushed pineapple, salt, ginger and raisins to the carrots.
5. Mix all ingredients in a large mixing bowl. Enjoy

# LESSON 6: HERB AND SPICE PAIRINGS

## OBJECTIVES

- Explain the health benefits of ginger
- Name two uses of ginger
- Name a spice or herb pairing used in cooking

## SHOPPING LIST

### Ingredients to buy:

- 2 large ripe bananas
- 1 clove of garlic
- 5-7 baby carrots, shredded
- 1 cup shredded cabbage or 1/4 of small cabbage head
- 1tbsp. grated ginger
- 12 egg roll wrappers (NUT FREE)
- 1 cup low-fat milk
- 2 cups plain yoghurt

### Ingredients in the bin:

- pepper
- olive oil
- honey
- soy sauce

## STAR INGREDIENT: GINGER



- Ginger is a flowering plant native to Southeast Asia, known for its distinct aroma and spicy flavor.
- The word "ginger" comes from the Sanskrit word "srngaveram," which means "horn root," referring to its shape
- Anti-inflammatory properties: Ginger contains compounds that have anti-inflammatory effects, which can help reduce inflammation in the body.
- Immune support: Ginger has immune-boosting properties and is often used to help support the immune system during cold and flu seasons.
- Soothing for sore throat: Ginger has a warming effect and can provide relief for sore throat and cough symptoms.
- Antioxidant effects: Ginger contains antioxidants that help protect the body against damage from free radicals.

## 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 something here unfamiliar?
- Now that we are familiar with many herbs and spices, a really fun thing to do is combine them to create great new flavors! Do you know any combinations already?

## DEVELOPMENT

🕒 5-7 min

- Spice pairings are like magical combinations that bring out the best flavors in food!
- When certain spices are mixed together, they create a symphony of tastes that can make your meals extra special. For example, cinnamon and nutmeg go hand in hand, adding warmth and sweetness to baked goods like apple pie or oatmeal. Cumin and paprika create a smoky and earthy flavor that pairs perfectly with dishes like chili or tacos. Garlic powder and oregano work together to give Italian dishes, such as pasta or pizza, their distinctive and savory taste. So, by exploring spice pairings, you can unlock a world of exciting flavors that will make your taste buds dance with delight!

# LESSON 6:

## HERB AND SPICE PAIRINGS

### GINGER USES

- Culinary applications: Ginger can be used in both savory and sweet dishes. It adds a zesty and slightly spicy flavor to stir-fries, curries, soups, marinades, and sauces.
- Baked goods and desserts: Ginger is commonly used in baking, particularly in gingerbread, ginger cookies, cakes, and muffins, adding a warm and aromatic taste.
- Herbal teas: Ginger can be steeped in hot water to make a soothing and invigorating tea. It can be enjoyed on its own or combined with other herbs or flavors like lemon or honey.


### DEVELOPMENT (CONT.)

- Spice blends can also be regional and connected with the cuisines of different cultures.
  - "Herbes de Provence" from France includes thyme, rosemary, oregano, and lavender dried herbs
  - Chinese five spice which is used in many dishes and has cinnamon, cloves, star anise, fennel seeds, and Szechuan peppercorns.
  - Japan Shichimi Togarashi - Literally translating to "seven flavor chile pepper" - has chiles & black peppercorns for heat, along with seaweed & orange peel
  - Middle East Za'atar has freshly ground sumac berries, toasted sesame seeds and dried thyme and flaky sea salt
  - Jamaican Jerk Seasoning is an amazing blend of Jamaican allspice berries, black peppercorns, and dried thyme.
- What are some of your favorite cuisines? Can you identify specific spices and herbs used in your favorite foods?

### STAR TECHNIQUE: KNIFE SKILLS

- Chop: Imagine you have a magic wand, but instead of casting spells, you use it to cut things. With a chop, you hold your magic wand (knife) and use a quick downward motion to make small, even pieces. Just be careful to keep your fingers away from the sharp end of the wand!
- Slice: Pretend you're a superhero with a super-sharp laser vision. To slice, you use your laser vision (knife) to make thin, flat pieces of food. Slowly move your laser vision across the food
- Dice: Imagine you're building a tasty food tower with building blocks. When you dice, you use your special food knife to cut the food into small, uniform cubes.
- Julienne: to julienne, you use your magic knife to make long, thin strips of food. It's like creating yummy food ribbons that add a special touch to your 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 7:

## CHICKPEA SALAD AND SPICED PUMPKIN BUTTER

### CHICKPEA SALAD

Serving Size: 12 servings

#### Ingredients:

- 1 can chickpeas
- 2 large celery stalks
- 1 granny smith apples
- 1/3 cup plain non-fat greek yogurt
- ½ lemon, 2 tsp juice needed
- 2 tbsp mustard
- Salt and pepper to taste

#### PREP BEFORE CLASS:

Wash celery stalks and apples and cut each into 12 individual pieces.

