

WHITE CHOCOLATE COOKIES

Serving Size: 12 servings

Ingredients:

- 1 cup flour (NUT FREE)
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ cup sugar
- ½ tsp. salt
- 1/3 cup honey
- 1 tsp. vanilla
- ¼ cup olive or canola oil
- 1/3 cup dried sweetened cranberries
- ½ cup white chocolate chips (NUT FREE)

PREP BEFORE CLASS:

Preheat oven to 350. Line baking sheet with parchment paper.

Directions:

1. Have a few students measure out flour, baking powder, baking soda, sugar, and salt, into a bowl. Use a fork to mix.
2. In a separate bowl, have another student combine honey, vanilla, and oil until combined.
3. Have another student add the wet mixture to the dry mixture and stir only once or twice.
4. Have a few students measure the white chocolate chips and cranberries and stir into the mixture until combined.
5. Let students assist in scooping out 12 uniform cookies and place on baking sheet.
6. Use hands to flatten cookies down before baking.
7. Bake for 11 minutes until golden.
8. Let cool and enjoy!



DID YOU KNOW?

Chickpeas were first cultivated in the Middle East 9000 years ago! Chickpeas are also called Garbanzo beans.

CHOCOLATE HUMMUS

Makes 12 servings, 1/3 cup per student

Ingredients:

- 1 16 oz can cooked chickpeas
- 1/4 cup cocoa powder (NUT FREE)
- ½ cup semi-sweet chocolate chips (NUT FREE)
- 1/3 cup maple syrup
- ½ tsp salt
- 1 tbsp vanilla extract
- ¼ cup water
- 2 apples

PREP BEFORE CLASS:

Open the chickpeas, drain. Wash apples, cut into wedges.

Directions:

1. Have students take turns measuring the ingredients.
2. Add ingredients except for the water to the blender.
3. Process until completely smooth.
4. Add the water slowly and process until blended.
5. Scoop about ¼ cup of hummus on each student's plate
6. Pass around apple wedges to all students.
7. Instruct students to taste the hummus with apple. Enjoy!

DID YOU KNOW?

Cranberries were used by Native Americans as a medicine and dye for clothing!



LESSON 8: CHOCOLATE

OBJECTIVES

- ✓ Customize their own desserts
- ✓ Identify different ways we can customize food
- ✓ Understand the health benefits of chocolate

STAR INGREDIENT: CHOCOLATE

- Where does chocolate come from?
 - Chocolate comes from cocoa beans, which grew on trees in Central and South America
- Why is chocolate good for us?
 - The raw cocoa beans are really good for you, full of vitamin C and magnesium, but they're bitter. The beans also have a fair amount of caffeine in them, like coffee or tea.
- What can we do with chocolate?
 - Chocolate is bitter on its own, so when we use it in desserts, which we often do, we need to add a sweetener like sugar.
- Dark chocolate is more bitter, while milk chocolate has more sugar and milk, so it is sweeter.

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?
- Key Questions for the students: How many of you guys like chocolate? Almost everyone loves it! What are some desserts that you know that have chocolate in them? Do you guys know the health benefits in chocolate? Why is it good for us? What's your favorite type of chocolate?

DEVELOPMENT

🕒 5-7 min

- As you are completing the Chocolate Chip Cookies, discuss the Star Technique. Customization opens up a lot of opportunities for students to express their creativity on their own using either topping, flavor bases, and more!
- Discuss the health benefits of Chocolate, in the Star Ingredient. The three benefits from eating chocolate are lowering cholesterol levels, preventing cognitive decline, and reducing the risk of cardiovascular problems.
- The next time you eat a piece of chocolate you shouldn't feel guilty about it! Even though it is seen as something that can create weight gain it does have really healthy benefits in the end!

STAR TECHNIQUE: CUSTOMIZATION

- Customization: It's when you have choices to choose various foods or toppings to place onto your entrée!
- Examples: A good example of one is a buffet, you can customize what you want on your plate and choose various foods that you would enjoy through the wide variety of foods!
- Yogurt is a perfect example of customization in the food industry. You are able to choose multiple different toppings to make a flavored masterpiece!

LESSON 8: CHOCOLATE

COOKING PRO

- Roasting uses the same technique as Baking! However roasting uses higher temperatures for thicker, tougher foods.
- The higher heat means you can easily get a flavorful brown, crispy look on food like fatty meats and potatoes!

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

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.