


## CHOCOLATE AND AVOCADO PUDDING

Ingredient	Students Per Class		
	10	15	20
Ripe avocados	3	5	6
Milk	1 cup	1 1/2 cup	2 cup
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Ground cinnamon	1/4 tsp	1/3 tsp	1/2 tsp
Honey	1/2 cup	3/4 cup	1 cup
Cocoa powder 	1/4 cup	1/3 cup	1/2 cup

Other: Cups and spoons for serving.

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

### PREP BEFORE CLASS:

Wash the avocados. Prepare the blender.

### Directions:

1. Have a student pit and peel ripe avocado and place in a food processor or blender.
2. Add milk slowly until mixture reaches a thick pudding consistency. Add vanilla, cinnamon, honey, and cocoa powder.
3. Have a student pulse the mixture until very smooth and creamy.
4. Serve in individual cups.

### DID YOU KNOW?

Avocados are a fruit and are considered a berry!

### DID YOU KNOW?

Ancient Mesoamerica, present day Mexico and the birthplace of chocolate.



### DID YOU KNOW?

Horchata is often made with rice, but in some cultures it is made with ground melon seeds.

## HORCHATA

Ingredient	Students Per Class		
	10	15	20
Uncooked white rice	1/2 cup	3/4 cup	1 cup
Cinnamon	1/2 tsp	3/4 tsp	1 tsp
Milk	1 cup	1 1/2 cup	2 cup
Evaporated milk	4 oz (1/3 can)	6 oz (1/2 can)	8 oz (2/3 can)
Sweetened condensed milk	4 oz (1/3 can)	6 oz (1/2 can)	8 oz (2/3 can)
Water	3 1/3 cup	5 cup	6 2/3 cup

Other: Cups for serving.

### PREP BEFORE CLASS:

Open cans. Prepare the blender.

### Directions:

1. Soak the rice and cinnamon in 1 cup of water for 10 minutes in a blender.
2. After soaking, blend water, rice and cinnamon until mixture is smooth.
3. Allow to settle, and then slowly pour liquid into a bowl, so that the solids stay in the bottom of the blender.
4. Add the remaining water, milk, evaporated milk, and condensed milk to the bowl.
5. Stir mixture with a spoon and blend until smooth.
6. Pour into individual cups and sprinkle with cinnamon if desired. Enjoy!

# LESSON 7: FUELING WITH FATS

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

- Ripe avocados
- Milk
- Cocoa powder (NUT & SESAME FREE)
- Uncooked white rice
- Evaporated milk
- Sweetened condensed milk


### Ingredients in the bin:

- Cinnamon
- Honey
- Vanilla extract
- Cups and spoons for serving

## OBJECTIVES

- Understand the health benefits of fats
- Explain if avocados are a fruit or vegetable
- Make a healthier version of chocolate pudding

## 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?
- Both of the recipes contain ingredients that are a good source of fats. Can you identify the two ingredients?
  - Hint: Fats are usually oily, greasy, creamy, or milky in texture.
  - Answer: Milk and avocados!

## COOKING PRO

There are several methods for pitting a fruit effectively. You can start by cutting the fruit in half and then using a spoon to scoop out the pit. You can also cut around the pit to remove it. Another option is to utilize a specialized tool designed specifically for pitting, which allows you to remove the pit in one swift motion.



## DEVELOPMENT

 5-7 min

- Fats are an essential part of our diet. Fats have several functions such as:
  - Providing our bodies energy. Did you know that fats give more energy than protein and carbohydrates?
  - Helping our bodies absorb certain vitamins (A, D, E, K)
  - Protecting our organs
  - Keeping our bodies warm
- However, it is important not to eat too much foods containing fat. Any fats not used by the body are turned into body fat. The same applies to unused carbohydrates or fats not used by the body. Too much fat in the body may lead to health problems and other serious conditions. It's important to include fats for a healthy diet but also be mindful of portion sizes.



## STAR INGREDIENT: AVOCADO

- Today's recipe contains a very special ingredient – avocados!
- They are considered nutrient “all-stars” because they contain up to 20 vitamins and minerals.
- Are avocados a fruit or vegetable? What makes avocado a fruit? Avocados are a fruit, they are in the berry family.
- How many types of avocados are there? There are more than 80 varieties of avocados – Most commonly Haas, grown in California. Each has a unique shape and flavor.
- In Jamaica, they call avocados “alligator pear”, why do you think that? The skin is the texture/color of alligator, and is in the shape of a pear.


## STAR TECHNIQUE: SOAKING

- What is soaking? Soaking is a technique used to moisten and soften seeds, beans and grains.
- Why is it important? Rice, and other grains, are actually really hard to digest. Soaking helps our tummies digest and absorb the nutrients better!
- What tools are used to soak? Water and a container!
- How long should you soak rice for? Ideally you want to soak rice for minimum of 12 hrs. Occasionally, you may soak even longer!

## DEVELOPMENT

- Did you know? Not all fats are created equally!
- The main types of fats found in foods are:
  - Saturated fats
  - Unsaturated fats
- Saturated fats:
  - These are the types of fats we want to consume less of or choose healthier alternatives such as reduced fat versions like “reduced fat” or “1%” or “2% milk”.
  - They are usually found in animal sources but are in other foods too, for example:
    - Fatty cuts of meat (skin of chickens, brisket, etc.)
    - Processed meats (bologna, ham, hot dog, sausages, etc.)
    - Dairy products (butter, milk, cheese, sour cream, etc.)
    - Certain oils (palm oil, coconut oil, etc.)
    - Chocolate bars/chips
    - Baked goods (usually baked with butter, milk, or oil)
- Unsaturated fats:
  - Are healthy sources of fats because they can benefit heart health.
  - These are the types of fats we want to include in our diet.
  - They are usually found in plants but are in other foods too, such as:
    - Fatty fish (salmon, anchovies, herring, mackerel, tuna, etc.)
    - Certain oils (olive oil, canola oil, sunflower oil, etc.)
    - Avocados
    - Nuts (almonds, hazelnuts, pecans, walnuts, etc.)
    - Seeds (pumpkin seeds, flax seeds, chia seeds, etc.)
- Eating some fats is important for staying healthy. We can pick good kinds of fats from foods like nuts, avocados, and fish. These help us grow and have energy.

## 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