#### Directions:

1. Demonstrate to students how to open the can of chickpeas with a can opener. Allow a student volunteer to help drain and rinse.
2. Pour chickpeas into a bowl. Have a student volunteer roughly smash chickpeas with a mixing spoon or spatula. Sprinkle with a pinch of salt.
3. Distribute a piece of celery and apple to each student. Instruct students to dice celery and apple into small pieces. Add to chickpeas. Toss.
4. In a separate bowl, have students measure yogurt, mustard, and lemon juice. Whisk dressing together. Add salt and pepper to taste.
5. Pour dressing over salad mixture. Lightly toss to coat ingredients evenly.
6. Serve and enjoy!

#### DID YOU KNOW?

Celery is  
95%  
water!



#### DID YOU KNOW?

Pumpkins contain fiber, vitamin A and B, potassium, protein, and iron.



### SPICED PUMPKIN BUTTER

Makes 12 servings

#### Ingredients:

- 2 cups medjool dates\*
- 1 can pumpkin puree, 1 cup needed
- 4 tsp cinnamon
- 12 graham crackers (NUT FREE)

\*can substitute figs, raisins, or dried apricots

#### PREP BEFORE CLASS:

To soften dates, soak in water until needed for recipe. Prepare blender.

#### Directions:

1. Drain dates after soaking. Pit dates.
2. Add dates to blender. Make sure they are pitted!
3. Demonstrate to students how to open the pumpkin puree with a can opener. Have a student measure puree and add to blender.
4. Blend dates and pumpkin until smooth. This may take several rounds of blending. Use a spatula to push down mixture from side of blender as needed.
5. Measure cinnamon and add to mixture until well incorporated.
6. Distribute a scoop of pumpkin butter and graham cracker to each student.
7. Have students spread mixture over their graham cracker. Enjoy!

# LESSON 7: FLAVOR ENHANCEMENT

## SHOPPING LIST

### Ingredients to buy:

- 2 large celery stalks
- 1 granny smith apples
- 1/3 cup plain non-fat Greek yogurt
- ½ lemon, 2 tsp juice needed

- 2 tbsp mustard
- 1 can chickpeas
- 2 cups medjool dates\*
- 1 can pumpkin puree, 1 cup needed
- 12 graham crackers (NUT FREE)

### Ingredients in the bin:

- salt
- cinnamon

## OBJECTIVES

- Explain how herbs and spices can be used to enhance flavors
- Name a benefit of mustard seed
- Explain the technique of measuring

## STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure? Measuring cups (dry and liquid), measuring spoons, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!

See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques

## INTRODUCTION

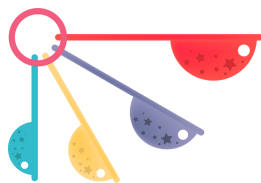
🕒 2-3 min

- 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 will be making chickpea salad and spiced pumpkin butter. One is a savory dish and the other is a sweet dish. Each recipe calls for different herbs and/or spices to enhance the flavors of the food.
- We will see how herbs and spices can enhance flavors in both savory and sweet foods.

## DEVELOPMENT

🕒 5-7 min

- Herbs and spices are nature's natural flavor enhancers!
- Herbs such as basil, rosemary, thyme, and parsley bring freshness and aromatic notes to your meals.
- Similarly, spices like cumin, paprika, turmeric, and chili powder can add depth, warmth, and a touch of exoticism to your cooking.
- Meanwhile, spices like vanilla and cinnamon along with nutmeg are commonly used in baking to enhance sweetness.
- To use spices to enhance flavor, experiment with small amounts and gradually build up to achieve the desired taste.
- Keep in mind that some spices are best added early in the cooking process to infuse the flavors, while others are better sprinkled towards the end for a fresh kick.

