

# LESSON 11

## MINI PIES AND PUNCH

### SWEET POTATO MINI PIES

Serving Size: 12 servings,

#### Ingredients:

Crust

- 1 sleeve graham crackers (NUT 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. 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) chilled club soda
- 2 cups (16 fluid oz) chilled 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 11:

## THANKSGIVING & HARVEST

### 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!

### 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

### INTRODUCTION

🕒 2-3 min

- 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 ect..).

### DEVELOPMENT

🕒 5-7 min

- As you are completing the Sweet Potato Mini Pies, discuss Star ingredient. Key Q's:
  - What are important nutrients are found in sweet potatoes? Sweet potatoes are rich in Vitamin C, Manganese and B vitamins, such as B6, and Potassium. Fiber is also found in the sweet potato skin and helps maintain a healthy digestion
- Talk about the difference between sweet potatoes and yams.
  - Yams are drier and have more starch than sweet potatoes. Sometimes the grocery store calls copper skinned sweet potatoes yams, but true yams are not common in the US.
- Discuss the Star Technique, mixing. Ask students to identify one ingredient we can substitute. Give hint, allergic to milk? We can substitute the  $\frac{3}{4}$  cup of milk with oat or soy milk. Mention how substitution is a great technique but can alter the taste, color, moisture of the final product.
- Then discuss what tools are usually used for mixing. Mixing the food incorporates different ingredients to make one product while giving you a variety of tastes and textures

# LESSON 11: THANKSGIVING & HARVEST

## 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 out 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

## 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

- As you are 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 sidebar for details)
- How would you describe the dish? Use 5 tastes to describe it and or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the instructor guide)
- Repeat this for the second recipe.

### 5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

### 5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- umami

## 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 chopping boards and aprons, wiping down surfaces and checking the floor. Make sure you leave the classroom the same way you found it. Dismiss in an orderly line and collect signatures from parents.