

LESSON 12

CHIPS AND DESSERT SALSA

CINNAMON CHIPS

Serving Size: 12 servings

Ingredients:

- 6 flour tortillas (NUT-FREE)
- 2 tbsp butter, melted
- 2 tsp sugar
- 1 tsp cinnamon

PREP BEFORE CLASS:

Melt butter. Preheat oven to 350 degrees F.

Directions:

1. Cut tortillas into 6 triangles each.
2. Drizzle with melted butter.
3. Measure cinnamon and sugar in a small bowl and then mix. Remind students to have a level measuring spoon and not heaped.
4. Sprinkle the cinnamon sugar mix all over the tortillas.
5. Bake cinnamon chips for 8-10 minutes or until crispy.
6. Keep an eye on the oven—the sugar will burn quickly!
7. Remove from oven and allow to cool.



DID YOU KNOW?

Cinnamon comes from the bark of a tree!



DESSERT SALSA

Makes 12 servings, 1/3 cup per student

Ingredients:

- 3 large strawberries
- 1 kiwi
- 3 oz canned pineapple
- 1 golden apple
- 1 lemon for juice and zest
- ½ tsp honey

DID YOU KNOW?

Kiwis are high in vitamin C, which helps fight germs!

PREP BEFORE CLASS:

Wash fruit. Peel kiwi (use a spoon to scoop out kiwi from peel). Drain canned pineapple.

Directions:

1. Divide fruit equally between students. Students will make dessert salsa on individual plates.
2. Have each student dice each fruit finely concentrating on safe knife handling and the bear claw technique. Make sure the fruit pieces are small enough to scoop!
3. Juice and zest the lemon. In a separate bowl, combine ½ tsp juice, ½ tsp zest, and the honey and whisk to make a dressing.
4. Drizzle the dressing over the fruit and toss to combine.
5. Enjoy with cinnamon chips!

LESSON 12:

SPICES

OBJECTIVES

- Identify the use of seasonings
- Explain the importance of flavor balance
- Identify the different used of seasonings

STAR INGREDIENT: CINNAMON



- What is cinnamon? A seasoning from tree bark!
- What important seasonings? Having a balance of different seasonings can enhance a meal and the flavors
- What a flavor star? The flavor star is a 5 point system to find the perfect balance of sweet, savory, bitter, sour and spice
- Did you know? Most spices come from India and have come from there throughout all of history!

COOKING PRO

- Cinnamon comes from the bark of the 'true cinnamon tree'.
- Cinnamon is not initially sweet, but it does amplify sweetness. This is why we often see it paired with sweeteners like sugar in desserts!

INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Notice that one recipe used cinnamon as a spice but the other uses lemon juice and zest and honey as a flavor enhancer
- Have students think of different kind of spices that are used (e.g. pepper, oregano, rosemary, garlic powder, etc.) Discuss thoughts in pairs. Allow 2-5 students share with the class.

DEVELOPMENT

🕒 5-7 min

Continue talking about spices.

- What is a spice?
 - A spice is a seed, root, or bark, that has been dried (and usually ground up). Spices are used for flavoring, coloring and preserving different foods. People have been using spices for thousands of years
- What do you think the difference is between a spice and an herb?
 - An herb is the leave, flowers or stem of the plant, and many people prefer to use it fresh rather than dried
- Why do you think we use spices?
 - Flavor: We add spices to different recipes to add aroma and flavor to the dish. Spices can enhance the flavor of one or more ingredients and help build a "flavor profile" which is how the entire dish will taste.
 - Color: Spices can be used to add color to a dish. Turmeric is often used to add a yellow color and chili powders are used for the red color. Like herbs and flowers, people used to use different spices to color fabrics and skin.
 - Preservation: Before refrigerators, people used spices to preserve their food. Many spices have antibacterial properties, which means they can kill the bacteria that can make us sick.
 - Medicine: Some spices are used as a form of medicine. For example, ginger can help when your tummy is upset (has anyone drank ginger ale when they didn't feel good?)

STAR TECHNIQUE: SEASONING

- Today we will learn a fun cooking technique -Seasoning
- Why is seasoning important? Seasoning with different spices and flavor enhancers that can change a meal from boring or exciting!
- What types of spices are used in seasonings? Salt, pepper, oregano, basil, cumin, paprika, jalapeno, etc..
- How do you know what is the right amount of spice? Each person has a different tolerance and preference for spices. But when learning about seasonings, its best to refer to the Flavor star to find the best balance between savory, sweet, bitter, sour, and spicy.

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

DEVELOPMENT

- As you are completing the Cinnamon Chips, discuss Star ingredient. Key Q's: Where does cinnamon come from, what part of the tree is cinnamon? Cinnamon comes from Sri Lanka and south America. Cinnamon comes from the bark the bark of the 'true cinnamon tree'
- As you are doing the recipe, talk about the Star Technique, seasoning. Talk about how seasoning is important to every meal. Seasoning is important for balance of flavors and to enhance what is already in the dish. Talk about the different kinds of seasonings there are and how they can make a dish salty, sweet, spicy, or savory.

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.