

LESSON 10

MINI PIES AND PUNCH

SWEET POTATO MINI PIES

Serving Size: 12 servings,

Ingredients:

Crust

- 1/2 box graham crackers (NUT & SESAME FREE)
- 4 Tbsp butter, melted
- 12 foil muffin tins

Filling

- 15 oz can sweet potato
- ¼ cup sugar
- ¾ cup milk
- 3 tbsp cornstarch
- 2 tbsp melted butter
- 1 tsp vanilla
- ½ tsp cinnamon
- 1 cup mini marshmallows

PREP BEFORE CLASS:

Preheat oven to 375F. Melt butter by placing on top of the oven (plastic bowl) or inside the oven (metal bowl.) Open canned sweet potatoes, drain and rinse.

Directions:

1. Distribute graham crackers and have students crush them. Put crumbs into bowl.
2. Add melted butter and mix until combined.
3. Pass out foil muffin tins to students. Have them add 1-2 tbsp. graham cracker mixture to bottom of cup. Press down lightly.
4. Have students help measure and add all filling ingredients, except marshmallows, into a blender. Blend until well combined.
5. Pass a bowl with pie filling and have students spoon about ¼ cup sweet potato mixture into each baking cup.
6. Place pies in oven and bake for 9-12 minutes.
7. Take them out and sprinkle marshmallows, put back into oven for 2-3 minutes or until golden brown. Take out and let pies cool.

DID YOU KNOW?

Adding marshmallows to sweet potatoes is an American tradition that dates back to the early 1900s, but was not done at the first Thanksgiving!



CRANBERRY-ORANGE PUNCH

Makes 12 servings, ½ cup per student

Ingredients:

- 1 5.5 oz can chilled cranberry juice
- 2 cups (16 fluid oz) club soda
- 2 cups (16 fluid oz) orange juice
- 1 orange
- 12 small plastic cups for serving

Directions:

1. Combine cranberry juice, soda and orange juice in a large punch bowl.
2. Have students help slicing oranges into rounds. Float in large bowl with optional cranberries.
3. Serve by ladling punch into cups using measuring cup.
4. Enjoy!



LESSON 10: MINDFUL EATING

SHOPPING LIST

Ingredients to buy:

- 1 orange
- 1/2 stick butter, melted
- ¾ cup milk
- 3 tbsp cornstarch
- 15 oz can sweet potato
- 1/2 box graham crackers (NUT & SESAME FREE)
- 1 cup mini marshmallows (NUT & SESAME FREE)
- 1 5.5 oz can chilled cranberry juice
- 2 cups (16 fluid oz) club soda
- 2 cups (16 fluid oz) orange juice
- 12 foil muffin tins (or in the bin)

Ingredients in the bin:

- sugar
- cinnamon
- vanilla
- 12 plastic cups

OBJECTIVES

- Identify three nutrients found in sweet potatoes
- Explain the importance of sweet potatoes in a healthy, balanced diet
- Identify the tools used for mixing

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!

INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum)
- Ask the students to identify the ingredients from the recipe. Have them guess what we might be making today.
- Discuss where sweet potatoes come from. Sweet potatoes were first grown in Central and South America.
- Have students think of various ways to serve sweet potatoes (e.g fried, baked, boiled, mashed, roasted).
- Start making recipes and introduce today's class topic. Explain to the students that today the class activity will involve a lot of interaction with each other and coming up with answers together as a team
- Introduce the topic of emotions and discuss the idea that when we feel a certain way, it can lead us to act a certain way with people or can influence our decisions in the present moment.
- Ask the students what they think it means to be mindful. Explain to them that the goal of today's lesson is for them to be more aware of how they feel and being in tune with their bodies and minds.
- Key Q's: What are emotions? What do you think it means to be mindful? What can it mean to be mindful?

LESSON 10: MINDFUL EATING

STAR INGREDIENT : SWEET POTATOES

- What food group are sweet potatoes in? Vegetables!
- What part of the plant is a sweet potato? Root
- What important nutrients are found in sweet potatoes? Vitamin C, Manganese, Vitamin B6, and Potassium
- What does Potassium do? It is an essential nutrient for our heart to pump and for internal fluid balance.
- Is it better for you to eat sweet potatoes with or without the skin? Eat the skin! The skin contains many of a sweet potato's nutrients, including fiber.
- Did you know? No potatoes, white or sweet, were at the first Thanksgiving dinner



COOKING PRO

- Sweet potatoes were first grown in Central and South America but are now cultivated all over the world. North Carolina is the largest producer of sweet potatoes.
- Sweet potatoes are a starchy vegetable, but soaking them in water overnight can help remove some of the starch

DEVELOPMENT

 5-7 min

- Make sure that everyone in the class understands what emotions mean by explaining to them that emotions are what we feel and how emotions can be strong and very loud in our minds. Split the class up into groups of 2-3 people, depending on the class size. Assign an emotion to each group (Happiness, sadness, fear, disgust, anger, surprise). There might have to be groups with the same emotion and that is okay!
- Once you assign each group an emotion, give them 5-10 minutes to discuss amongst themselves to answer the following 3 questions:
 - 1. What can create this emotion?
 - 2. How do our faces express these emotions (eyes wide when scared, etc)?
 - 3. What happens in our bodies when we feel these emotions? (heart beats faster, breathe faster, etc)
- After a couple of minute group discussion have one person in the group present answers to the three questions. Encourage demonstration of facial expressions that are common with each emotion.
- Part of being mindful is being aware of your emotions, being present in the moment. How does it relate to food? Well in many ways:
 - It helps us to know and feel when we are hungry
 - Know when we are full
 - Enjoy every bite by engaging all our senses

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

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