

PEACH COBBLER CRUMBLE

Serving Size: 12 servings, 1 muffin tin per student

Ingredients:

- 4 yellow peaches
- 2 tbsp. lemon juice
- 1 tsp. lemon zest
- 3 tbsp. flour (NUT FREE)
- ¼ cup sugar
- 1 tsp. ground cinnamon

For the crumble topping

- 1 cup flour (NUT FREE)
- 2/3 cup brown sugar
- Pinch of salt
- 8 tbsp butter, diced
- ½ cup oats (NUT FREE)

PREP BEFORE CLASS:

Preheat oven to 400F, wash peaches and quarter, grease muffin tin.

Directions:

1. Have students dice peach quarters into small pieces.
2. Have students assist with tossing peaches with lemon juice and lemon zest.
3. In a small bowl, mix together 1/4 cup sugar, 3 tbsp. flour and 1 tsp ground cinnamon and toss with peaches until coated. Spoon into muffin tins.
4. Create the crumble: Have students assist in measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in food processor to combine.
5. Spoon topping over the fruit in each muffin tin evenly.
6. Bake for 20 minutes at 375 F
7. Cool for a few minutes and serve!



DID YOU KNOW?

People have been eating blueberries for more than 13,000 years.

BLUEBERRY & PEACH SALSA

Serving Size: 1/3 cup per student

Ingredients:

- 1 6 oz. package blueberries
- 1 yellow peach
- 1 red pepper
- 1 green onions
- 1 lime
- 12 plastic cups
- Tortilla chips (NUT FREE)
- 12 toothpicks

PREP BEFORE CLASS:

Wash blueberries, peaches, pepper, and onions. Cut into 12 equal pieces.

Directions:

1. Pass out 1 piece of peach, pepper, and green onion. Instruct the students to dice all three.
2. Divide and pass out blueberries, a small cup, and a spoon.
3. Instruct students to place blueberries, diced peaches, peppers, and green onions into the cup.
4. Cut the lime in half and juice into a bowl.
5. Bring the lime juice around to each chef station. Have students measure about ½ tsp. of lime juice to put over their salsa.
6. Instruct students to mix the salsa and enjoy with chips!

DID YOU KNOW?

In Georgia, the world's largest peach cobbler measuring 11 ft by 5 ft is made every year



LESSON 2: MEASURING

OBJECTIVES

- Define brown sugar
- Understand the process of measuring used in this recipe
- Measure various ingredients

STAR INGREDIENT: BROWN SUGAR

- Did you know? Brown Sugar can offer several health benefits by providing people with energy and acting as a tasty flavor enhancer to encourage healthier eating!
- It is sugar nonetheless so it is imperative that you do eat in moderation because too much sugar can be bad!
- Sucrose, or natural sugar, and molasses are both found naturally in sugar beets and sugar cane. Brown sugar can be made by adding molasses syrup to boiling sugar crystals that result from the sugar-refining process.



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 the various foods that have brown sugar in them:
 - What foods have brown sugar?
 - Have you ever used brown sugar in cookies, or sprinkled it on oatmeal? Foods that include brown sugar are sweet, because brown sugar is always used as a sweetener.
- The main difference between table sugar and brown sugar is the presence of molasses, which gives brown sugar its distinct color, flavor and moisture.
- Brown sugar is not as processed as normal white sugar.
- Brown sugar is often used when baking recipes such as cookies, as it contains more moisture than white sugar.
- Brown Sugar can prevent low blood sugar! Low blood sugar is something that happens when your body's blood sugar levels drop below normal. Using Brown Sugar as a substitute is a slightly healthier alternative than regular sugar.

DEVELOPMENT

 5-7 min

- As you are completing your first recipe discuss the Star Ingredient. Ask the students: How many of you all have used Brown Sugar in your day to day lives? What does it taste like? Do you prefer Brown Sugar to normal sugar?
- While preparing the Peach Cobbler Crumble, discuss the Star Technique – measuring. Explain what measuring is, what tools are used for measuring, and what types of foods are typically measured. What recipes have we used measuring for in the past?
- Give the class a demonstration on how to use various measuring cups and spoons to properly measure the ingredients (see next page and measuring techniques page at the beginning of the curriculum for more details on measuring).

LESSON 2: MEASURING

COOKING PRO

- Brown sugars can come in various forms depending on their moisture content. The types of brown sugar that people are probably most familiar with are soft light and dark brown sugar—the kinds that are commonly used in baking.

STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure? Measuring cups (dry and liquid), measuring spoons, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!
- See Measuring page at the beginning of the guide for proper measuring techniques

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.