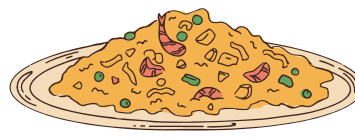


# LESSON 7: FLAVOR ENHANCEMENT

## HERB OR SPICE

## ENHANCES FLAVOR OF

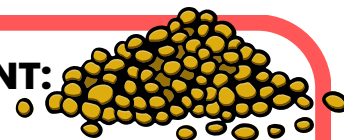
## THESE DISHES



### MUSTARD USES

- Condiment: Mustard is commonly used as a condiment, either as a prepared paste or as a sauce.
- Salad dressings and marinades: Mustard can be used as an ingredient in homemade salad dressings, marinades, and vinaigrettes to add flavor and emulsify the ingredients.
- Cooking ingredient: Mustard seeds or powdered mustard can be used as a spice in various recipes, such as curries, stews, roasted vegetables, and braised meats.

### STAR INGREDIENT: MUSTARD



- When you think of mustard, you probably think of the yellow gooey stuff that you might put on a hot dog. But did you know that that sauce originated as a seed?
- Mustard seeds come from the mustard plant, which is a member of the cabbage family.
- Mustard has been used for thousands of years and is believed to be one of the oldest spices in the world.
- Digestive aid: Mustard seeds contain enzymes that can promote healthy digestion and stimulate the production of digestive juices.
- Antioxidant properties: Mustard seeds contain antioxidants that help protect the body against oxidative stress and may have anti-inflammatory effects.
- Good source of minerals: Mustard seeds are rich in minerals like selenium, magnesium, and calcium, which are important for maintaining healthy bones and teeth.

### 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

## 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 tbsp 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 8: HERB INFUSIONS

## SHOPPING LIST

### Ingredients to buy:

- 1 large lemon
- 1 cup oats
- 3 tbsp all-purpose flour
- 1 tsp rosemary leaves (or dried)
- 3/8 tsp baking powder
- 1 can chickpeas
- 1 garlic cloves
- ¼ stick cold unsalted butter
- 4 tbsp milk

### Ingredients in the bin:

- salt
- olive oil
- salt
- pepper

## OBJECTIVES


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

## 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.



## 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.



## ROSEMARY USES

- Culinary applications: Rosemary is a versatile herb used in a wide range of savory dishes. It pairs well with roasted meats, poultry, potatoes, vegetables, and even breads.
- Infused oils and vinegars: Rosemary can be used to infuse oils or vinegars, adding a distinctive flavor to dressings, marinades, and dips.
- Aromatic additions: Rosemary sprigs can be used as a fragrant addition to floral arrangements, potpourri, or homemade sachets.



# LESSON 8: HERB INFUSIONS



## DEVELOPMENT

🕒 5-7 min

- We use infusions all the time and may not even know.
- Infusions of herbs and spices can be a wonderful way to impart unique flavors and aromas to your cooking.
  - Oil Infusions: Infusing herbs and spices into oils can add a burst of flavor to dressings, marinades, and sautés.
  - Vinegar Infusions: Infusing herbs and spices into vinegars can create tangy, aromatic condiments that elevate salads, sauces, and marinades.
  - Broth Infusions: Adding herbs and spices to broths can enhance the flavors of soups, stews, and sauces.
  - Syrup Infusions: Infusing herbs and spices into syrups can create delightful additions for desserts, drinks, or drizzling over pancakes and waffles.
- Infusing herbs and spices in cooking allows you to experiment with different flavor combinations and customize your dishes to your liking. It's a creative and enjoyable way to elevate your culinary creations and impress your taste buds!

## STAR TECHNIQUE: SETTING

"Setting" refers to the process of allowing baked goods, such as cookies, cakes, and bread, to cool and firm up after they are removed from the oven. It is an essential technique that helps ensure the desired texture, structure, and flavor of the final product. Here is why it is important:

- **Texture:** When baked goods are first taken out of the oven, they are often soft and fragile. Allowing them to cool and set helps them firm up and achieve the desired texture.
- **Structure:** During the baking process, heat causes proteins, starches, and fats to undergo various chemical reactions. Setting allows these reactions to complete and the baked goods to stabilize, resulting in a proper structure.
- **Moisture distribution:** Setting allows moisture within the baked goods to distribute evenly.
- **Flavor development:** Allowing baked goods to set also enhances flavor development. As they cool, the flavors have time to meld together, resulting in a more pronounced and balanced taste.

