


LESSON 9:

PIZZA BITE MUMMIES & CHOCOLATE CARAMEL APPLES

PIZZA BITE MUMMIES

Ingredient	Students Per Class		
	10	15	20
Original crescent rolls 	2 cans	2 1/2 cans	3 cans
Marinara sauce, jar	1/2 cup	3/4 cup	1 cup
Mozzarella cheese, shredded	1/2 cup	3/4 cup	1 cup
Sliced olives, jar	20 pieces	30 pieces	40 pieces
Olive oil	2tbsp	3tbsp	4tbsp

: Make sure it is PEANUT, NUT, and SESAME FREE



PREP BEFORE CLASS:

Preheat oven to 400°F. Open crescent rolls. Grease foil lined baking tray with olive oil.

Directions:

1. pass out crescent rolls to each student. Have them form into 3"X5" rectangles.
2. Instruct students to spread marinara sauce thinly on one end of the dough and top it with mozzarella cheese.
3. Cut remaining crescent dough into long strips.
4. Wrap mozzarella with the cut pieces, pressing down to seal.
5. Place two sliced olives for the mummy eyes.
6. Use back of spoon to lightly wash the mummy wrappings with olive oil.
7. Bake for 8 minutes until lightly browned.
8. Let cool and enjoy!



DID YOU KNOW?


Mummification began in ancient Egypt but the practice is also found in Chinese culture.



DID YOU KNOW?

Caramel apples were believed to have been invented by a Kraft Foods employee who was brainstorming ways to use leftover Halloween candy.

CHOCOLATE CARAMEL APPLES

Ingredient	Students Per Class		
	10	15	20
Apples	2 1/2	4	5
Chocolate chips 	1/2 cup	3/4 cup	1 cup
Butter, melted	6 tbsp	9 tbsp	12 tbsp
Brown sugar	1/2 cup	3/4 cup	1 cup
Sugar	1/4 cup	1/3 cup	1/2 cup
Honey	1/4 cup	1/3 cup	1/2 cup
Salt	1/4 tsp	1/3 tsp	1/2 tsp
Water	2 tbsp	3 tbsp	4 tbsp



: Make sure it is PEANUT, NUT, and SESAME FREE

PREP BEFORE CLASS:

Melt butter in oven. Wash apples. Cut into 4 equal wedges, then core and remove seeds.

Directions:

1. Have four students take turns measuring melted butter, sugars, honey, and salt. Add to a bowl.
2. Have another student whisk until combined.
3. Give each student an apple slice and instruct them to cut it into two equal wedges.
4. Have students dip or spread a thin layer of caramel sauce on their apple slices.
5. Top with chocolate chips. Enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Original crescent rolls, canned (NUT & SESAME FREE)
- Marinara sauce, jar
- Mozzarella cheese, shredded
- Sliced olives, jar
- Butter

Ingredients in the bin:

- Apples
- Chocolate chips (NUT & SESAME FREE)
- Brown sugar
- Sugar
- Salt
- Honey
- Olive Oil

OBJECTIVES

- Learn how Halloween is celebrated around the world
- Understand the purpose of bread washes
- List health benefits of olives




STAR INGREDIENT: OLIVES




- Olives are fruits that come from olive trees. They are grown in the Mediterranean region and other areas such as California, Chile, Peru, Pakistan, Australia, Oregon, and South Africa.
- Olives are a good source of vitamin E which supports immune health, skin health, and vision.
- Olives are rich in healthy fats which support heart health.
- 90% of olives in the Mediterranean region are used to make olive oil!
- Some immature olives are green and turn black when ripe, while others stay green even when fully mature.

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 something here unfamiliar?
- Ask students what they usually eat for Halloween and how they usually celebrate it.

DEVELOPMENT

 5-7 min

- As you are completing your first recipe, Pizza Bite Mummies, discuss the Star Ingredient: Olives. Ask the students: Do you like olives?
- Discuss the recipes, what do students know about Halloween? What sort of food is eaten around Halloween time?
 - During Halloween, people enjoy a variety of themed foods such as pumpkin-flavored foods, caramel apples, spooky-themed foods, and of course, sweet treats for trick-or-treating.
- Halloween is celebrated annually on October 31st.
- Halloween originates from the ancient Celtic festival of Samhain where bonfires were lit and costumes were worn as a way to repel ghosts.
- Back then, Halloween used to be called All Hallows Eve or the day before All Saints Day. But to this day, it is celebrated similarly with activities such as trick-or-treating, carving jack-o-lanterns, festive gatherings, and indulging in treats.

HALLOWEEN AROUND THE WORLD



- Mexico: Trick-or-treating on Oct. 31st serves as an introductory event to el Día de los Muertos (Day of the Dead) on Nov. 1st and 2nd. This ancient Mexican holiday dates back 3,000 years, and is believed to reunite the spirits of deceased loved ones with the living as the gates of heaven open. Families prepare feasts with their loved ones' favorite foods, leave gifts at gravesites, and festival-goers wear skull masks and enjoy skull-shaped sweets.
- Guatemala: In early November, Guatemalans commemorate the dead with the Barriletes Gigantes, or "giant kites," festival. Colorful kites, some reaching up to 40 feet, fill the sky, symbolizing a connection between the living and the deceased as they fly over grave sites.
- Ireland: In Ireland, where Halloween originated, the day is celebrated much like in the United States. Bonfires still light up rural areas reminiscent of Celtic traditions, while children across the country dress up in costumes for neighborhood trick-or-treating. Post-trick-or-treating, people gather for parties featuring games like "snap-apple" and treasure hunts. Traditional food includes barnbrack, a fruitcake with symbolic items baked inside, predicting fortunes. Children also play pranks like "knock-a-dolly" on their neighbors.
- China: In China, the Qingming festival, also known as Tomb Sweeping Day, is held in early April to honor the deceased. Families clean and sweep the tombs of their loved ones, considering it a deeply respectful gesture.

STAR TECHNIQUE: BREAD WASH

- A bread wash or glaze is a liquid that is applied to the surface of bread dough before baking.
- Bread washes can turn the dull and pale appearance of dough into one that is more appetizing after baking.
- Bread washes can be done using egg, milk, water, cream, margarine, butter, or oil. Experimenting with different glazes will result in varying flavors from salty to sweet and varying appearances from shiny, golden brown, light brown to matte finishes.
- Bread washes can also be done on other baked goods like pastries, pies, and tarts.
- What tools do we use to glaze? A glaze brush, spray bottle, cloth or simply use your fingers!

COOKING PRO

When applying a bread wash, remember to use a gentle touch to avoid deflating the dough. Tap your glaze brush against the side of the bowl to remove excess wash, preventing drips that could stick the bread to your pan during baking. This ensures a beautifully glazed finish without compromising the texture of your baked goods. Be sure to apply the wash just before putting the bread in the oven for best results. This helps the wash adhere to the dough and develop a beautiful finish during baking.

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