


LAST CLASS: MEXICAN CUISINE

VEGGIE TOSTADA

Ingredient	Students Per Class		
	10	15	20
Corn tostadas or tortillas	10	15	20
Refried beans, 15 oz can	1	1 1/2	2
Corn, 15 oz can	1	1 1/2	2
Shredded cheese	1/2 cup	3/4 cup	1 cup
Bell pepper	1	1 1/2	2
Medium tomato	1	1 1/2	2
Other: Salt to taste.			
 : Make sure it is PEANUT, NUT, and SESAME FREE			


PREP BEFORE CLASS:

Open canned ingredients, drain. Pre-heat oven to 350°F.

Directions:

1. If using tortillas, place tortillas in oven to toast about 5-8 minutes or until slightly crisp. Keep an eye on them to make sure they don't burn
2. Have students chop tomato and bell pepper
3. Once tortillas are toasted, spread 1-2 tbsp of refried beans on top.
4. Have students top tostada with chopped bell pepper, tomatoes, corn, and cheese.
5. Once made, add fresh guacamole on top!
6. Enjoy!

GUACAMOLE

Ingredient	Students Per Class		
	10	15	20
Ripe avocados	3	4	5
Tomato	1	1 1/2	2
Lime	1	1 1/2	2
Cilantro, bunch	1	1 1/2	2
Ground cumin	3/4 tsp	1 tsp	1 1/2 tsp
Bag of tortilla chips	1/2	3/4	1
Other: Salt to taste.			
 : Make sure it is PEANUT, NUT, and SESAME FREE			

PREP BEFORE CLASS:

Wash fresh ingredients and cut tomato into wedges.

Directions:

1. Demonstrate how to cut avocado in half, remove the pit and scoop out avocado into mixing bowl. Have students assist with remaining avocados.
2. Have students mash avocado with fork.
3. Have some students dice tomato and mince cilantro and add to the avocado bowl.
4. Have students mix guacamole together.
5. Explain/demonstrate that rolling the lime loosens juice. Cut in half. Have students squeeze juice into small bowl then add to guacamole.
6. Add salt and cumin. Mix.
7. Serve with chips!



SKILLS SHOWCASE

BEFORE CLASS:

Extra fruits should be purchased using this chart for skills showcase at end of class

Directions:

Students will display different skills they have learned this year towards the end of the class. **Please reference Last Page** for how to provide this experience in the following pages.

Ingredient	Students Per Class		
	10	15	20
Tomato	1	2	3
Bell Pepper	1	2	3
Lime	1	2	3
Cilantro	1	2	3

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Corn tostadas or tortillas (NUT & SESAME FREE)
- Refried beans, 15 oz can
- Corn, 15 oz can
- Shredded cheese
- Bell peppers
- Medium tomatoes

Ingredients in the bin:


- Ripe avocados
- Limes
- Cilantro, bunch
- Ground cumin
- Bag of tortilla chips (NUT & SESAME FREE)

- Salt

OBJECTIVES

- Display different skills we learned throughout the session!
- Identify ways that we have improved from start to finish!

INTRODUCTION

 2-3 min

Ask the students to identify the ingredients from both recipes. Ask students if they remember what cuisines these ingredients have appeared in!

- Tomato: French, Turkish, Carribean, Italian
- Cumin: Moroccan, Indian, Peruvian, Greek, Carribean
- Cilantro: Peruvian, Carribean
- Cheese: French, Peruvian, Italian

CLASS ASSESSMENTS

Fill out the class assessment online and be sure to select the POST class option.

Ask students the simple questions and record the number of hands raised for each question.

Type of Assessment *

- Pre-Assessment (First Day of Class)
- Post-Assessment (Last Day of Class)



- Try to move through the lesson at a good pace to ensure there is 10- 15 minutes left at the end of the class for the Skills test

SHOWCASE AND ASSEMENTS

- Once you have completed both recipes and students are now enjoying their food, use this snack time to complete your **post class assessments!** (assessments can be accessed through your phone using the link you were sent by your coordinator)

Now that you have completed the assessments, and students have snacked for a little bit, it is time for our Skills Showcase!

As we reach the end of the session, it is time to put our chefs-in-training to the test! The purpose of this activity is to demonstrate student's knowledge of the techniques we have used across the session. Students will demonstrate techniques either in turns, or as small groups, students who are watching can be sure to mime the skills to display their knowledge as well.

SKILLS LIST:

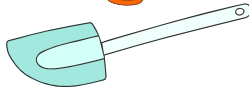
#1. Zesting!



#2. Slicing!



#3. Folding!



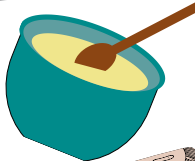
#4. Mashing!



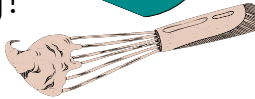
#5. Measuring!



#6. Mixing!



#7. Whisking!



#8. Dicing!



#9. Juicing!



#10. Mincing!



SKILL SHOWCASE

🕒 5-7 min

Lay out the following iCook tools on a demonstration table:

- large bowl
- small bowl
- spatula
- spoons
- whisk
- fork
- zester
- measuring cups
- lettuce knives
- cutting boards

Starting at Skill #1 and working your way down, call up students and ask them to demonstrate that particular skill using the correct tool. They do not actually need to interact with an ingredient--they can just mime the motion!

- For example, for "Whisking," a student can take a whisk and a bowl and mime whisking together ingredients.

Once students have demonstrated the technique, ask them when they could use this technique.

- For example: What ingredients do you usually whisk?

Repeat until every student has gone. If you run out of techniques, have them loop back to the beginning!

- The more high-energy you are in your delivery, the more excited the kids will be!

Once students have all shown off their talents, go through the questions below regarding what they learned in the class:

1. How many fruits and vegetables can we name?
2. Why is it important for us to eat protein every day?
3. Why do we measure our ingredients?
4. What are some kitchen safety rules?
5. What was your favorite cuisine we explored this semester?

END OF THE SESSION

Be sure to clean up the class room and throw away all trash. As students are leaving, pass out the Certificates, found in the bin, for students to take home for completing the course!

- Wash and dry all equipment
 - Make sure none of the materials are still wet when packing up. (Items will mold)
- Follow your coordinator's instructions for returning the bin
 - When shipping back, please remove all loose ingredients:
 - Flour, Sugar, etc.

HAND OUT TO STUDENTS

