

CARROT CAKE BITES

Serving Size: 12 servings

Ingredients:

- ¾ cup shredded carrots (not cooked) Tip: pulse baby carrots in the blender
- ½ cup raisins
- 7 dates, pitted
- ¼ cup of water
- 1 tsp vanilla extract
- 1 tsp cinnamon

Directions:

1. Blend oats in food processor until you get a fine consistency.
2. Add in raisins, pulse a few times to break them up then add carrots, vanilla and cinnamon.
3. Slowly add in dates and water.
4. Pass dough out to students, and have them roll dough into individual balls.
5. Enjoy!



DID YOU KNOW?

Dried Fruits are a great source of various vitamins and fiber. They are a great sweet alternative due to their naturally occurring sugars.



DID YOU KNOW?

Carrots are naturally sweet which makes them very appealing!

GOLD SMOOTHIE

Makes 12 servings, 1/3 cup per student

Ingredients:

- 2 cups baby carrots
- 2 cups pineapple juice
- 1 cup orange juice
- 2 tbsp. honey
- 1 cup plain Greek yogurt

Directions:

1. Blend carrots with pineapple juice until smooth.
2. Add the rest of the ingredients to your blender and blend until frothy and smooth.
3. Serve cold. Enjoy!

DID YOU KNOW?

Carrots are an excellent source of beta-carotene, and contain high amount of fiber. Beta carotene is important for eyesight and skin health.

OBJECTIVES

- ☑ Identify the nutrients found in carrots
- ☑ Explain the technique to rolling
- ☑ Identify the tools used for rolling

STAR INGREDIENT: CARROTS

- What food group are carrots in? Vegetables!
- What part of the plant is a carrot? The root.
- What important nutrients are found in carrots? Carrots are high in vitamin A (beta-carotene), biotin, and potassium.
- What does Vitamin A do? Vitamin A is essential for eye health and is essential for our "night-vision". It is also a great antioxidant
- Why is Vitamin A important? Vitamin A helps us see in the dark and prevents eye diseases
- Did you know? Carrots are made up of 88% water!.

INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Note that both recipes include carrots. Discuss where carrots come from. Carrots came from modern-day Iran and Afghanistan.
- Have students think of various recipes carrots are used in (e.g. cakes, cereal, salads, soups, etc.) Allow 2-5 students share with the class.

DEVELOPMENT

🕒 5-7 min

- Have your parents told you "eat this, it has a lot of vitamins". But what are vitamins?
 - Vitamins and minerals are both substances that are found in food. Vitamins and minerals help to support our immune systems and help us not get sick, help us grow big and strong, and help our cells and our organs do their jobs!
 - Every vitamin and mineral has a specific 'job' that help different parts of our bodies work.
- As you are completing the Gold Smoothie Recipe, discuss Star ingredient. Key Q's:
 - What are important nutrients are found in carrots? What does Vitamin A do? Carrots are a great source of biotin, potassium, and vitamin A, which comes from beta-carotene.
- Carrots come in all sorts of colors: orange, which is high in carotenoids which gives the color; purple, which is high in anthocyanins and makes it purple; and white, which lacks both micronutrients.
- As you are transitioning to the Carrot Cake Bites discuss the Star Technique. Mention how changing the types of carrot could alter the taste, color, texture of the final product. Large pieces of carrots will make the final product crunchier, for example.
- Then discuss how to roll the cake bites. Talk about the best way to roll the bites, the best tools to use, and other types of food you can roll.

LESSON 15:

VITAMINS

COOKING PRO

- Carrots come in all sorts of colors. From orange, purple, red, white, and yellow, each variety offer different micronutrients.
- Carrots can be incorporated into meals in a variety of ways: roasting, boiling, steaming, grilling, or adding to stews

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- umami

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 : ROLLING

- What is rolling? It means creating smooth ball-shaped pieces out of batter or other semi-sticky mixture like nuts, seeds, and dry fruit.
- Do you need any tools to roll ingredients? Clean hands are the best tool for the job.
- What types of foods do you roll? Batter that is solid instead of liquid, cottage cheese, nut and dry fruit mixture, energy balls, ground turkey, meatballs, etc.

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.