## 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

### ENCHILADA CASSEROLE

Serving Size: 12 servings, 1 per student

#### Ingredients:

- 1 cup enchilada sauce
- 12 corn tortillas (NUT FREE)
- 1 bell pepper
- 1 15 oz can corn
- 1 15 oz black beans
- 1 ½ cup mozzarella cheese
- 12 muffin tins

#### PREP BEFORE CLASS:

Preheat the oven to 425°F. Wash bell peppers, remove stems and seeds. Drain and rinse the beans. Divide bell pepper, beans, corns and cheese into 12 portions and put on individual plates.

#### Directions:

1. Distribute a plate of ingredients to each student.
2. Instruct them to dice bell peppers.
3. Pass out tortillas and have each student cut their tortilla into quarters. Pass muffin tins to each student.
4. Pass a bowl with enchilada sauce and have students add a teaspoon to their muffin tin.
5. Instruct students to place a tortilla quarter on top of the sauce, then add peppers, corn, beans, and cheese.
6. Pass around enchilada sauce and have students scoop one spoon of sauce into their tin.
7. Have students place a second tortilla quarter and sprinkle cheese on top.
8. Collect individual cups on a tray and put in the oven for 12-15 mins. Watch the oven as cooking times may vary. Let cool and enjoy!

#### DID YOU KNOW?

Enchilada sauce flavors the entire dish by adding spice and warmth. Alongside tomato paste, it usually contains chili powder, garlic and onion.



### FRESH PICO DE GALLO

Serving Size: 12 servings

#### Ingredients:

- 2 garlic cloves
- ½ bunch cilantro
- 4 large tomatoes
- 1 bunch green onions
- 1 tbsp salt
- 1 tbsp sugar
- 1 large bag of tortilla chips (NUT FREE)
- Olive oil

#### PREP BEFORE CLASS:

Preheat oven to 350°F. Foil and grease baking sheet. Wash and divide produce equally for distribution.

#### Directions:

1. Pass out onions, tomato, garlic, and cilantro, and have students dice into small pieces. Remind students that nothing will be blended, so if a piece will fall off a chip, it is too big!
2. Each student will make their pico de gallo on individual plates. Have students sprinkle ¼ teaspoon sugar over their ingredients and mix together.
3. Pass out tortilla chips, and enjoy them with pico de gallo!

#### DID YOU KNOW?

Pico de gallo means "beak of a rooster." The name comes from the way it was originally eaten with the hands, by pinching the thumb and forefinger.

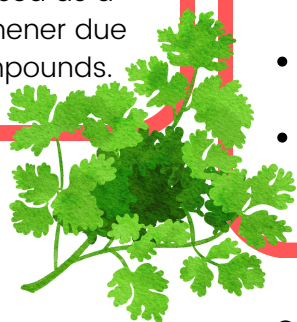


## OBJECTIVES

- Name a health benefit of cilantro
- Learn about Mexican cuisine and flavors
- Practice safe knife skills

## STAR INGREDIENT: CILANTRO

- Cilantro, also known as coriander or Chinese parsley, is an herb that is widely used in various cuisines around the world.
- Cilantro is native to the Mediterranean region but is now cultivated and used in many different culinary traditions.
- The leaves and stems of the cilantro plant are typically used in cooking, while the seeds are dried and ground to make coriander spice.
- Nutritional value: Cilantro is a good source of vitamins A, C, and K, as well as minerals like potassium and manganese.
- Digestive aid: Cilantro has traditionally been used to support healthy digestion and alleviate digestive discomfort.
- Fresh breath: Cilantro has been traditionally used as a natural breath freshener due to its aromatic compounds.



## SHOPPING LIST


### Ingredients to buy:

- 1 bell pepper
- 1 15 oz can corn
- ½ bunch cilantro
- 4 large tomatoes
- 1 bunch green onions
- 1 15 oz black beans
- 1 ½ cup mozzarella cheese
- 2 garlic cloves
- 1 large bag of tortilla chips (NUT FREE)
- 1 cup enchilada sauce
- 12 muffin tins

### Ingredients in the bin:

- Olive oil
- Sugar
- Salt
- Pepper

## 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 what cuisine the recipes belong to.
- Today we are making Mexican cuisine! Have you ever tried a Mexican dish before? Name some of the dishes: salsa, guacamole, enchiladas, empanadas, tacos, etc. Common ingredients are beans, corn, rice, avocado, lime, tomatoes, mangos, and chocolate.
- Mexican herbs and spices are what give the food its unique flavor.
- Tortillas are often consumed in Mexico, they are traditionally made from corn but many stores in North America also make flour tortillas. Corn tortillas have lots of fiber and magnesium.

