





## PEACH COBBLER CRUMBLE

Ingredient	Students Per Class		
	10	15	20
Yellow peaches	4	6	8
Lemon juice	2 tbsp	3 tbsp	4 tbsp
Lemon zest	1 tsp	1 1/2 tsp	2 tsp
Flour 	3 tbsp	4 1/2 tbsp	6 tbsp
Sugar	1/4 cup	1/3 cup	1/2 cup
Ground cinnamon	1 tsp	1 1/2 tsp	2 tsp
Crumble Topping:			
Flour 	1 cup	1 1/2 cup	2 cup
Sugar	2/3 cup	1 cup	1 1/3 cup
Salt	1 pinch	1 1/2 pinch	2 pinch
Butter, diced	8 tbsp	12 tbsp	16 tbsp
Oats 	1/2 cup	3/4 cup	1 cup
Other: Foil muffin tins per student. Whipped cream for topping.			
 : <b>Make sure it is Peanut, Nut, and Sesame FREE</b>			

### PREP BEFORE CLASS:

Preheat oven to 400°F, wash peaches, and quarter. Grease muffin tin. Prepare the food processor.

### Directions:


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

### DID YOU KNOW?

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



## BLUEBERRY & PEACH SALSA

Ingredient	Students Per Class		
	10	15	20
Blueberries	6 oz	9 oz	12 oz
Yellow peach	1	2	3
red bell pepper	1	2	3
Green onion	1	2	3
lime	1	2	3
Tortilla chips 	6 oz	9 oz	12 oz

Other: plastic cups for serving

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

### 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 it into a bowl.
5. Bring the lime juice around to each chef station. Have students measure about 1/2 tsp. of lime juice to put over their salsa.
6. Instruct students to mix the salsa and enjoy it with chips!

### SHOPPING LIST

**Ingredient amounts will differ by class size; see individual recipes for exact quantities.**

#### Ingredients to buy:

##### Produce

- Yellow peaches
- Lemons
- Limes
- Red peppers
- Green onions
- Blueberries

##### Pantry Staples

- Flour (NUT & SESAME FREE)
- Tortilla chips (NUT & SESAME FREE)
- Brown sugar
- Oats (NUT & SESAME FREE)

##### Dairy

- Butter
- Whipped cream

#### Ingredients in the bin:

- Sugar
- Salt
- Cinnamon
- Plastic cups

### OBJECTIVE



Students will be familiar with basic kitchen safety rules and knife safety



Importance of Vitamin C

### INTRODUCTION

⌚ 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Introduce yourself. Share three of your favorite foods. Have students go around and share their name and their favorite food.
- Have students raise their hands to answer the following questions: Do you like cooking or baking? Do you help your parents cook at home? What's your favorite thing to make at home? What do you do at home to be safe in the kitchen?
- Together, come up with rules for the class by guiding students to suggest rules below. You can help them come up with rules by asking leading questions:
- Discuss the recipes you will be making today. Both recipes require chopping, cutting, dicing, and knife work. Explain the importance of knife skills in the kitchen.
- When working with knives, safety is the number one priority. Tell students that we will be using "safe knives," called Lettuce Knives. However, it is important that they learn proper knife techniques right away, so when they work with real, metal knives, they know how to handle them properly.
- Why are these knives called Lettuce Knives? A lettuce knife is a knife that is designed to cut lettuce without causing the lettuce to brown, yellow, or wilt. These special knives have serrated blades, and they are made from plastic, which will not react with the lettuce to stimulate browning.

### ICOOK RULES

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

# LESSON 1:

## KITCHEN SAFETY

### STAR INGREDIENT: LIME

- Where did limes originate from? Southeast Asia.
- Where are most limes grown currently? India is the top producer, followed by Mexico and China.
- What important nutrients are found in limes? Many nutrients are found in limes, including vitamin C, vitamin B6, vitamin A, vitamin E, folate, magnesium, and more!
- Did you know? A lime tree can grow up to 16 feet tall!
- What cuisine(s) is lime greatly used in? Both lime juice and zest are common ingredients in Mexican, Vietnamese, and Thai dishes.



### DEVELOPMENT

- As you will be using the knife, make sure to guide students through proper safety techniques and practice knife skills – see KNIFE SKILLS page at the beginning of the curriculum for a guide.
- During cooking, discuss fruits that are considered citrus fruit and their benefits. Key Qs:
  - What are some examples of citrus fruits? Citrus fruits include lemon, lime, orange, and grapefruit.
  - What are the benefits of eating citrus fruits? These fruits are high in antioxidants, which fight off the “bad guys” that can cause harm to our bodies.
- Discuss the Star Ingredient and Star Technique as students are zesting and juicing lime.
- What is the most common vitamin found in citrus fruits? Discuss the Cooking Pro below to describe the benefits of vitamin C.

### COOKING PRO

- Benefits of Vitamin C: known as an antioxidant, which is very important for keeping our immune system strong and healthy.
- Antioxidants “fight” against the “bad guys” in our body to keep us from getting sick.
- Vitamin C also helps our body absorb iron from the food we eat. Iron is crucial for long-lasting energy to get us through the day!

### STAR TECHNIQUE: ZESTING

- What is zesting? To grate small amounts of something, usually citrus peels, and add it to a recipe for flavor and/or color.
- What tools do you use to zest? A citrus zester or grater
- What types of food do you zest? Typically, citrus fruits like lime, lemon, and orange are most commonly used for zest.
- Why do we add fruit zest to recipes? Zesting can add a lot of flavor to a dish in a small way. It is also used as a colorful garnish on top of a dish.
- How do you know when to stop zesting a certain part of a fruit? Only grate or zest the very outer skin of a citrus fruit. Do not zest or use, the inner white portion of the peel.



### ENGAGEMENT TIPS



Always introduce (or reintroduce!) the bear claw technique and monitor students as they dice the peaches.



Encourage students to think of how they would change this recipe if they were making it at home.



Have students assist fully in lesson prep by instructing students to locate every tool and ingredient required for the lesson prior to cooking.

### END OF CLASS CHECKLIST

⌚ 10 min

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