

LESSON 5

APPLE CAKE AND FROSTING

APPLE SPICE CAKES

Serving Size: 12 servings

Ingredients:

- $\frac{3}{4}$ cup all-purpose flour (NUT FREE)
- 1 tsp. baking powder
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{4}$ cup applesauce
- $\frac{1}{2}$ cup sugar
- 4 tbsp or $\frac{1}{2}$ stick butter, melted
- 1 tsp. cinnamon
- 12 muffin tins

PREP BEFORE CLASS:

Preheat oven to 350 degrees. Melt butter in microwave or on top of convection oven.

Directions:

1. Have students measure the flour, baking powder, cinnamon, and salt into a bowl.
2. Have a student add applesauce and sugar into a separate bowl, whisk until well combined.
3. Have a student measure and add butter into the applesauce and sugar mixture
4. Have a student combine the dry ingredients into the wet ingredients, $\frac{1}{3}$ at a time, and then stir until *just* combined
5. Equally divide batter between muffin tins.
6. Place in the oven and cook for about 15 minutes. Keep an eye on the oven as cooking time may vary. Allow to cool for 2-3 minutes.
7. Enjoy!



BUTTERCREAM FROSTING

Makes 10-12 servings.

Ingredients:

- 4 tbsp room temperature butter
- 1 cup powdered sugar
- $\frac{1}{8}$ tsp Vanilla (optional)
- Plastic bag for piping

PREP BEFORE CLASS:

Allow butter reach room temperature.

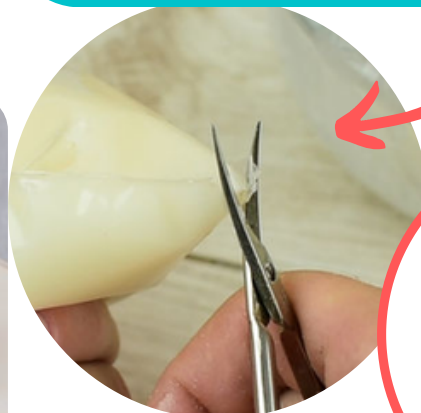
Directions:

1. Blend butter in food processor until it is smooth.
2. SLOWLY add powdered sugar, about $\frac{1}{8}$ cup at a time.
3. Once it is close to a frosting texture, add vanilla.
4. Cut SMALL hole in corner of plastic bag to pipe. Decorate your pumpkin brownies and enjoy!



DID YOU KNOW?

Applesauce makes a great substitute for oil or butter when baking.



DID YOU KNOW?

You can make frosting out of small, boiled potato, mixed with powdered sugar and vanilla.

LESSON 5: HEALTHY DESSERTS

OBJECTIVES

- Explain the importance of healthy dessert options
- Learn how to frost
- Understand the nutritional value of apples

STAR INGREDIENT: APPLES

- Where do apples come from? There are over 7500 different varieties of apples. 2500 are grown locally in the United States
- Why are apples good for us?
- Vitamin C – Helps you feel healthy and fight off illness,
- Antioxidants – substances that can slow/prevent damage to our cells
- Fiber – Digestive system: it helps you feel fuller for longer.



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 tried all of these ingredients, or is there a new item?
- Discuss dessert foods. Key Qs:
 - Raise your hand if you normally have dessert.
 - When was the last time you had dessert and what are your favorite dessert foods?
 - Should we eat dessert every day? Balance between healthy moderation of eating dessert sometimes vs. always having unhealthy treats.
 - What might not be a good dessert? Key nutrients included to look out for: added sugars, saturated fats, excess sodium.
 - Give an example of common desserts vs. what we are making today and why it may be “better” for you.
- Key Questions for the students:
 - Who likes apples?
 - Where do apples come from? What do they taste like?
 - What dishes/foods contain apples?

DEVELOPMENT

🕒 5-7 min

- As you are completing the Apple Spice Cakes, discuss the Star Technique. Frosting means to use a frosting or cream to cover and decorate a dessert item. Frosting techniques varies for different types of desserts: think cakes vs. cupcakes vs. brownies.
- Discuss the health benefits of Apples, in the Star Ingredient. The benefits of eating apples are plentiful! They contain many important nutrients which can help with digestive health, aid in healthy weight maintenance, support heart health, they are powerful antioxidants, and they help make you feel fuller when paired with a protein (i.e Greek yogurt) or healthy fat (nut butter**)!

** In class we do not use nut butters due to allergies, so be sure to enforce this as usual. This is just an example how to create a more balanced snack using apples.

LESSON 5: HEALTHY DESSERTS

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: FROSTING

- Which tools do you use to frost? A butter knife, back of spoon or frosting kits
- What types of foods do you frost? Dessert foods
- Why do we want to frost ingredients in a recipe? To add to the flavor, texture and overall appearance of a dessert!
- What are we frosting in today's recipe? We are creating a buttercream frosting from scratch!

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.