

AVOCADO CHOCOLATE MOUSSE CUPS

Makes 12 student servings, about ½ cup per student

Ingredients:

- 3 ripe avocados
- ½ cup unsweetened cocoa powder (NUT FREE)
- ¼ cup honey
- ¼ cup milk
- 2 tsp vanilla
- ½ package of Oreos (NUT FREE)
- 12 gummy worms (NUT FREE)

PREP BEFORE CLASS:

Open cookies. Pass plastic cups to each student.

Directions:

1. Have students take turn helping you measure and add avocados, cocoa powder, honey, vanilla and milk to the blender. Blend until smooth.
2. Add ¼ cup of the avocado mousse to each student's cup.
3. Pass 1-2 cookies to each student and instruct them to crumble them over the top
4. Add gummy worms sticking out of the "dirt"
5. Enjoy!



VERY BERRY SALAD

Makes 12 servings, 1/2 cup per student

Ingredients:

- 4 cups spinach
- 12 strawberries
- 1 cup blueberries
- 1 lemon
- Salt and pepper to taste
- 4 tbsp balsamic vinegar

DID YOU KNOW?

Avocado is technically a fruit!

PREP BEFORE CLASS:

Wash fresh ingredients. Divide ingredients into equal parts for all students—they will each make their own salad on their own plates.

Directions:

1. Have students place spinach leaves on their own plates.
2. Each student can then slice strawberries and add to each individual plate.
3. Distribute blueberries evenly between students, have them add to plate alongside other ingredients.
4. Have a student sprinkle salt and pepper to taste onto salad.
5. Instructor only: zest lemon over each student's salad.
6. Have students drizzle 1 tsp balsamic vinegar onto salad.
7. Each student can mix their salads on individual plates with a fork.
8. Enjoy!



LESSON 13:

LEAFY GREENS: SPINACH

OBJECTIVES

- Identify the nutrients found in spinach
- Explain the importance of zesting
- Identify the tools used for zesting

STAR INGREDIENT: SPINACH

- What food group is spinach in? Leafy vegetable!
- Where does spinach come from? Spinach originally comes from Asia but is now grown all over.
- What important nutrients are found in spinach? Spinach is a great source of iron, vitamin k, vitamin A, and folate
- What does iron do? Iron is essential to the health of our blood and transporting oxygen to all the muscles in the body.
- Did you know Spinach is mostly made of up water. When you cook down spinach, one serving will go from 2 cups raw, to 1 cup cooked.



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 does spinach grows. Spinach is native to southwest Asia and is now grown all over Asian, Europe, Africa, and North America
- Have students think of various recipes spinach is used in (e.g salads, soups, pastas, , ect..). Discuss thoughts in pairs. Allow 2-5 students share with the class.

DEVELOPMENT

🕒 5-7 min

- As you are working on Dirt Cups, discuss ways in which healthy ingredients can be hidden in desserts!
- As you are transitioning to the Very Berry Salad discuss the Star ingredient. Key Q's:
 - What are some nutrients in spinach?
 - What are some ways to cook spinach?
- Spinach is a great source of non-protein iron. Cooking it is the best way for the body to absorb and use this iron.
- Mention that a serving of spinach is different than other vegetables. One serving of raw spinach is 2 cup (1 cup cooked) compared to a normal vegetable serving being ½ cup. Ask the students how this could affect a person's fullness in a meal.
- Discuss Star technique. Key Q's:
 - What is zesting?
 - What tools do you use to zest?
 - Zesting the peel of citrus foods adds lots of flavor in a small way, without adding the liquid found in the juice. Zesting is done using a grater or a zester.
- Talk about the different used of the peel, zesting, decoration, the peel can be turned into candy. Any citrus peel can be used to zest and add extra flavor to dishes. Only zest the outer part of the peel, the white portion will taste bitter.

LESSON 13:

LEAFY GREENS: SPINACH

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

COOKING PRO

- Spinach has many varieties, Savoy, Semi-Savoy, and Flat or Smooth Leaf being the most common.
- Spinach can be enjoyed cooked or raw!

STAR TECHNIQUE : ZESTING

- What is zesting? To grate small amounts of something, usually citrus peels, and add it to a recipe for flavor.
- What tools do you use to zest? A citrus zester or grater
- What types of food do you zest? Typically, citrus fruits like lime, lemon, and orange are most used for zest.
- Why do we add fruit zest to recipes? Zesting can add a lot of flavor to a dish in a small way. It is also used as a colorful garnish on top of a dish.
- How do you know to stop zesting a certain part of a fruit? Only grate or zest the very outer skin of a citrus fruit. Do not zest, or use, the inner white portion of the peel.

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.