





LESSON 9:

PEACH COBBLER & PEACH MANGO SALSA

PEACH COBBLER CRUMBLE

| Ingredient | Students Per Class | | |
|--|--------------------|-------------|-----------|
| | 10 | 15 | 20 |
| Yellow peaches | 4 | 6 | 8 |
| Lemon juice | 2 tbsp | 3 tbsp | 4 tbsp |
| Lemon zest | 1 tsp | 1 1/2 tsp | 2 tsp |
| Flour  | 3 tbsp | 4 1/2 tbsp | 6 tbsp |
| Sugar | 1/4 cup | 1/3 cup | 1/2 cup |
| Ground cinnamon | 1 tsp | 1 1/2 tsp | 2 tsp |
| Crumble Topping: | | | |
| Flour  | 1 cup | 1 1/2 cup | 2 cup |
| Sugar | 2/3 cup | 1 cup | 1 1/3 cup |
| Salt | 1 pinch | 1 1/2 pinch | 2 pinch |
| Butter, diced | 8 tbsp | 12 tbsp | 16 tbsp |
| Oats  | 1/2 cup | 3/4 cup | 1 cup |
| Other: Foil muffin tins per student. Whipped cream for topping. | | | |
|  : Make sure it is Peanut, Nut, and Sesame FREE | | | |

PREP BEFORE CLASS:

Preheat oven to 400°F, wash peaches and quarter. Grease muffin tin. Prepare the food processor.

Directions:



1. Have students dice peaches into smaller pieces.
2. Have students assist with tossing peaches with lemon juice and lemon zest.
3. In a small bowl, mix together 1/4 cup sugar, 3 tablespoon flour, and 1 teaspoon ground cinnamon and toss with peaches until coated. Spoon into muffin tins.
4. Create the crumble topping: have students assist in measuring out all ingredients (flour, sugar, salt, butter, oats) and pulse in food processor to combine.
5. Evenly spread topping over muffin tins.
6. Bake for 20 minutes.
7. Cool for a few minutes and serve topped with whipped cream.

DID YOU KNOW?

In Georgia, the world's largest peach cobbler measuring 11 ft by 5 ft is made every year!



PEACH & MANGO SALSA

| Ingredient | Students Per Class | | |
|--|--------------------|-------|----|
| | 10 | 15 | 20 |
| Mango | 1 | 1 1/2 | 2 |
| Yellow peach | 1 | 1 1/2 | 2 |
| Red pepper | 1 | 1 1/2 | 2 |
| Green onions | 1 | 1 1/2 | 2 |
| Lime | 1 | 1 1/2 | 2 |
| Bag of tortilla chips  | 1/2 | 3/4 | 1 |
| Other: Cups and spoons for serving. | | | |
|  : Make sure it is Peanut, Nut, and Sesame FREE | | | |

PREP BEFORE CLASS:

Wash peaches, pepper, and onions. Cut into equal pieces based on the number of students. Core mango and spoon out the flesh in whole.

Directions:

1. Pass out one piece of peach, pepper, and green onion. Instruct the students to dice all three. Show students how to dice mango.
2. Pass out a small cup, and a spoon.
3. Instruct students to place mangos, diced peaches, peppers, and green onions into the cup.
4. Cut the lime in half and juice into a bowl.
5. Bring the lime juice around to each chef station. Have students measure about 1/2 teaspoon of lime juice to put over their salsa.
6. Instruct students to mix the salsa and enjoy with chips!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Yellow peaches
- Mango
- Red pepper
- Green onions
- Lime
- Lemon juice
- Lemon zest
- Butter, 1 stick
- Flour (NUT & SESAME FREE)
- Oats (NUT & SESAME FREE)
- Bag of tortilla chips (NUT & SESAME FREE)

Ingredients in the bin:

- Sugar
- Cinnamon
- Salt
- Plastic cups and spoons for serving

OBJECTIVES

- Understand the health benefits of peaches
- Review the pigment found in yellow fruits and veggies
- Demonstrate the technique for measuring flour

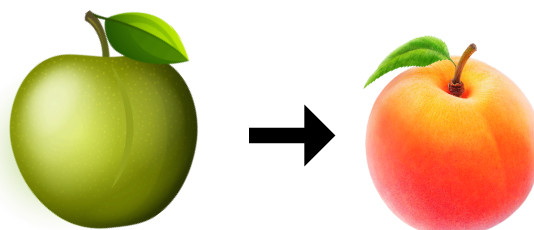
INTRODUCTION

🕒 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?
- Today's Star Ingredient is peaches! What color are peaches?
 - Yellow! We are going to discuss yellow-color fruits and vegetables today!
- Have students think of various recipes peaches are used in such as:
 - Peach pie
 - Peach jam
 - Peach sorbet
 - Peach salad
- Did you know? Peaches start off with green skin and turn to shades of yellow and red when they are ripe and ready to eat!
- Can they guess why it is important to eat yellow fruits and vegetables? What do they do for our bodies? What sort of vitamins or minerals are in green fruits and vegetables?
 - As you are completing the Peach Cobbler Crumble recipe, discuss the Star Ingredient - Peaches.

STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure? Measuring cups (dry and liquid), measuring spoons, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!
- See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques.



STAR INGREDIENT: PEACHES

- What are peaches? Peaches fall under the category of stone fruits which are fruits that have a large seed or "stone" inside them that is surrounded by the meat of the fruit. Other stone fruits include mangos, plums, plums, cherries, apricots, and nectarines.
- How many colors of peaches are there? Peaches can be yellowish/red or white!
- Where do peaches grow? Peaches grow on trees in warm climates like California, Texas, and South Carolina.
- Did you know? Peaches have cultural significance in China. They symbolize longevity and immortality.



COOKING PRO

To elevate recipes with peaches, you can remove the skin to get rid of the unwanted texture. To easily peel peaches, first bring a pot of water to a boil. Then, gently place the peaches into the boiling water for about 30 seconds. After that, quickly transfer them to a bowl of ice water. This helps the skins come off easily.

DEVELOPMENT

🕒 5-7 min

- As you are completing the Peach & Mango Salsa recipe, discuss the Star Technique - Measuring.
- Ask students if they remember what the yellow pigment is called in fruits and vegetables? Remind them that this pigment is also found in orange fruits and vegetables like pumpkins.
 - The answer is carotenoids!
- Why are red fruits and vegetables beneficial for us? Let's discuss the yellow produce we are using in today's recipe:
 - Peaches:
 - Like other yellow and orange fruits, peaches are also packed with vitamin A which supports eye health and may prevent age-related eye conditions.
 - Peaches are a great source of vitamin C. Vitamin C is essential to immune system health, which means it helps defend your body against viruses and bacteria. Vitamin C also helps your body grow! Vitamin C is also an antioxidant, which means it can keep your body feeling younger and more healthy over time.
- Ask students if they can name some other fruits and vegetables that are yellow in color?

- Mangos
- Yellow pear
- Lemon
- Pineapple
- Yellow bell pepper



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