

# LESSON 6

## MUFFINS AND PARFAIT

### BLUEBERRY MUFFINS

Serving Size: 12 servings, 1 per student

#### Ingredients:

- 1 cup blueberries
- 1/8 cup sugar
- 1.5 cups flour, all-purpose (NUT FREE)
- 1/2 tablespoon baking powder
- 1/2 teaspoon salt
- 3/4 teaspoon cinnamon
- 1/4 cup honey
- 1/4 cup applesauce
- 3/4 cup milk
- 1/3 cup butter, melted

#### PREP BEFORE CLASS:

Preheat oven to 375 degrees. Have coconut oil melted.

#### Directions:

1. Have students combine blueberries and sugar in a small bowl. Mash gently and set aside.
2. In a large bowl add all other ingredients and stir just until combined.
3. Have a student add sugared blueberries and gently fold in. Guide them in this process.
4. Fill foil liners and then bake for 15-20 minutes or until an inserted toothpick comes out clean.
5. Serve warm! Enjoy!



#### DID YOU KNOW?

Parfait means 'perfect' in French

### MIXED BERRY PARFAIT

Makes 12 servings, 1/3 cup per student

#### Ingredients:

- 4 cups vanilla Greek yogurt
- Frozen mixed berries
- 2 tbsp. honey
- 1/2 cup rolled oats (NUT FREE)
- 2 tbsp. cinnamon

#### Directions:

1. Measure 2 tbsp. yogurt into each individual cup.
2. Students can then add 2 tbsp mixed berries, and measure 1/2 tsp honey and a sprinkle of cinnamon on top.
3. Have students sprinkle a thin layer of oats onto the parfait.
4. Add another 2 tbsp. yogurt to each cup, and then add more oats. Encourage students to leave the parfait in layers instead of mixing.
5. Enjoy!



#### DID YOU KNOW?

The blueberry is one of the only fruits that is native to North America.

# LESSON 6:

## ANTIOXIDANTS

### OBJECTIVES

- Explain antioxidants to students.
- Understand what folding is and how to
- Examine how blueberries are healthy for you

### STAR TECHNIQUE – FOLDING

- Folding is a gentler mixing technique than "stirring" and "mixing." It is meant to combine two mixtures of different thickness and weight into one mixture while retaining as much of the air as possible.
- What tools are used in folding? A bowl, rubber spatula
- How to fold:
  - Add light ingredients to the heavy ingredients
  - Gently scoop the bottom of mixture over the top. That's the fold we're talking about!
  - Rotate the bowl and repeat.
  - Add more of the lighter mixture until everything is combined.

### 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?
- Define what an antioxidant is:
  - There are these dangerous molecules in our bodies called free radicals. They are the bad guys of the body and they want to destroy your tissues. Antioxidants are the superheroes that fight off the free radicals to save your body!
  - They are found in many foods, including fruits and vegetables. They are healthy alternatives for food because they provide vitamin C and E.
  - Antioxidants in food can help lower risks of certain diseases.

### DEVELOPMENT

🕒 5-7 min

- As you are completing the Blueberry Muffins, discuss the Star Technique.
  - Folding doesn't mean folding your clothes! Folding in cooking and baking is a gentle mixing technique used to retain as much air as possible. This technique is the key to light and fluffy desserts! Folding is done slowly and using a certain technique where you scrape the bottom of the bowl to combine the two mixtures—no aggressive stirring.
- Discuss the health benefits of blueberries, listed in the Star Ingredient.
  - Blueberries are one of the healthiest fruits around. Their dark color is because they are rich in polyphenols, which are a class of antioxidants. In fact, blueberries contain more antioxidants than any other fruit or vegetable! Do you remember what those are? Antioxidants are compounds that protect our cells from damage! Eating an antioxidant rich diet helps keep you feeling healthy.
  - Blueberries are also rich in fiber, a compound that helps keep our digestive system running smoothly. Lastly, blueberries are rich in a variety of vitamins and minerals, including vitamins A and K and manganese.

# LESSON 6: ANTIOXIDANTS



## STAR INGREDIENT: BLUEBERRIES

- What are blueberries? Blueberries are a type of fruit that grow on bushes and are full of antioxidants, vitamins, and minerals.
- When are blueberries usually eaten? The North American blueberry season and harvest runs from April to late September, so that is a great time to add them to your recipes!
- Why are blueberries good for us? Blueberries are rich in antioxidants, which help protect our cells from damage. They are also full of fiber, and vitamins and minerals, including vitamin C and vitamin K!

### COOKING PRO

When folding be careful not to overmix! If you fold too much, you will deflate the batter, causing it to not rise properly in the oven. Fold just until combined, then call it quits.

### 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?

### 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

### 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.