

### LITTLE ORANGE CAKES

Makes 12 servings, 1 cake per student

#### Ingredients:

- $\frac{3}{4}$  cup all-purpose flour (NUT FREE)
- 1 tsp. baking powder
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{4}$  cup applesauce (egg replacement)
- $\frac{1}{2}$  cup sugar
- 2 medium oranges
- 4 tbsp or  $\frac{1}{2}$  stick butter, melted
- $\frac{1}{2}$  tsp. vanilla
- 12 muffin tins

#### PREP BEFORE CLASS:

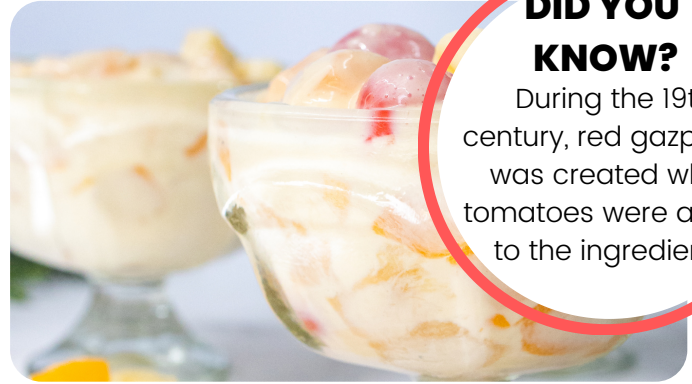
Preheat oven to 350 degrees. Wash orange. Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl).

#### Directions:

1. Have students measure the flour, baking powder, and salt into a one bowl.
2. Have a student zest the orange into a small dish, then add to dry ingredients
3. Add applesauce and sugar into a separate bowl, then whisk the mixture until well combined.
4. Have a student measure and add vanilla and butter into the egg replacement and sugar mixture
5. Combine the dry ingredients into the wet ingredients,  $\frac{1}{3}$  at a time, and then stir until \*just\* combined
6. Equally divide batter between muffin tins.
7. Place in the oven and cook for about 15 minutes. Keep an eye on the oven as cooking time may vary. Allow to cool for 2-3 minutes. Enjoy!

#### DID YOU KNOW?

An orange tree can grow as tall as 30 feet and live for 100 years!



#### DID YOU KNOW?

During the 19th century, red gazpacho was created when tomatoes were added to the ingredients.

### GREEK YOGURT FRUIT SALAD

Makes 12 student servings,  $\frac{1}{3}$  cup per student

#### Ingredients:

- 1 can pineapple chunks
- 1 can mandarin oranges
- 1 banana
- 1 medium apple
- 1 cup grapes
- 1 cup plain Greek yogurt
- $\frac{1}{4}$  cup honey

#### PREP BEFORE CLASS:

Wash apple and grapes. Open canned fruits and drain. Slice banana, leaving peel on. Wedge apples.

#### Directions:

1. Distribute the grapes among the students and have them slice the grapes in half.
2. Distribute apples and bananas to students and have them dice into small pieces. Make sure they remove the banana peel!
3. Add the fruit to a large bowl.
4. Add the canned pineapple and mandarin oranges to the bowl.
5. Stir in Greek yogurt and honey until well combined.
6. Distribute fruit salad among the class and enjoy!

# LESSON 10

## SEASONAL COOKING AND INGREDIENT AVAILABILITY

### SHOPPING LIST

#### Ingredients to buy:

- 1 banana
- 1 medium apple
- 1 cup grapes
- 2 medium oranges
- 1 cup plain Greek yogurt
- $\frac{3}{4}$  cup all-purpose flour (NUT FREE)
- 1 tsp. baking powder
- $\frac{1}{4}$  cup applesauce
- 1 can pineapple chunks, drained
- 1 can mandarin oranges, drained
- $\frac{1}{2}$  stick butter, melted
- 12 muffin tins (or in the bin)


#### Ingredients in the bin:

- sugar
- vanilla
- salt
- honey
- 12 foil mini muffin tins

### OBJECTIVES

- Define seasonal eating and explain the benefits of eating seasonally.
- Identify seasonal ingredients and explain why they are more flavorful, nutritious and affordable.

### INTRODUCTION

 2-3 min

- Complete Start of the Class Checklist
- Begin by asking students if they have ever thought about where the food they eat comes from or whether it is in season. Explain that seasonal eating involves consuming foods that are in season and readily available during a particular time of year. It means choosing foods that are grown locally, harvested at their peak, and consumed at the right time. Discuss the benefits of eating seasonally, such as better flavor, more nutrients, and affordability.

### BENEFITS TO EATING SEASONALLY:

- Fresher produce: Seasonal produce is typically harvested at the peak of its ripeness, meaning it is fresher and more flavorful than produce that is grown out of season and has to be transported long distances.
- Nutrient-dense: Fresh produce contains more nutrients, vitamins, and minerals than produce that has been stored for long periods of time or transported long distances.
- Supports local agriculture: When you eat seasonally, you are supporting local farmers and their communities. This can help to strengthen local economies and reduce carbon emissions from long-distance transportation.
- Cost-effective: When produce is in season, it is typically more abundant and therefore less expensive than out-of-season produce that has to be imported from other regions.
- Variety in diet: Eating seasonally can encourage a more diverse and varied diet, as you are more likely to try new fruits and vegetables that are in season.

# LESSON 10

## SEASONAL COOKING AND INGREDIENT AVAILABILITY

### STAR INGREDIENT: YOGURT

- Fun Fact: Did you know that yogurt has been enjoyed for thousands of years? It is believed to have originated in ancient Mesopotamia (modern-day Iraq) and has been cherished as a nutritious food throughout history!

#### Health Benefits of Yogurt:

- Good for Digestion: The bacteria in yogurt, known as probiotics, help maintain a healthy balance of bacteria in our gut. They can aid in digestion and improve gut health.
- Nutrient-Rich: Yogurt is a good source of calcium, protein, and other important nutrients that are essential for growing strong bones and muscles.
- Boosts Immunity: Probiotics in yogurt can help strengthen the immune system, which is our body's defense against germs and illnesses.
- Calcium Powerhouse: Yogurt is an excellent source of calcium, which is essential for building and maintaining strong teeth and bones.
- Tasty and Versatile: Yogurt comes in many flavors and can be enjoyed on its own or as an ingredient in smoothies, parfaits, dips, and even frozen treats like yogurt popsicles.

### COOKING PRO

Chefs keep their work area clean and organized. They make sure to wash their hands before cooking and clean up spills and messes as they go

### DEVELOPMENT

🕒 5-7 min

- Using seasonal produce chart on the next page see if kids can guess: Which produce grows during each season and then reverse and name fruit or vegetable and have kids guess which season does it grow during.
- Some questions to ask:
  - During which season can you find fresh blueberries?
  - Which season is known for its abundance of fresh tomatoes?
  - When is the best time to enjoy juicy peaches?
  - During which season can you find plenty of fresh corn on the cob?
  - Which season is known for its variety of squash, including pumpkin and butternut squash?
- How are we able to consume some foods when they are not in season? By preserving them. Here are some ways foods are preserved:
  - Canning: Canning is a method of preserving foods in glass jars or cans.
  - Freezing: Freezing is a popular method to preserve foods while maintaining their taste and texture.
  - Drying: Drying or dehydration is an ancient method of preserving foods. It involves removing moisture from the food, which inhibits the growth of microorganisms.
  - Pickling: Pickling is a method of preserving foods in a solution containing vinegar, salt, and sometimes sugar and spices. The acidity of the pickling solution helps create an environment where bacteria cannot thrive.
  - Fermentation: Fermentation is a natural process that converts sugars in food into alcohol or acids using microorganisms like bacteria or yeast.

### 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 10

## SEASONAL COOKING AND INGREDIENT AVAILABILITY

Winter 	Spring 	Summer 	Fall 
Apples	Artichokes	Apricots	Apples
Beets	Asparagus	Blueberries	Beets
Broccoli	Broccoli	Cherries	Broccoli
Brussels sprouts	Carrots	Corn	Brussels sprouts
Cabbage	Fava beans	Cucumbers	Cabbage
Carrots	Fennel	Eggplant	Carrots
Cauliflower	Garlic	Grapes	Cauliflower
Celery	Green onions	Green beans	Celery
Citrus fruits (e.g. oranges, grapefruits)	Peas	Melons	Cranberries
Collard greens	Radishes	Okra	Kale
Kale	Rhubarb	Peaches	Leeks
Leeks	Spinach	Peppers	Pears
Parsnips	Strawberries	Tomatoes	Potatoes
Potatoes	Swiss chard	Zucchini	Pumpkins
Sweet potatoes			Sweet potatoes
Turnips			Winter squash