## CILANTRO USES

- Cilantro is widely used in various cuisines, particularly in Mexican, Indian, Thai, and Middle Eastern dishes. It adds a fresh and vibrant flavor to salsas, curries, salads, guacamole, and more.
- Fresh cilantro leaves are often used as a garnish for soups, stews, tacos, and other dishes. They can add a pop of color and freshness to the presentation.
- Cilantro can be blended with other ingredients like lime juice, garlic, and yogurt to create flavorful sauces and dressings.
- Cilantro is commonly used in herb blends such as chimichurri, a South American sauce, and gremolata, an Italian herb mixture.

## STAR TECHNIQUE: SEASONING

- Today we will learn a fun cooking technique: Seasoning
- Why is seasoning important? Seasoning with different spices and flavor enhancers that can change a meal from boring or exciting!
- What types of spices are used in seasonings? Salt, pepper, oregano, basil, cumin, paprika, jalapeno, etc..
- How do you know what is the right amount of spice? Each person has a different tolerance and preference for spices. But when learning about seasonings, its best to refer to the flavor star to find the best balance between savory, salty, sweet, bitter, sour, and spicy.

## DEVELOPMENT

🕒 5-7 min

- Mexican food is known for bold flavors and unique spice blends. They are what makes the food so delicious!
- From fiery chilies to aromatic herbs, these ingredients are used in various forms to enhance the taste and aroma of traditional Mexican dishes.
- One of the most iconic spices in Mexican cuisine is chili powder, made from a blend of dried chili peppers. It adds a fiery kick to salsas, marinades, and meat dishes, creating a distinctive Mexican flavor profile.
- Cumin is another commonly used spice, providing earthiness and depth to dishes like tacos and enchiladas.
- Herbs also play an important role in Mexican cooking, adding freshness and complexity to the cuisine.
- Cilantro, also known as coriander, is a widely used herb in Mexican recipes. Its bright, citrusy flavor is sprinkled over tacos, soups, and salsas, enhancing the overall taste.
- Mexican oregano is another herb that imparts a unique flavor to dishes. It has a slightly citrusy and floral taste, differentiating it from Mediterranean oregano. It is often used in bean dishes, stews, and salsas, lending a distinctive Mexican touch.
- The use of spices and herbs in Mexican cooking is not only about flavor but also about cultural heritage and tradition. These ingredients have been an integral part of Mexican cuisine for centuries, passed down through generations. They add depth, complexity, and a sense of authenticity to the dishes. Whether it's the smoky notes of chipotle pepper or the fragrant aroma of fresh herbs, the use of spices and herbs in Mexican cooking helps create a culinary experience that is truly unique and unforgettable.

## 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



## GREEK SALAD

Serving Size: 12 servings

### Ingredients:

- 1 English cucumber, cut lengthwise, and sliced ¼-inch thick
- 1 green bell pepper, chopped into 1-inch pieces
- 1 box 12 oz box of cherry tomatoes or 2 medium tomatoes
- 5 ounces feta cheese, cut into ½ inch cubes\*
- ⅓ cup pitted Kalamata olives
- ⅓ cup parsley

### Dressing:

- ¼ cup extra-virgin olive oil
- 3 tablespoons white vinegar
- 1 garlic clove, minced
- ¼ teaspoon sea salt
- Freshly ground black pepper

### PREP BEFORE CLASS:

Wash all veggies

### Directions:

1. Chop all ingredients as directed in the ingredient list. Remind students proper knife techniques.
2. Make the dressing by whisking all ingredients in a mixing bowl .
3. Drizzle the dressing over the salad generously.
4. Top with chopped mint, mix and enjoy!



### DID YOU KNOW?

Greek Yogurt is actually Turkish and it is a superfood!

