

LESSON 4:

SPINACH ARTICHOKE DIP & PEAR CAPRESE SALAD

SPINACH & ARTICHOKE DIP

Ingredient	Students Per Class		
	10	15	20
Fresh spinach	1/2 cup	3/4 cup	1 cup
Full-fat cream cheese	6 oz	8 oz	12 oz
Full-fat sour cream	3/4 cup	1 cup	1 1/2 cup
Artichoke hearts	1 cup	1 1/2 cup	2 cups
Garlic cloves	2	3	4
Shredded mozzarella	1 cup	1 1/2 cup	2 cups
Shredded parmesan cheese	1/2 cup	3/4 cup	1 cup

Other: Foil baking cups. Salt and Pepper to taste. Pita chips to serve.

 **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Preheat oven to 350°F. Drain, rinse, and dry the canned artichoke hearts. Keep the cream cheese and sour cream out to bring to room temperature.

Directions:

1. Divide students into groups to chop the spinach, artichoke hearts, and garlic cloves.
2. Have students help measure out the cream cheese and sour cream and add it to a mixing bowl.
3. Add parmesan cheese, 3/4 of the shredded mozzarella, salt, pepper, chopped spinach, artichoke, and garlic. Mix to combine well.
4. Spoon portions of the mixture into individual foil baking cups and place them on a lined baking sheet.
5. Sprinkle 1/4 cup of mozzarella cheese on top of the portioned dip, and bake for 25-30 minutes.
6. Serve with pita chips and enjoy!



DID YOU KNOW?

Pears are picked while still they are firm because they ripen better off the tree, becoming sweet and juicy!

PEAR CAPRESE SALAD

Ingredient	Students Per Class		
	10	15	20
Pears	2	3	4
Mozzarella cheese	16 oz.	24 oz.	32 oz.
Basil leaves	1 cup	1 1/2 cups	2 cups
Balsamic glaze	1/4 cup	1/3 cup	1/2 cup
Olive oil	2 tbsp	3 tbsp	1/4 cup

Other: Salt and Pepper to taste.

 **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Wash and dry pears.

Directions:

1. Instruct students to slice pears into flat discs.
2. Have students slice mozzarella cheese into thin slices
3. Have students assemble individual stacks for their pear caprese salad. Each stack should start with a slice of pear, followed by a slice of mozzarella, then a basil leaf. Repeat the layers once. Drizzle balsamic glaze and olive oil on top of each stack, and add a pinch of salt and pepper to taste.
4. Enjoy!



LESSON 4:

ITALY

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Fresh spinach
- Pears
- Basil leaves
- Garlic cloves

Pantry Staples:

- Canned artichoke hearts
- Balsamic glaze
- Pita chips (NUT & SESAME FREE)

Dairy:

- Full-fat cream cheese
- Full-fat sour cream
- Shredded mozzarella
- Shredded parmesan cheese
- Mozzarella log/ball


Ingredients in the Bin:

- Olive oil
- Salt and pepper
- Fol baking cups

OBJECTIVES

- ☒ Teach and Discuss Italian cuisine
- ☒ Discuss common ingredients used in Italian cooking.
- ☒ Discuss the star technique and star ingredient
- ☒ Talk about Italy fun facts

DEVELOPMENT

 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Italian Cuisine
 - Do you have any favorite Italian dishes?
 - Can anyone guess what dishes we may be making with the ingredients today?
 - Spinach, Artichoke, Sour cream, Pears, Basil
- Discuss a few popular Italian dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
 - Pizza: A flatbread topped with tomato sauce, cheese, and other toppings like pepperoni or vegetables, baked until crispy.
 - Pasta: Noodles served with sauces like tomato, creamy Alfredo, or basil pesto, sometimes with meat or veggies.
 - Lasagna: Layers of pasta, cheese, meat or veggies, and sauce, baked in the oven.
 - Gelato: A rich and creamy Italian ice cream in flavors like chocolate, pistachio, or vanilla.
- Risotto: A soft, creamy rice dish cooked with broth and ingredients like mushrooms or cheese.

STAR TECHNIQUE: BAKING



Baking is a versatile cooking method that uses dry heat to transform ingredients into flavorful, golden dishes. It's perfect for creating everything from savory meals to sweet desserts. Baking preserves nutrients by cooking food gently, keeping vitamins and minerals intact.

ENGAGEMENT TIPS



When slicing pears into discs, reinforce the bear claw technique for safe cutting. Remind students to go slowly and keep their fingers curled back.



Remind students the edges of the opened artichoke can are sharp. they should be careful when handling the can.



If you have free time while baking, use the Games and Movement Breaks section for fun activities.

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EXPLORING COMMON ITALIAN INGREDIENTS



- Olive Oil: Olive oil is super important in Italian cooking! It's made from olives and is used for cooking or drizzling on pasta and salads. It's also really healthy for your heart.



- Pasta: Pasta is a favorite food in Italy! It gives your body energy and tastes great with sauces made from tomatoes and olive oil.



- Tomatoes: Tomatoes are full of vitamins that are good for you, like vitamin C. They make sauces sweet and tangy and are also great in salads.



- Basil: Basil is a green herb that makes pizza and pasta taste super fresh. It's also good for your body because it contains antioxidants which help keep you healthy.



- Cheese: Cheeses like mozzarella and parmesan are common in Italian food. They add a yummy, creamy flavor and are packed with calcium to keep your bones strong.



- Balsamic Vinegar: This is a special vinegar made from grapes. It's tangy and a little sweet, perfect for salads, and it has healthy antioxidants.



- Prosciutto: Prosciutto is a type of ham that's dried to make it extra tasty. It gives your body protein and iron to stay strong.



- Bread: Bread is often served on the side of Italian meals. It gives you energy and whole grain bread even has fiber to keep your body happy and healthy!

ITALY

FUN FACTS



- Italy is shaped like a boot and is located in Southern Europe, with coastlines along the Mediterranean Sea.
- Italy has a population of about 60 million people.
- Famous attractions in Italy include the Colosseum in Rome, the Leaning Tower of Pisa, and the canals of Venice.
- Italy is home to a variety of animals, including the Italian wolf and the Mediterranean monk seal.
- Italy is credited with many inventions, such as the radio, eyeglasses, and the piano.



STAR INGREDIENT: PEAR

- What are pears? Pears are sweet, juicy fruits that grow on trees. They have a soft, buttery texture when ripe and come in many different kinds, from crisp and firm to soft and mellow.
- Where do pears grow? Pears are grown in temperate climates around the world, including places in the United States like Oregon and Washington. They thrive in areas with mild summers and cool winters.
- Why are pears good for us? Pears are a great source of fiber, which helps with digestion. They also contain vitamins and antioxidants that support our heart health, keeps us from getting sick, and helps your skin glow.

END OF CLASS CHECKLIST

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