

GINGERBREAD DIP

Makes 12 servings ¼ cup per student

Ingredients:

- 1 8oz package of cream cheese (softened)
- 5 oz vanilla Greek yogurt
- 1/3 cup brown sugar
- 1 tsp cinnamon
- ½ tsp ginger
- 1 cup heavy whipping cream
- 1 tbsp sugar
- 12 graham crackers (NUT FREE)

PREP BEFORE CLASS:

Pass paper plate to each student.

Directions:

1. Have students measure heavy whipping cream and sugar into the blender. Blend until thick. Be careful not to over blend or the mixture will become butter. Scoop whipped cream into a medium bowl.
2. Have students measure and add cream cheese, Greek yogurt and brown sugar into a mixing bowl.
3. Measure and add cinnamon and ginger. Pulse until well combined.
4. Scoop the cream cheese mixture in a bowl and fold in with whipped cream.
5. Place ¼ cup of gingerbread dip on student's plate and have them taste it with graham crackers.

DID YOU KNOW?

Greek Yogurt is high in calcium which helps us have strong bones!



DID YOU KNOW?

People have been eating oats for almost 9,000 years!

OAT MILK EGGNOG

Makes 12 servings, 1/3 cup per student

Ingredients:

- 1 cup of oats (NUT FREE)
- 1/2 cup sweetened condensed milk
- 3 cups of cold water
- 2 tsp cinnamon
- 1 tsp nutmeg (optional)
- 2 tsp vanilla extract
- 10 cups for serving

PREP BEFORE CLASS:

Open canned milk.

Directions:

1. Have students measure oats, water, and cinnamon into a blender. Let soak and then blend until mixed.
2. Let mixture sit until large chunks have settled to the bottom. SLOWLY pour liquid into large bowl, allowing the solids to stay on the bottom.
3. Measure and add nutmeg, vanilla, and sweetened condensed milk to the bowl and whisk until well combined.
4. Pour into small plastic cups and top with a sprinkle of cinnamon, if desired.
5. Enjoy!

LESSON 14:

CARBOHYDRATES

OBJECTIVES

- ☑ Identify three nutrients found in oats
- ☑ Explain the importance of soaking oats
- ☑ Identify the tools used for soaking

STAR INGREDIENT: OATS

- Where do oats come from? Oats are seeds that come from the Avena Sativa plant.
- What important nutrients are found in oats? Oats are high in iron, fiber and B vitamins such as Biotin.
- What does Biotin do? Is important for healthy hair, nails and skin. Many people make masks, lotions and creams out of oats.
- Why is fiber important? It is great for our tummies and digestive system.

INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Note that both recipes include oats. Discuss where oats come from. Oats come from Avena Sativa plant in the form of seeds.
- Have students think of recipes oats are used (e.g. oatmeal, cereal, granola, cookies, etc.) Allow 2-5 students share with the class.

DEVELOPMENT

🕒 5-7 min

- Explain to kids that there are three different macronutrients that all foods contain: carbohydrates, protein and fat
- Most foods contain a mixture of more than one macronutrient but are generally classified as the one they contain most of.
- Carbohydrates are our bodies' preferred source of energy, so this macronutrient should make up a lot of our diet.
- When you hear carbohydrates or carbs, many people immediately think of bread, pasta, rice and potatoes when someone says carbohydrate, and they're not wrong, but many other foods contain carbs too:
 - Bread, rice, pasta, oats, quinoa, couscous
 - Starchy vegetables (potatoes, corn and pumpkin)
 - Beans and pulses (chickpeas, baked beans, lentils)
 - Some dairy foods such as milk and yoghurt
 - Fruit
 - Sugar and honey
- Our star ingredient - Oats contains lots of carbohydrates.
- As you are starting the Oat Milk Eggnog, discuss Star Ingredient.
- As you are transitioning to the Oat Milk Eggnog discuss the Star Technique. Ask students to identify one ingredient we can substitute. Give hint, allergic to milk? We can substitute sweetened condensed milk with Cream of coconut. Mention how substitution is a great technique but can alter the taste, color, moisture of the final product.
- Then discuss the importance of soaking oats, it helps reduce cooking time and helps us absorb & digest the nutrients found naturally in oats.

LESSON 14: CARBOHYDRATES

COOKING PRO

- Oat is a general term to describe various different types of oats. There are 4 different types of oats: Old Fashioned, Quick Cook, Steel Cut and Instant.
- For crunchy & chewy texture cookies use rolled or old-fashioned oats!

STAR TECHNIQUE : SOAKING

- Today we will learn a fun cooking technique –Soaking!
- What is soaking? Soaking is a technique used to moisten and soften seeds.
- Why is it important? Oats (and other grains) are actually really hard to digest. Soaking helps our tummies digest and absorb the nutrients better!
- What tools are used to soak? Water, jar or mixing bowl!
- How long should you soak oats for? Ideally you want to soak oats for minimum of 12 hrs. Occasionally, you may soak for as long as possible.

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.