## GREEK YOGURT CHOCOLATE "PUDDING"

Makes 12 servings, 1/4 cup per student

### Ingredients:

- 3 cups Greek yogurt
- ¾ cup heavy cream
- ½ cup cocoa (NUT FREE)
- 6 tbsp of honey (plus more to taste to drizzle)
- 1 tbsp vanilla extract
- pinch of salt
- 12 cups for serving

### Toppings:

- chocolate chips (NUT FREE)/or grated chocolate (NUT FREE)

### Directions:

1. Measure all the ingredients in a blender and whip until fluffy and glossy
2. Arrange in cups
3. Top with chocolate chips or grate chocolate on top
4. Drizzle with more honey, if desired
5. Enjoy!

### DID YOU KNOW?

Greek yogurt is yogurt that has been strained to remove its whey, resulting in a thicker consistency.



# LESSON 10: HEALTHY HERBS

## OBJECTIVES

- Identify two types of herbs that can be used in cooking
- Explain the technique of mixing
- Identify a health benefit of herbs

## STAR TECHNIQUE: MIXING

- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!



## SHOPPING LIST


### Ingredients to buy:

- 1 English cucumber
- 1 green bell pepper
- 1 box 12 oz box of cherry tomatoes or 2 medium tomatoes
- 1/3 cup green onions
- 1/3 cup pitted kalamata olives
- 1/3 cup parsley
- 1 garlic clove, minced
- 5 ounces feta cheese
- 3 cups Greek yogurt
- 3/4 cup heavy cream
- 3 tablespoons white vinegar
- 1/2 cup cocoa (NUT FREE)
- chocolate chips (NUT FREE) OR grated chocolate (NUT FREE)

### Ingredients in the bin:

- olive oil
- salt
- pepper
- honey
- vanilla

## 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.
- Ask students if they can identify what an herb is. An herb is a plant or a part of a plant that is used for its medicinal, culinary, or aromatic properties.
- Herbs are typically derived from the leafy or flowering parts of plants, although certain herbs can also include stems, roots, or seeds.
- Herbs have been cultivated and used by various cultures around the world for thousands of years. They are often used in cooking to add flavor, aroma, and depth to dishes. Common culinary herbs include basil, thyme, rosemary, cilantro, mint, and parsley.
- We are going to learn more about herbs in today's lesson!

# LESSON 10: HEALTHY HERBS



## STAR INGREDIENT: PARSLEY


- Parsley is native to the Mediterranean region and has been cultivated for over 2,000 years.
- The name "parsley" is derived from the Greek word "petroselinon," which means "rock celery."
- There are two main types of parsley: curly leaf parsley and flat-leaf parsley. Both varieties have a mild and fresh flavor.
- Parsley is a rich source of vitamins A, C, and K, as well as minerals like iron and potassium.
- Anti-inflammatory effects: Some compounds found in parsley have shown anti-inflammatory properties, which may help reduce inflammation in the body.
- Digestive support: Parsley has been used to support healthy digestion, alleviate bloating, and freshen breath.



## PARSLEY USES


- Culinary applications: Parsley is a versatile herb that can be used in various dishes. It adds a fresh and herbaceous flavor to salads, soups, sauces, marinades, and pasta dishes.
- Garnish: Fresh parsley leaves are often used as a garnish to enhance the appearance and add a pop of color to the plate.
- Herb butter and spreads: Parsley can be finely chopped and mixed with butter or cream cheese to make flavorful spreads for bread, crackers, or sandwiches.

## DEVELOPMENT

 5-7 min

- Herbs provide flavor, aroma, and also health benefits! Many herbs have properties that help keep our bodies healthy and strong!
- Many herbs are rich in vitamins, minerals, and antioxidants. For example:
  - chamomile has soothing properties that can aid in reducing anxiety and promoting relaxation.
  - Ginger is known for its anti-inflammatory properties, which can help alleviate digestive issues and reduce nausea.
  - Turmeric contains curcumin, a compound with powerful antioxidant and anti-inflammatory effects.
- Herbs can also contribute to improved digestion and gut health. Certain herbs, such as peppermint and fennel, have been traditionally used to alleviate symptoms of indigestion, bloating, and stomach discomfort.
- Many herbs possess immune-enhancing properties that can strengthen the body's natural defense mechanisms.

