

LESSON 1

S'MORE BITES & FRUIT KABOB

S'MORES BITES

Serving Size: 12 servings, 1 per student

Ingredients:

- 12 Graham Crackers (NUT FREE)
- 2 oz chocolate bar (NUT FREE)
- 1 cup mini marshmallows
- 12 foil muffin tins

*Check Supplies Provided page to see what is already in the bin

PREP BEFORE CLASS:

Pre-heat oven to 350F

Directions:

1. Pass a foil muffin tin to each student. Pass equal amount of graham crackers, chocolate, and marshmallows to each student.
2. Instruct students to place a few shards of graham cracker in the bottom of their muffin tin.
3. Have students add a triangle of chocolate, and then 3-4 marshmallows.
4. Layer another graham cracker and a second triangle of chocolate.
5. Arrange muffin tins on a baking sheet.
6. Bake for 5-6 minutes, until the marshmallows are toasted and the chocolate has melted.
7. Let cool down for 1-2 minutes. Enjoy!



DIDYOU KNOW?

Pineapples are actually berries! Every "scale" is a berry that grew together with its neighbors.



DIDYOU KNOW?

In some parts of the world, people use the fibers inside pineapple leaves to make clothing!

PINEAPPLE DIP WITH FRUIT KABOBS

Serving Size: 12 student servings

Ingredients:

- 3 cups plain yogurt
- 1 cup finely chopped (or crushed) canned pineapple, drained
- 2 tbsp. honey
- ¼ tsp. cinnamon
- 12 large strawberries
- 2 bananas
- 24 grapes
- 12 toothpicks

*Check Supplies Provided page to see what is already in the bin

PREP BEFORE CLASS:

Wash strawberries and grapes. Cut bananas into 12 pieces.

Directions:

1. Have student add yogurt, pineapple, honey, and cinnamon in a bowl.
2. Have students mix the ingredients together.
3. Pass grapes, strawberries, banana slice, and several toothpicks to each student.
4. Instruct students to cut strawberries and bananas into slices.
5. Have students carefully slide the fruit on the stick in the desired order.
6. Dip fruit kabobs in the pineapple dip. Enjoy!

LESSON 1:

NATURAL SWEETNESS

OBJECTIVES

- Understand the natural sweetness in foods
- Explain the process of skewering used in this recipe
- 1. Summarize the importance of vitamin C

STAR INGREDIENT: PINEAPPLE

- Did you know? Pineapples require a tropical environment to grow. In the U.S., pineapples are grown in Hawaii, Southern California, and Southern Florida.
- Pineapples are great for your immune system! Pineapple contains vitamin C, which helps your immune system fight off germs and heal wounds.
- Pineapples are often eaten raw and cooked, in sweet and savory foods, like on top of ice cream and on pizza!

INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- 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.
- Eating sugar in moderation is key to maintaining a healthy balance.

DEVELOPMENT

🕒 5-7 min

- As you are completing your first recipe discuss the Star Ingredient. Ask the students: How would you describe pineapple (sweet, sour, tart, juicy, yellow, rough)? How do you think baking the pineapple will affect its taste, texture, and color (have them feel and taste the pineapple before baking)
- Once you transitioned to the second recipe Pineapple Dip with Fruit Kebabs, discuss the Star Technique – Skewering.
- Me-You-Us. The teacher demonstrates how to cut fruit and then makes a kebab by skewing. Go around and make sure students are able to take part after examining the teacher.

COOKING PRO: BROMELIADS

Pineapples contain the bromelain enzyme which can break down proteins, so you can use them to tenderize meat. When you eat too much pineapple, you can feel this take place—your mouth may start to burn! Pineapple is the only edible fruit of its kind, the Bromeliads.



LESSON 1:

NATURAL SWEETNESS

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

STAR TECHNIQUE: SKEWERING

- Skewering – process of cooking and serving pieces of food on a wooden or metal skewer/pin.
- What foods can be used for skewering? A variety of foods can be used. The foods can range from fruit and vegetables, to cheese and olives, to grilled meats and seafood.
- Example: shrimp and cherry tomatoes on skewer.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Umami

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.

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.