



FIRST CLASS: BLUEBERRY CHEESECAKE

BLUEBERRY CHEESECAKE

Ingredient	Students Per Class		
	10	15	20
Crust:			
Graham crackers 	1 1/2 sleeve	2 1/4 sleeve	3 sleeve
Unsalted butter	4 tbsp (1/2 stick)	6 tbsp (3/4 stick)	8 tbsp (1 stick)
Filling:			
Cream cheese, 12 oz (room temperature)	1	1 1/2	2
Sugar	1/3 cup + 1 tbsp	1/2 cup + 1 1/2 tbsp	2/3 cup + 2 tbsp
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Blueberries (fresh or frozen)	1 cup	1 1/2 cup	2 cup
Whipping cream	1 1/2 cup	2 1/4 cup	3 cup
Other: Cups for serving. 1 small ziplock bag for every 2 students.			
 Must be NUT, PEANUT, and SESAME FREE			

PREP BEFORE CLASS:

Optional: Set oven to low temperature; soften butter and cream cheese on top of oven (plastic bowls) or inside (metal bowls)

Directions:

Note: Ingredient amounts below are for a class of 10 students, adjust accordingly for larger class sizes

Crust:

1. Crush graham crackers in zip-lock bags. Combine with butter in a mixing bowl. Mix well and set aside.

Filling

1. Instruct students to blend 1 cup whipping cream, vanilla extract, and 1 tbsp. sugar until whipped in the food processor.
2. Have students take turns measuring and mixing together cream cheese and 1/3 cup sugar.
3. In a separate bowl, add blueberries, 1 tbsp sugar, and have students stir and mash to release the juice.
4. Fold 1/2 cup of whipping cream into the cream cheese mixture. Save the rest for garnish.

Assembly

1. Press graham cracker and butter mixture into plastic cup for crust. Spoon cream cheese mixture on top.
2. Add blueberry mixture and whipped cream.
3. Garnish with extra graham cracker crumbs. Enjoy!

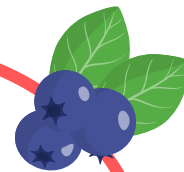
DID YOU KNOW?



Legend has it that blueberry cheesecakes were fed to athletes at the Olympic Games in Greece.



DID YOU KNOW?



Blueberries were called "star fruits" by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Graham crackers (NUT & SESAME FREE)
- Unsalted butter
- Cream cheese
- Blueberries (fresh or frozen)
- Whipping cream

Ingredients in the bin:

- Sugar
- Vanilla extract
- Cups for serving
- Small ziplock bags

OBJECTIVE

- Students will be able to name at least 4 of 9 iCook rules that promote kitchen safety
- Students will demonstrate the ability to prepare a simple recipe

iCOOK RULES

1. Wash hands with soap before cooking
2. Wash fruits and vegetables
3. Stay away from oven and blender (only adult can use these)
4. Keep your station clean (clean as you go)
5. Do not play with knives
6. "One bite rule": Taste at least one bite of every dish we make
7. Raise a hand if you want to speak up/ask question
8. Ask teacher if you can go to the restroom
9. Have fun!

INTRODUCTION

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Introduce yourself. Share three of your favorite foods. Have students go around and share their name and their favorite foods.
- Have students raise their hands to answer the following questions:
 - Do you like cooking or baking?
 - Do you help your parents cook at home?
 - What's your favorite thing to make at home?
 - What do you do at home to be safe in the kitchen?
 - Why is kitchen safety important?
- In today's cooking class, we're going to talk about kitchen safety. Kitchen safety is important because it helps prevent accidents and injuries. The kitchen can be a dangerous place if proper precautions are not taken. This includes handling sharp knives and hot surfaces, using electrical appliances, and dealing with potential foodborne illnesses.
- To ensure everyone's safety in the kitchen, we need to follow safety rules. Come up together with rules for the class, by guiding students to suggest rules below. You can help them come up with rules by asking leading questions like:
 - "What was the first thing we did when we came to the class?" Washed hands. Let's have it as our number one rule. Invite students to demonstrate how they would wash their hands.
- Establish the nine rules to follow in the class – see sidebar for iCook rules. Make sure students understand not only the rule, but also why it is important.

STAR INGREDIENT: BLUEBERRIES

- Blueberries grow on bushes on almost every continent on earth. There are two types: the highbush and lowbush blueberry. The highbush can grow as tall as 13 feet high!
- Blueberries are good for us because they contain Vitamins C, K, A, E, B – which keep our bodies and minds happy and strong!
- Blueberries also have antioxidants that keep our bodies safe from bad guys called free radicals and help us heal when we are sick.
- Did you know? Blueberries are one of the only foods that are actually blue! This blue color is from a pigment called anthocyanin, which is also an antioxidant.
- When are blueberries usually eaten? The North American blueberry season and harvest runs from April to late September, so that is a great time to add them to your recipes!



COOKING PRO

Chefs always read a recipe all the way through before they start cooking. This helps them understand the steps involved and make sure they have all the necessary ingredients and equipment.



DEVELOPMENT

🕒 5-7 min

As you are completing the recipe discuss the following:

- Have you had cheesecake before?
- How do you think it is made? Can you name the steps?
- What are the ingredients that we are using today that are not used in a traditional recipe?
- The history of cheesecake dates back to ancient times. The exact origin is unclear, but it is believed to have been enjoyed by ancient Greeks and Romans. The first recorded mention of cheesecake was in a recipe by the ancient Greek writer Athenaeus in the 3rd century BC.
- Cheesecake gained popularity throughout Europe during the Middle Ages. However, the modern version of cheesecake, similar to what we know today, emerged in the United States in the 18th century. European immigrants brought their traditional recipes, but American adaptations included the use of cream cheese, which gave the cheesecake its rich and creamy texture.
- In 1872, a dairyman named William Lawrence accidentally created the first cream cheese while trying to replicate a French cheese called Neufchâtel. His invention revolutionized cheesecake recipes, leading to the smooth and tangy cream cheese-based cheesecakes we enjoy today.

STAR TECHNIQUE: FOLDING

- Folding is a gentler mixing technique than "stirring" and "mixing." It is meant to combine two mixtures of different thickness and weight into one mixture while keeping as much of the air as possible.
- What tools are used in folding? A bowl, rubber spatula
How to fold: Add light ingredients to the heavy ingredients Gently scoop the bottom of mixture over the top. Rotate the bowl and repeat. Add more of the lighter mixture until everything is combined.

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