## 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 11:

## PEACH COBBLER AND BLUEBERRY PEACH SALSA

### PEACH COBBLER CRUMBLE

Serving Size: 12 servings, 1 muffin tin per student

#### Ingredients:

- 4 yellow peaches
- 2 tbsp. lemon juice
- 1 tsp. lemon zest
- 3 tbsp. flour (NUT FREE)
- ¼ cup sugar
- 1 tsp. ground cinnamon

For the crumble topping

- 1 cup flour (NUT FREE)
- 2/3 cup sugar (brown, preferred)
- Pinch of salt
- 8 tbsp butter, diced
- ½ cup oats (NUT FREE)
- muffin tins

Topping

- Whipped cream

#### PREP BEFORE CLASS:

Preheat oven to 400F, wash peaches and quarter, grease muffin tin.

#### Directions:

1. Have students dice peach quarters into small pieces.
2. Have students assist with tossing peaches with lemon juice and lemon zest.
3. In a small bowl, mix together 1/4 cup sugar, 3 tbsp. flour and 1 tsp ground cinnamon and toss with peaches until coated. Spoon into muffin tins.
4. Create the crumble: Have students assist in measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in food processor to combine.
5. Spoon topping over the fruit in each muffin tin evenly.
6. Bake for 20 minutes
7. Cool for a few minutes and serve topped with whipped cream.



### BLUEBERRY & PEACH SALSA

Serving Size: 1/3 cup per student

#### Ingredients:

- 1 6 oz. package blueberries
- 1 yellow peach
- 1 red pepper
- 1 green onions
- 1 lime
- 12 plastic cups
- Tortilla chips (NUT FREE)

#### DID YOU KNOW?

In Georgia, the world's largest peach cobbler measuring 11 ft by 5 ft is made every year

#### PREP BEFORE CLASS:

Wash blueberries, peaches, pepper, and onions. Cut into 12 equal pieces.

#### Directions:

1. Pass out 1 piece of peach, pepper, and green onion. Instruct the students to dice all three.
2. Divide and pass out blueberries, a small cup, and a spoon.
3. Instruct students to place blueberries, diced peaches, peppers, and green onions into the cup.
4. Cut the lime in half and juice into a bowl.
5. Bring the lime juice around to each chef station. Have students measure about ½ tsp. of lime juice to put over their salsa.
6. Instruct students to mix the salsa and enjoy with chips!



# LESSON 11: SPICES IN BAKING

## SHOPPING LIST

### Ingredients to buy:

- 5 yellow peaches
- 1 lemon
- 1 lime
- 1 red pepper
- 1 green onions
- 1 6 oz. package blueberries

- 1.5 tbsp. flour (NUT FREE)
- 1 stick butter
- ½ cup oats (NUT FREE)
- Whipped cream
- Tortilla chips (NUT FREE)

### Ingredients in the bin:

- sugar
- salt
- cinnamon
- plastic cups

## OBJECTIVES

- Demonstrate how to chop green onions
- Name two spices commonly used in baking
- Demonstrate the technique for measuring flour

## 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 what cuisine the recipes belong to? Ask students if they have tried any French dishes
- We are going to bake something delicious today – peach cobbler! Have you ever had peach cobbler?
- What makes desserts taste so good? Lots of things! Butter, sugar, milk, fruit, and spices!
- Spices play a crucial role in the world of baking, bringing depth, warmth, and complexity to a wide range of sweet and savory treats.
- Do you know what spices are usually used in baking? You can probably guess based on the names of some common desserts like CINNMON rolls, or GINGERbread cookies.

## STAR INGREDIENT: GREEN ONION

- Green onions, also known as scallions or spring onions, are young onions that are harvested before the bulb fully develops.
- Green onions have a mild and slightly sweet flavor, making them versatile and enjoyable in various dishes.
- They are commonly used in Asian cuisine but are also popular in many other culinary traditions around the world.
- Green onions contain vitamins and minerals that support a healthy immune system.
- Green onions contain fiber, which aids in digestion and promotes a healthy gut.



## GREEN ONION USES

- Green onions can be used in a wide range of dishes. They can be used raw in salads, as a topping for soups and baked potatoes, or as a flavor enhancer in stir-fries, omelets, and rice dishes.
- Green onions are also known as scallions. They are found in cuisine from all over the world.
- A popular street food in Taiwan is Scallion Pancake!
- Chopped green onions can be used as a colorful and flavorful garnish for various dishes, adding a fresh and vibrant touch.

