



DID YOU KNOW?

Lassi is a popular Indian drink that can be savory or sweet!

MANGO LASSI

Makes 12 servings

Ingredients:

- 2 fresh mangos or 1 cup frozen mango
- ½ cups milk
- 1 cup plain nonfat yogurt
- 1 tbsp honey
- Mint leaves for garnish (optional)

PREP BEFORE CLASS:

Wash mint.

Directions:

1. If using fresh mango, slice into quarters and have students dice into small chunks
2. Measure and add all the ingredients into the blender.
3. Blend until smooth
4. Can add mint as garnish or into the lassi for a fresh flavor (only need 1-2 leaves)
5. Enjoy!

COOKIE DOUGH DIP

Serving Size: 12 servings

Ingredients:

- ½ cup unsalted butter (room temperature)
- 8 oz cream cheese (room temperature)
- 1/3 cup light brown sugar
- 1 tsp. vanilla extract
- ¾ cup chocolate chips (NUT FREE)
- 1 box graham crackers for serving (NUT FREE)

PREP BEFORE CLASS:

Pass each student a graham cracker.

Directions:

1. Use blender to beat butter and cream cheese until fluffy, about 2 minutes
2. Add in brown sugar and vanilla extract until combined
3. Fold in chocolate chips until evenly dispersed. Do not blend once chocolate chips are added!
4. Serve with graham crackers. Enjoy!



DID YOU KNOW?

The name cookie comes from a Dutch word, Koekje, which means small or little cake.

LESSON 4:

SWEET SNACKS

OBJECTIVES

- Describe different sweet snacks.
- Identify the cooking tools that are used for blending.
- Name one reason mangos are good for us.

STAR INGREDIENT: MANGO

- What are mangos? They are a smooth-skinned, kidney-shaped, tropical fruit produced by the tropical tree *Mangifera indica*.
- Where do mangos come from? Mangos grow in hot, tropical climates. Most of the mangos sold in the U.S come from Mexico, Haiti, Brazil, Ecuador, Peru, and Guatemala.
- What do they taste like? Typically, sweet if ripe, have a sweet-sour taste if unripe.
- Why are mangos good for us?
 - Vitamin A: builds healthy eyes and bones
 - Vitamin C: essential for healthy gums and teeth
 - Folate: important for brain health.
- Did you know? In India, the mango is a symbol of love, and a basket of mangos is considered a gesture of friendship.



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?
- Discuss that today we are going to be making recipes that are sweet!
- Sweet snacks can range from fresh, frozen, to dried fruit, dark chocolate, and more! These are healthier choices than rather eating cookies, candy, cake, and others.
- Healthy eating can help our immune system stay strong and not be broken down by sugar. Nothing is wrong with eating sugar, but too much consumption of it can make you sick and tired. If you do eat sweets, try to go for snacks that are naturally sweet and don't have too many added sugars.

DEVELOPMENT

🕒 5-7 min

- Ask the class what their favorite sweet snack is. How often do they have it?
- As you are completing your Mango Lassi recipe discuss the Star Ingredient. Ask the students: Do you all know where mangos come from? What do they taste like? Have you had a mango? How do you peel a mango?
- As you are completing the Cookie Dough Dip, discuss the Star Technique. Blending is a great way to incorporate different ingredients into a healthier diet by combing them together.
- Have students add the various ingredients to the blender.

LESSON 4: SWEET SNACKS

COOKING PRO

· Making smoothies using a blender is a great way to add vegetables into your diet. Try adding vegetables to your smoothies like spinach and kale! Incorporating fruits with them as well can make the flavoring better. It also gives you an extra boost of important vitamins and minerals.

STAR TECHNIQUE: BLENDING

- What is blending? Blending is simply mixing or combining ingredients together!
- What are the benefits of blending? When you blend fruits, vs juicing them you have the fiber intact. Fiber helps keep your tummy healthy.
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees frozen desserts and more!

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.