

### BANANA FRENCH TOAST

Serving Size: 12 servings, 1 per student

#### Ingredients:

- 12 pieces of wheat bread or cinnamon raisin bread (NUT & SESAME FREE)
- 1 1/2 cup of milk
- 3 bananas
- 1 tsp vanilla extract
- 1 tsp of cinnamon
- 12 foil muffin tins

#### PREP BEFORE CLASS:

Preheat oven to 350°F. Cut bananas into twelve pieces, leave peel on.

#### Directions:

1. Begin by passing a piece of bread and banana to each student.
2. Have students dice the bread into bite sized pieces. Demonstrate safe chopping technique.
3. Instruct students to peel and slice or dice bananas.
4. Have student volunteers take turn helping measure and add milk, vanilla, and cinnamon to a bowl and whisk to combine.
5. Instruct students to place diced bananas and bread into their individual muffin tin. Use fork to squish the two ingredients together, and add 1-2 tbsp of milk mixture on top. Students will likely have extra ingredients.
6. Let sit for 1-2 minutes so milk can be absorbed by the bread.
7. Bake for 11-13 minutes. Allow to cool before adding whipped cream. Enjoy!

#### DID YOU KNOW?

French toast is not really French. Romans invented the dish first!



#### DID YOU KNOW?

Bananas and tomatoes are also technically berries!



### BERRY WHIPPED CREAM

Serving Size: 12 servings

#### Ingredients:

- 1 cup of heavy whipping cream
- 1 cup frozen mixed berries
- 2 tbsp sugar or honey
- 1 tsp vanilla extract

#### PREP BEFORE CLASS:

Prepare the blender.

#### Directions:

1. Add mixed berries in a bowl, and have students help mash using a fork. If the berries have too much liquid, drain the liquid first.
2. If too chunky, add to the blender and pulse until it has a paste consistency.
3. Have students help measure and add heavy whipping cream, sugar, and vanilla to the blender.
4. Whip until it has reached the consistency of whipped cream.
5. Instruct students to listen to the blender carefully because if you whip for too long, heavy whipping cream will turn into butter. It will change the sound once it starts getting too thick.
6. Add whipped cream to the bowl with 1 cup of mashed berries, and fold until combined.
7. Equally add a spoonful of whipped cream to each student's baked toast. Enjoy!

## SHOPPING LIST

### Ingredients to buy:

- 3 bananas
- 1 cup frozen mixed berries
- 12 pieces of wheat bread or cinnamon raisin bread (NUT & SESAME FREE)
- 1 1/2 cup of milk
- 1 cup of heavy whipping cream

### Ingredients in the bin:

- Vanilla extract
- Cinnamon
- Sugar or honey
- 12 foil muffin tins


## 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 adults 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

 5-7 min

- 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 food.
- 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?
- Explain that the kitchen is a dynamic and potentially hazardous environment. It's crucial to prioritize safety to prevent accidents and injuries. Proper kitchen safety measures ensure a clean, organized, and efficient workspace, reducing the risk of cross-contamination and accidents.
- Come up together with rules for the class, by guiding students to suggest rules. 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. Why? Wash your hands thoroughly with soap and warm water before and after handling food to prevent foodborne illnesses, especially when transitioning between different ingredients.
  - Why is it important to keep the kitchen clean and organized? This helps to prevent trips, slips, and falls while working. Cleaning and sanitizing countertops, cutting boards, utensils, and other kitchen tools regularly helps prevent cross-contamination.
- Establish the nine rules to follow in the class - see sidebar for iCook rules. Make sure students understand not only the rule but why it is important.

# LESSON 1: KITCHEN SAFETY

## STAR INGREDIENT: BANANA



- Bananas are the most popular fruit in the world! They're grown in more than 150 countries, and over 100 billion bananas are eaten every year.
- Bananas are actually berries despite not looking like other berries! They grow on plants that are part of the same family as lilies, orchids, and palms.
- Bananas contain a lot of potassium, which is good for your muscles and helps your body maintain a healthy balance of fluids.
- Bananas were first domesticated in Papua New Guinea about 7,000 years ago. From there, they spread to other parts of Asia and Africa and eventually made their way to the Americas with European explorers.
- Bananas come in many different colors: yellow, green, red, pink or purple!

## 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

- Ask the students to identify the ingredients from the recipe. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- As you are completing the recipe discuss the following:
  - Have you had French Toast 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?
- As students are chopping bananas go over knife safety, see pages at the beginning of the curriculum,

## STAR RECIPE: FRENCH TOAST

- French toast is believed to have originated in ancient Rome, where it was called "Pan Dulcis." It was made by soaking bread in a mixture of milk and eggs, then frying it in butter.
- French toast is known by different names in different parts of the world. In France, it's called "pain perdu," which means "lost bread." In the United Kingdom, it's called "eggy bread."
- French toast is a popular breakfast dish in many countries around the world, including the United States, Canada, and France.
- French toast can be made with different types of bread, but thicker bread like brioche or challah is often preferred because it soaks up more of the egg mixture and is less likely to fall apart.
- French toast can be served in many different ways, with toppings like syrup, whipped cream, fresh fruit, or powdered sugar. In some countries, it's even served as a savory dish, with toppings like cheese, ham, or bacon.
- French toast is a great way to use up stale bread that might otherwise go to waste. The egg mixture helps to revive the bread and make it soft and fluffy again.

## 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