# LESSON 11: SPICES IN BAKING

## STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure? Measuring cups (dry and liquid), measuring spoons, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!
- See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques

## DEVELOPMENT

🕒 5-7 min

- As you make the peach cobbler, discuss the use of spices in baking!
- Spices are essential for infusing baked goods with distinctive and enticing flavors.
- Cinnamon, nutmeg, and cloves are often associated with comforting autumn and winter treats like apple pie, pumpkin bread, or gingerbread cookies.
- Other spices, such as cardamom, ginger, and allspice, contribute their unique characteristics to desserts like chai-spiced cakes, ginger snaps, or spiced fruit tarts.
- Spices also help balance the sweetness in baked goods. Rich and sweet desserts can sometimes become overwhelming, but the addition of spices can provide a pleasant contrast and prevent them from becoming cloying.
  - For example, a pinch of salt combined with the warmth of spices like cinnamon or nutmeg can bring out the sweetness in a chocolate cake or a batch of cookies.
- Spices contribute to these yummy scents of baked goods!
- Spices hold cultural significance in baking, often reflecting regional traditions and culinary heritage. For instance, the use of spices like saffron, rosewater, or cardamom is prominent in Middle Eastern and Indian sweets, adding an exotic and vibrant touch. In Mexican baking, spices like cinnamon and cayenne pepper are key ingredients in treats like Mexican hot chocolate cookies or spiced Mexican wedding cookies. These spices not only bring unique flavors but also showcase the diversity and richness of culinary traditions around the world.

## END OF CLASS CHECKLIST

🕒 10 min

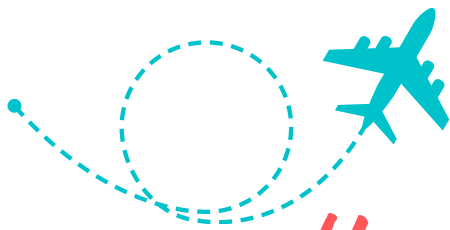
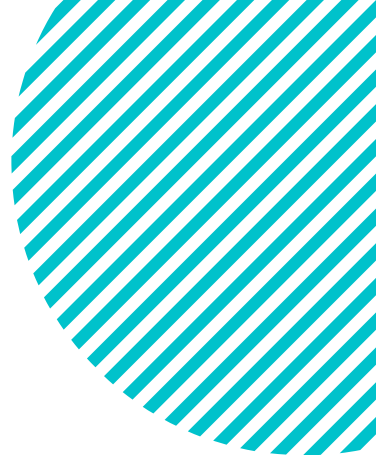
- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal





# NATIONAL HEALTH EDUCATION STANDARDS

| National Health Standards  | Alignment   |
|--|---|
| <p>Standard 1: Comprehend concepts related to health promotion and disease prevention.</p>   | <p>Students are educated about the health benefits of different herbs and spices and how certain herbs and spices can help prevent diseases and promote overall health.</p> <p>Students are encouraged to incorporate herbs and spices into their meals, showcasing diverse culinary traditions that utilize herbs and spices as a part of healthy cooking.</p> |
| <p>Standard 3: Access valid information, products, and services to enhance health.</p>   | <p>The cooking class provides participants with reliable information about different herbs and spices, including their nutritional value, culinary uses, and potential health benefits. It can also teach participants how to source and select high-quality herbs and spices for cooking.</p>  |
| <p>Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p> | <p>In the cooking class, participants engage in discussions about herbs and spices, sharing their experiences, preferences, and knowledge. This encourages interpersonal communication and the exchange of ideas, fostering a supportive and collaborative learning environment.</p>  |
| <p>Standard 5: Demonstrate the ability to use decision-making skills to enhance health.</p>  | <p>The cooking class involves decision-making exercises where participants choose appropriate herbs and spices for specific dishes or dietary preferences. They can learn to make informed decisions based on factors such as flavor profiles, nutritional value, and cultural relevance.</p>   |
| <p>Standard 6: Demonstrate the ability to use goal-setting skills to enhance health.</p>   | <p>The cooking class helps participants set goals related to incorporating more herbs and spices into their cooking. They can establish measurable objectives, such as trying a new herb or spice each week or creating a collection of homemade herb blends, to enhance their culinary skills and diversify their flavor profiles.</p>                         |



*Happy Cooking!*

*iCook Team*

