



# LESSON 5: STRAWBERRY MUFFINS & SALAD

## STRAWBERRY MUFFINS

Ingredient	Students Per Class		
	10	15	20
Strawberries	2/3 cup	3/4 cup	1 1/3 cup
Sugar	1/8 cup	1/8 cup	1/4 cup
All-purpose flour 	1 1/2 cup	2 1/4 cup	3 cup
Baking powder	1/2 tbsp	3/4 tbsp	1 tbsp
Salt	1/2 tsp	3/4 tsp	1 tsp
Honey	1/4 cup	1/3 cup	1/2 cup
Applesauce	1/4 cup	1/3 cup	1/2 cup
Milk	3/4 cup	1 cup	1 1/2 cup
Butter, melted	1/3 cup	1/2 cup	2/3 cup

: Make sure it is Peanut, Nut, and Sesame FREE

### PREP BEFORE CLASS:

Preheat oven to 375°F. Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl).

### Directions:

1. Have students chop strawberries.
2. Combine strawberries and sugar in a small bowl. Mash gently and set aside.
3. In a large bowl add all other ingredients and stir just until combined.
4. Have a student add sugared strawberries and gently fold in.
5. Fill foil liners and bake for 15-20 minutes or until the top is golden brown.
6. Serve warm! Enjoy!

### DID YOU KNOW?

Strawberries are the only fruit to wear their seeds on the outside! Each strawberry has about 200 seeds.



### DID YOU KNOW?

Spinach is a great source of iron!

## STRAWBERRY SALAD

Ingredient	Students Per Class		
	10	15	20
Bag of spinach	1 cup	1 1/2 cups	2 cups
Strawberries, pint	1/2	3/4	1
Bunch of green onions	1	1 1/2	2
Feta cheese	3/4 cup	1 cup	1 1/2 cup
Dressing			
Lemon juice	2 tbsp	3 tbsp	4 tbsp
White vinegar	2 tbsp	3 tbsp	4 tbsp
Sugar	1/3 cup	1/2 cup	2/3 cup
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp

### PREP BEFORE CLASS:

Wash spinach and strawberries.

### Directions:

1. Pass out spinach, strawberries, green onion, and feta cheese. Instruct students to slice strawberries and green onions.
2. Have students assist with making dressing: zest lemon and squeeze out the juice in a bowl. Combine and whisk the rest of dressing ingredients.
3. Have each student place spinach leaves on their individual plates. Add toppings, and then drizzle with dressing.

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

- Strawberries
- All-purpose flour (NUT& SESAME FREE)
- Baking powder
- Applesauce
- Milk
- Butter, melted

### Ingredients in the bin:

- Bag of spinach, 8 oz = 1 cup
- Bunch of green onions
- Feta cheese
- Lemon juice
- White vinegar
- Sugar
- Salt
- Honey
- Olive oil

## OBJECTIVES


- Explain why strawberries are healthy
- Discuss the red pigment found in strawberries
- Describe the difference between baking and roasting

## STAR TECHNIQUE: BAKING

- Baking is a method used to heat up ingredients that are combined into a batter, mainly used to make pastries and desserts! (e.g. cookies, cupcakes, cakes, pie).
- What tools are needed to bake? Or roast? Oven, a timer, and a container to hold the batter or other ingredients!
- That said, you will additionally need tools such as mixing bowls, measuring cups/spoons, whisk, baking pan, spoons, spatula.



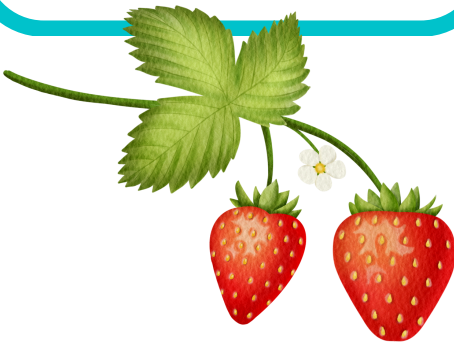
## INTRODUCTION

 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 strawberries! What color are strawberries?
  - Strawberries are red in color which means we are going to discuss red-color fruits and vegetables today!
- Discuss where strawberries come from. Strawberries are native to North America, and are one of the first fruits harvested in the spring!
- Have students think of various recipes strawberries are used in such as:
  - Strawberry pie
  - Strawberry smoothie
  - Strawberry jam
- Can they guess why it is important to eat red fruits and vegetables? What do they do for our bodies? What sort of vitamins or minerals are in red fruits and vegetables?
  - As you are completing the Strawberry Muffins recipe, discuss the Star Ingredient - Strawberries.

## STAR INGREDIENT: STRAWBERRIES

- What food group are strawberries in? Fruits!
- Where do strawberries come from? Strawberries are native to North America.
- What important nutrients are found in strawberries? Strawberries are a great source of Vitamin C, folate, and potassium.
- What does Vitamin C do? Vitamin C is important to our immune health and preventing other diseases.
- Did you know? California produces 80% of the strawberries in the US.



## COOKING PRO

The best way to cut a mango is to leave the peel on, slice down the side of the pit, and then cut a crosshatch into the peel. Push outwards, then scrape off the mango.



## DEVELOPMENT

🕒 5-7 min

- Ask students if they remember what the red pigment is called in fruits and vegetables? Remind them that we discussed this in our last lesson with red cabbages and dried cranberries.
  - The answer is anthocyanins!
  - As a reminder:
    - Anthocyanins help plants in two ways: they attract pollinators for reproduction, and they shield plants from things like UV light, drought, and cold.
    - Anthocyanins are also found in produce that have a purple or blue color to them.
- Why are red fruits and vegetables beneficial for us? Let's discuss the red produce we are using in today's recipe:
  - Strawberries:
    - Strawberries are an excellent source of manganese which is a type of mineral our body depends on.
    - Manganese helps your brain by aiding nerve cells in communicating with each other. Studies suggests this mineral can improve brain function.
    - If you don't get enough manganese in your diet, it could raise your risk of mental health issues and learning problems.
    - Manganese also acts as an antioxidant by protecting your brain cells from damage by harmful free radicals. Therefore, it's important to ensure you're getting enough manganese to support your brain's health and performance.
- Ask students if they can name other fruits and vegetables that are red in color?
  - Red apples
  - Pomegranate
  - Red bell peppers
  - Raspberries
  - Cherries
  - Beets
  - Chili peppers.



## 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