



SWEET POTATO MINI PIES

Ingredient	Students Per Class		
	10	15	20
Crust:			
Graham crackers 	1/2 box	3/4 box	1 box
Butter, melted (for crust)	4 tbsp	6 tbsp	8 tbsp
Filling:			
Sweet potato, 15 oz can	1	1 1/2	2
Sugar	1/4 cup	1/3 cup	1/2 cup
Milk	3/4 cup	1 cup	1 1/2 cup
Cornstarch	3 tbsp	4 1/2 tbsp	6 tbsp
Butter, melted (for filling)	2 tbsp	3 tbsp	4 tbsp
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Cinnamon	1/2 tsp	3/4 tsp	1 tsp
Other: Foil muffin tins per student.			
 : Make sure it is PEANUT, NUT, and SESAME FREE			

PREP BEFORE CLASS:

Preheat oven to 375°F. Melt butter by placing in metal bowl in oven. Open canned sweet potatoes, drain, and rinse. Prepare blender.

Directions:

1. Distribute graham crackers and have students crush them. Put crumbs into bowl.
2. Add melted butter and mix until combined.
3. Pass out foil muffin tins to students. Have them add 1-2 tbsp. graham cracker mixture to bottom of cup. Press down lightly.
4. Have students help measure and add all filling ingredients into a blender. Blend until well combined.
5. Pass a bowl with pie filling and have students spoon about 1/4 cup sweet potato mixture into each baking cup.
6. Place pies in oven and bake for 11-15 minutes or until golden brown.
7. Take out and let pies cool. Enjoy!



DID YOU KNOW?

Chapman is a very popular drink in Nigeria. It is often described as Nigeria's favorite drink.

CRANBERRY-ORANGE PUNCH

Ingredient	Students Per Class		
	10	15	20
Cranberry juice, 5.5 oz can	1	1 1/2	2
Club soda	2 cup (16 oz)	3 cup (24 oz)	4 cup (32 oz)
Orange juice	2 cup (16 oz)	3 cup (24 oz)	4 cup (32 oz)
Orange	1	1 1/2	2
Other: Cups for serving.			

Directions:

1. Combine cranberry juice, soda and orange juice in large bowl.
2. Have students help slice oranges into rounds.
3. Serve by ladling punch into cups using measuring cup.
4. Enjoy!



LESSON 13: MINDFUL EATING

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Graham crackers (NUT & SESAME FREE)
- Butter
- Sweet potato, 15 oz can
- Milk
- Cornstarch
- Cranberry juice, 5.5 oz can
- Club soda
- Orange juice
- Orange

Ingredients in the bin:

- Sugar
- Cinnamon
- Vanilla extract
- Cups for serving
- Foil muffin tins

OBJECTIVES


- Identify three nutrients found in sweet potatoes
- Explain the importance of sweet potatoes in a healthy, balanced diet
- Identify the tools used for mixing



STAR TECHNIQUE: MIXING

- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!

INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- 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 where sweet potatoes come from. Sweet potatoes were first grown in Central and South America.
- Have students think of various ways to serve sweet potatoes (e.g fried, baked, boiled, mashed, roasted).
- Start making recipes and introduce today's class topic. Explain to the students that today the class activity will involve a lot of interaction with each other and coming up with answers together as a team
- Introduce the topic of emotions and discuss the idea that when we feel a certain way, it can lead us to act a certain way with people or can influence our decisions in the present moment.
- Ask the students what they think it means to be mindful. Explain to them that the goal of today's lesson is for them to be more aware of how they feel and being in tune with their bodies and minds.
- Key Q's: What are emotions? What do you think it means to be mindful? What can it mean to be mindful?

LESSON 13: MINDFUL EATING

STAR INGREDIENT : SWEET POTATOES

- What food group are sweet potatoes in? Vegetables!
- What part of the plant is a sweet potato? Root
- What important nutrients are found in sweet potatoes? Vitamin C, Manganese, Vitamin B6, and Potassium
- What does Potassium do? It is an essential nutrient for our heart to pump and for internal fluid balance.
- Is it better for you to eat sweet potatoes with or without the skin? Eat the skin! The skin contains many of a sweet potato's nutrients, including fiber.
- Did you know? No potatoes, white or sweet, were at the first Thanksgiving dinner




DID YOU KNOW?

- Pies were a popular way to preserve and cook meat in medieval Europe. They provided a hearty and satisfying meal, especially during winter when fresh produce was scarce.
- Pi Day happens every year on March 14th (3/14), celebrating the math symbol π (pi). Plus, it's a great reason to treat yourself to some yummy pies!



DEVELOPMENT


 5-7 min

- Make sure that everyone in the class understands what emotions mean by explaining to them that emotions are what we feel and how emotions can be strong and very loud in our minds. Split the class up into groups of 2-3 people, depending on the class size. Assign an emotion to each group (Happiness, sadness, fear, disgust, anger, surprise). There might have to be groups with the same emotion and that is okay!
- Once you assign each group an emotion, give them 5-10 minutes to discuss amongst themselves to answer the following 3 questions:
 - 1. What can create this emotion?
 - 2. How do our faces express these emotions (eyes wide when scared, etc)?
 - 3. What happens in our bodies when we feel these emotions? (heart beats faster, breathe faster, etc)
- After a couple of minute group discussion have one person in the group present answers to the three questions. Encourage demonstration of facial expressions that are common with each emotion.
- Part of being mindful is being aware of your emotions, being present in the moment. How does emotion and mindfulness relate to food? Well in many ways:
 - It helps us to know and feel when we are hungry
 - It helps us know when we are full
 - It helps us enjoy every bite by engaging all our senses

COOKING PRO

- Sweet potatoes were first grown in Central and South America but are now cultivated all over the world. North Carolina is the largest producer of sweet potatoes.
- Sweet potatoes are a starchy vegetable, but soaking them in water overnight can help remove some of the starch.

END OF CLASS CHECKLIST

 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal