

# LESSON 5

## SHORTBREAD COOKIES AND MANGO FLOAT

### SHORTBREAD COOKIES

Serving Size: 12 servings

#### Ingredients:

- 2 sticks of butter at room temperature
- 2 tablespoons honey or 3 tbps sugar
- ¼ cup applesauce
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- ½ cup powdered sugar, for dusting

#### PREP BEFORE CLASS:

Preheat oven to 350°F. Grease foil lined tray.

#### Directions:

1. Have student volunteer help cream butter in blender until light and fluffy.
2. Add sugar, applesauce, honey, and vanilla. Mix until completely smooth.
3. Slowly add flour. Dough should be tacky to the touch
4. Pass out two 2 tbsp servings of dough and instruct students to roll dough into balls.
5. Place dough on lined oven tray.
6. Bake cookies in oven for 15–20 minutes, or until golden brown.
7. Let cookies cool. Give each student 1tsp of powdered sugar on their plate, and have them roll cookie in the sugar to dust.
8. Enjoy!

#### DID YOU KNOW?

Mangoes are native to South Asia, and is the national fruit of India, Pakistan, and the Philippines.



### HONEY MANGO FLOAT

Makes 10 servings.

#### Ingredients:

- 1 sleeve of graham crackers (NUT FREE)
- 1 pint (2 cups) heavy whipping cream
- 3 tbsp. honey
- 2 mangoes

#### PREP BEFORE CLASS:

Wash mangos. Cut mangos into 10 pieces, making sure to remove skin.

#### Directions:

1. Pass piece of mango to each student and instruct them to dice.
2. Distribute graham crackers evenly and have students crush them onto individual plates.
3. Have students help you measure the heavy whipping cream into the blender. Blend until thick. Be careful not to over blend or the mixture will become butter.
4. Once blended, add 2tbsp honey and gently fold using a rubber spatula.
5. Add 3 tbsp of whipped cream to each student's cup. Instruct the students to add the mango and graham cracker crumbs on top in whatever design they desire.
6. Add any remaining whipped cream on top, and lightly drizzle with honey.
7. Enjoy!

#### DID YOU KNOW?

Powdered sugar can be made by blending white sugar into a fine powder.



# LESSON 5:

## OPTIMISTIC ORANGE

### OBJECTIVES

- ☑ Explain where honey comes from
- ☑ Discuss what we mean by the term “natural sweetness”
- ☑ Describe the process of layering as described in our star technique

### STAR INGREDIENT: HONEY

- Where does honey come from? Bees! Beekeeping (apiculture) is the practice of raising domesticated bees in manmade beehives to produce honey.
- How is honey made? It is made from nectar and a bee enzyme that has gone through fermentation and stored in honey combs.
- Honey can be used as a sweetener—it is actually sweeter than sugar!
- Honey is made out of 80% sugar and 20% water
- Honey never goes bad! Honey was discovered in Egyptian tombs, believed to be over 5,000 years old and it was still edible! Would you try it?



### INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Discuss that today we are going to be making recipes that use natural sweetness. Natural Sweetness is an authentic source for sugar rather than processed forms of it like candy, soda, cookies, etc. Better alternatives for natural sweetness are: honey, dried fruits, fruits, and some vegetables.
- State that too much sugar consumption in general is unhealthy in the end, because it does not provide us with the vitamins and minerals that we need to function in everyday life. In fact, it makes us even more tired if we consume too much of it. However, using sweeteners like honey, applesauce, and mango, like we are today, is an excellent way to enjoy delicious sweet food while still filling our body with the nutrients it needs.

### DEVELOPMENT

🕒 5-7 min

- As you are completing the Shortbread Cookies discuss the Star Ingredient.
- Discuss the Star Technique as you layer the Mango Float. Layering the different ingredients allows us to taste the different flavors and feel the different textures of the distinct ingredients. If we blended everything together, eating the mango float would be a much different experience!
- When making the mango float, discuss mangos. Ask students if they enjoy the flavor of mangos, and ask if they think mangos are a healthy fruit. Mangos contain many nutrients but the vitamin content in the fruit changes as it ripens. The vitamin content depends on the variety and maturity of the fruit. When a mango is green and still growing, there is a high vitamin C content. As the fruit ripens and matures, the amount of beta carotene (vitamin A) increases. Mangos are also good for your bones—they are high in vitamin D, which helps keep bones strong.
- Me-You-Us. 1. Teacher demonstrates how to layer ingredients. 2. A volunteer demonstrates 3. Class layers their Mango Floats.

# LESSON 5: OPTIMISTIC ORANGE

## COOKING PRO

The best way to cut a mango is to leave the peel on, slice down the side of the pit, and then cut a crosshatch into the peel. Push outwards, then scrape off the mango.

## STAR TECHNIQUE: LAYERING

- Layering means to place ingredients on top of each other, sometimes following a pattern (ex: layering a lasagna, noodles → cheese → sauce)
- Which tools do you use to layer? Hands, spoon, spatula
- What types of food do you layer? Sandwiches, cakes, casseroles, tacos, lasagna, parfaits.
- Why do we layer food? We layer food to build the flavors of the dish! Layering allows us to add many different and distinct flavors in the same bite.

## 5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

## 5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Umami

## ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding

## TASTE TEST

🕒 2-3 min

- When the class is ready to taste food, complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see 5 Senses and 5 Tastes graphic)
- How would you describe the dish? Use 5 Tastes to describe or use adjectives from "Words to Describe Food Taste, Smell, or Texture" page at the beginning of the instructor guide
- Repeat this for the second recipe.

## 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 cutting boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it – or better!
- Dismiss from classroom in an orderly line and follow school dismissal procedures.
- Any issues? Contact your Program Coordinator.