

LESSON 7

KALE CHOPS AND APPLIE PIE CUPS

PARMESAN KALE CHIPS

Serving Size: 12 servings

Ingredients:

- 1 large bunch of kale (10-12 large leaves)
- Olive oil
- Salt
- 1/3 cup grated Parmesan cheese

PREP BEFORE CLASS:

Wash kale leaves. Preheat the oven to 350 degrees F. Grease a line of foil with olive oil.

Directions:

1. Pass a large leaf of kale to each student.
2. Instruct students to carefully remove and discard the hard rib from the center of each leaf cutting it out with a large knife, leaving the leaves as intact as possible.
3. Pass around olive oil and instruct students to drizzle olive oil on kale leaves and coat lightly.
4. Instruct students to sprinkle generously with salt.
5. Arrange on a baking sheet in a single layer (otherwise, they will steam).
6. Bake for 10 minutes, until crispy.
7. Take out of the oven and sprinkle lightly with Parmesan cheese and bake for another 5 minutes.
8. Cool and serve. Enjoy!



DID YOU KNOW?

Kale has more than twice the Vitamin C of an orange!



DID YOU KNOW?

Cinnamon comes from the bark of the cinnamon tree. It is full of antioxidants and contains minerals such as iron magnesium.

APPLE PIE CUPS

Makes 12 servings, 1/3 cup per student

Ingredients:

- 12 graham crackers (NUT FREE)
- 3 medium apples
- 1 cup applesauce
- 1/2 teaspoon of cinnamon
- 1 cup of heavy whipping cream
- 2 tbsp. sugar or honey
- 12 plastic cups for serving

PREP BEFORE CLASS:

Wash and cut apples into 12 pieces.

Directions:

1. Pass one plastic cup, one graham cracker and one piece of apple to each student.
2. Instruct students to break the graham cracker into the bottom of the cup.
3. Have students dice their apple.
4. Layer the apples on top of graham crackers.
5. Have students measure cinnamon and applesauce in a small bowl.
6. Have students help measure and add heavy whipping cream, sugar, and vanilla to the blender.
7. Whip until it has reached the consistency of whipped cream.
8. Have students top their cups with one tablespoon of applesauce and a dollop of whipped cream. Enjoy!

LESSON 7: LEAFY GREENS: KALE

OBJECTIVES

- See the effects of roasting
- Identify different ways to roast food
- Understand the health benefits of Kale

STAR INGREDIENT: KALE

- Kale is a leafy green vegetable that we call a superfood! A superfood is a food that contains a lot of vitamins, fiber and antioxidants; all the things our bodies need to be healthy!
- Kale is a nutritional powerhouse packed with iron and antioxidants such as vitamin C, beta-carotene
- What are some ways we can add kale to our diet?
 - Smoothies
 - Salad
 - Juice
 - Sauté as a side
 - Bake as chips



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?
- Have students think of other foods they have had before that contain kale. Discuss thoughts in pairs. Allow 2-5 students share with the class.
- Can you name other leafy greens? Spinach, collard greens, cabbage, beet green, bok choy, swiss chard. Leafy green vegetables are packed with important and powerful nutrients that are critical for good health, and many are available all year long.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Kale Chips, discuss the Star Technique. Roasting goes hand in hand with seasoning! That's what roasting is primarily used for, making the flavors in various food taste a lot better by enhancing their flavor.
- Discuss the importance of seasoning. Why do we season our foods? To enhance the taste of food! We always think of salt as our go-to when a meal tastes too bland. What would happen if we don't season our foods? We all enjoy flavors! If you don't season your food your meal might taste bland.
- Discuss the health benefits of Kale, in the Star Ingredient. Why are the 3 nutrients in kale (vitamin C, fiber, and antioxidants) good for us?
 - Vitamin C helps you fight off illness by boosting your immune system.
 - Fiber helps you feel full for longer and keeps your digestive system healthy.
 - Antioxidants remove bad toxins from our body. Oxidants are the villains and antioxidants are the superheroes!

LESSON 7:

LEAFY GREENS: KALE

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!

STAR TECHNIQUE: ROASTING

- Roasting is mainly used to cook foods like meat, potatoes, chicken, and vegetables.
- What tools are needed to roast? Oven and a roasting pan (which holds any liquid created during roasting)
- When roasting, your food has to be evenly cooked on all sides with temperatures of at least 300 F.
- With this technique you are able to enhance the flavor exponentially, because the flavor then rises to the surface.

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.