

BAKED BANANA BREAD OATMEAL

Serving Size: 12 servings

Ingredients:

- 2 cups old fashion oats (NUT FREE)
- 1/3 cup brown sugar
- 1 tsp baking powder
- 2 tsp cinnamon
- ½ tsp salt
- 2 cups milk
- 1 cup banana mashed
- 1 tsp vanilla
- 3 tbsp unsalted butter, melted
- 12 cupcake foils

PREP BEFORE CLASS:

Preheat the oven to 350 degrees F. Melt butter prior to class beginning.

Directions:

1. Have students measure out and add the oats, brown sugar, baking powder, cinnamon, and salt into a large bowl.
2. In another large bowl have students mash the banana. Then measure and whisk together milk, vanilla, and the banana.
3. Slowly have a student pour in melted butter into the (milk, banana, and vanilla mixture) whisking constantly.
4. Instruct student to add oats mixture into the wet ingredients and stir to combine.
5. Spread among baking sheet and bake for 10-12 minutes.



DID YOU KNOW?

Banana plants are not trees, they are a type of herb!



STRAWBERRY BANANA GREEK YOGURT PARFAIT

Serving Size: 1/3 cup per student

Ingredients:

- 2 cups of Greek yogurt
- ½ pint of strawberries
- 2 bananas
- ¼ cup honey (more for drizzling on top)
- 2 cups crisp rice cereal (NUT FREE)
- ¼ cup brown sugar
- ½ teaspoon vanilla
- 12 plastic cups and spoons for serving

PREP BEFORE CLASS:

Rinse strawberries and cut bananas into 12 pieces.

Directions:

1. Measure all the ingredients for granola: rice cereal, brown sugar, and vanilla. Mix together.
2. Pass 1-2 strawberries and 1 piece of banana to each student and instruct them to slice it.
3. Pass each student a plastic cup.
4. Collect strawberries from all the students.
5. Have students help measure and blend together honey, strawberries and Greek yogurt.
6. Pass bowl with Greek yogurt and instruct students to layer 1 tbsp in the cup.
7. Pass granola and have students layer a teaspoon of granola on top.
8. Have students layer bananas.
9. Repeat all layers 3 times and enjoy!

LESSON 10:

HEALTHY BREAKFAST

OBJECTIVES

- ✓ Explain the importance of breakfast foods
- ✓ Examine how to layer.
- ✓ Understand why bananas are healthy

STAR INGREDIENT: BANANAS

- Where do bananas come from? Bananas are mostly grown in Africa, Latin America, the Caribbean, and the Pacific. Since they are a tropical fruit they need to be grown in tropical climates.
- Why are bananas good for us?
- Vitamin C – Helps you feel healthy and fight off illness.
- Potassium – Helps balance water in our body, and helps are our nerves in our body send signals
- Fiber – Digestive system: it helps you feel fuller for longer



COOKING PRO

- Layering ingredients are a great way to incorporate all food groups. Think about adding different ingredients into your recipes when cooking for the next time!

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 breakfast foods. Key Qs:
 - Raise your hand if you had breakfast.
 - What did you have for breakfast and your favorite breakfast foods?
 - Why eating breakfast is important? Gives you energy for the day, supplies your brain work during the day and helps with memory and concentration etc.
 - What is a good breakfast vs a bad one? Good breakfast has all three nutrients: protein, carbohydrates and fiber. Give example of each.
 - Protein: yogurt, egg, beans. Carbs: bread, cereal, fruits and veggies,
 - Fiber: fruits and veggies, whole wheat toast.
 - Bad breakfast: high in sugar and low in other nutrients: pop tarts, toaster strudels, cereal bars.
- Discuss healthy breakfast options that include all three nutrients.
- Key Questions for the students:
 - Who here likes bananas?
 - Where do bananas come from?
 - What do they taste like?
 - Why are they the color yellow, but sometimes green?
 - What foods contain bananas?

DEVELOPMENT

🕒 5-7 min

- As you are completing the Banana Split Parfait, discuss the Star Technique. Layering means adding different but complementary tastes beyond just the basic ingredients when making a dish. Food layering has become very popular with professional chefs. They go out of their way to turn a basic traditional flavor into a new complex flavor!

LESSON 10:

HEALTHY BREAKFAST

STAR TECHNIQUE: LAYERING

- What is layering? It means to place ingredients on top of each other
- Which tools do you use to layer? Hands, spoon, or spatula
- What types of foods do you layer? Sandwiches, cakes, pizza, tacos, lasagna, and other desserts such as s'mores!
- Why do we want to layer ingredients in a recipe? We layer ingredients to build flavors of the dish
- What are we layering in today's recipe? We are layering ingredients in our parfait

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

- Discuss the health benefits of Bananas, in the Star Ingredient. The benefits of eating Bananas plentiful! They contain many important nutrients which can moderate blood sugar levels, they help with digestive health, aid in weight loss, support heart health, they are powerful antioxidants, and they help make you feel fuller!

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.