

### PEACH COBBLER CRUMBLE

Serving Size: 12 servings, 1 muffin tin per student

#### Ingredients:

- 4 yellow peaches
- 2 tbsp. lemon juice
- 1 tsp. lemon zest
- 3 tbsp. flour (NUT & SESAME FREE)
- ¼ cup sugar
- 1 tsp. ground cinnamon

For the crumble topping

- 1 cup flour (NUT & SESAME FREE)
- 2/3 cup sugar (brown, preferred)
- Pinch of salt
- 8 tbsp butter, diced
- ½ cup oats (NUT & SESAME FREE)

Topping

- Whipped cream

#### PREP BEFORE CLASS:

Preheat oven to 400°F. Wash peaches and quarter, grease muffin tin. Prepare food processor.

#### Directions:

1. Have students dice peach quarters into small pieces.
2. Have students assist with tossing peaches with lemon juice and lemon zest.
3. In a small bowl, mix together 1/4 cup sugar, 3 tbsp. flour and 1 tsp ground cinnamon and toss with peaches until coated. Spoon into muffin tins.
4. Create the crumble: Have students assist in measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in food processor to combine.
5. Spoon topping over the fruit in each muffin tin evenly.
6. Bake for 20 minutes.
7. Cool for a few minutes and serve topped with whipped cream.

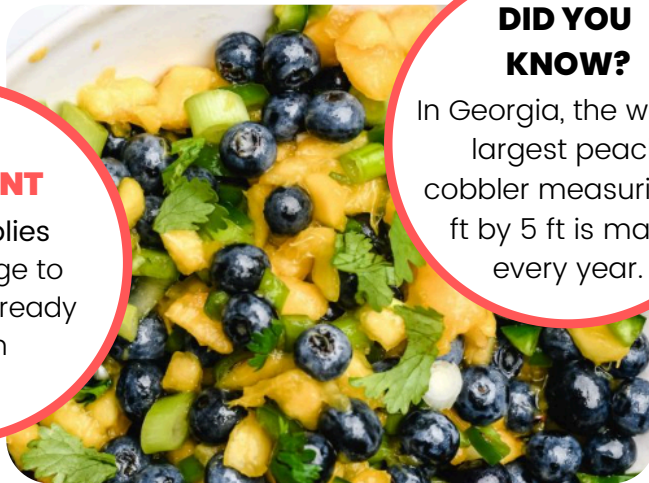


#### IMPORTANT

Check Supplies Provided page to see what is already in the bin

#### DID YOU KNOW?

In Georgia, the world's largest peach cobbler measuring 11 ft by 5 ft is made every year.



### BLUEBERRY & PEACH SALSA

Serving Size: 12 students, 1/3 cup per student

#### Ingredients:

- 1 6 oz. package blueberries
- 1 yellow peach
- 1 red pepper
- 1 green onions
- 1 lime
- 12 plastic cups
- Tortilla chips (NUT & SESAME FREE)

#### PREP BEFORE CLASS:

Wash blueberries, peaches, pepper, and onions. Cut into 12 equal pieces.

#### Directions:

1. Pass out 1 piece of peach, pepper, and green onion. Instruct the students to dice all three.
2. Divide and pass out blueberries, a small cup, and a spoon.
3. Instruct students to place blueberries, diced peaches, peppers, and green onions into the cup.
4. Cut the lime in half and juice into a bowl.
5. Bring the lime juice around to each chef station. Have students measure about ½ tsp. of lime juice to put over their salsa.
6. Instruct students to mix the salsa and enjoy with chips!

### SHOPPING LIST

#### Ingredients to buy:

- 5 yellow peaches
- 1 lemon
- 1 lime
- 1 red pepper
- 1 green onions
- 1 6 oz. package blueberries
- 1.5 tbsp. flour (NUT & SESAME FREE)
- 1 stick butter
- ½ cup oats (NUT & SESAME FREE)
- Whipped cream
- Tortilla chips (NUT & SESAME FREE)
- 2/3 cup brown sugar

#### Ingredients in the bin:

- sugar
- salt
- cinnamon
- plastic cups


### OBJECTIVE

- Students will be familiar with basic kitchen safety rules and knife safety
- Importance of Vitamin C

### 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?
- Together, come up with rules for the class, by guiding students to suggest rules below. You can help them come up with rules by asking leading questions:
- Discuss the recipes you will be making today. Both recipes require chopping, cutting, dicing, and knife work. Explain the importance of knife skills in the kitchen.
- When working with knives, safety is the number one priority. Tell students that we will be using "safe knives," called Lettuce Knives. However, it is important that they learn proper knife techniques right away, so when they work with real, metal knives, they know how to handle them properly.
- Why are these knives called Lettuce Knives? A lettuce knife is a knife that is designed to cut lettuce without causing the lettuce to brown, yellow, or wilt. These special knives have serrated blades and they are made from plastic, which will not react with the lettuce to stimulate browning.

# LESSON 1: KITCHEN SAFETY



## STAR INGREDIENT: LIME

- Where did limes originate from? Southeast Asia.
- Where are most limes grown currently? India is the top producer, followed by Mexico and China.
- What important nutrients are found in limes? Many nutrients are found in limes, including vitamin C, vitamin B6, vitamin A, vitamin E, folate, magnesium, and more!
- Did you know? A lime tree can grow up to 16 feet tall!
- What cuisine(s) is lime greatly used in? Both lime juice and zest are common ingredients in Mexican, Vietnamese, and Thai dishes.

## COOKING PRO

- Benefits of Vitamin C: vitamin C is known as an antioxidant, which is very important for keeping our immune system strong and healthy.
- Antioxidants “fight” against the “bad guys” in our body to keep us from getting sick.
- Vitamin C also helps our body absorb iron from the food we eat. Iron is crucial for long lasting energy to get us through the day!

## DEVELOPMENT

- As you will be using the knife, make sure to guide students through proper safety techniques and practice knife skills – see KNIFE SKILLS page at the beginning of the curriculum for a guide.
- During cooking, discuss fruits that are considered citrus fruit and their benefits. Key Qs:
  - What are some examples of citrus fruits? Citrus fruits include lemon, lime, orange, and grapefruit.
  - What are the benefits of eating citrus fruits? These fruits are high in antioxidants, which fight off the “bad guys” that can cause harm to our bodies.
- Discuss the Star Ingredient and Star Technique as students are zesting and juicing lime.
- What is the most common vitamin found in citrus fruits? Discuss the Cooking Pro below to describe the benefits of vitamin C.



## STAR TECHNIQUE: ZESTING

- What is zesting? To grate small amounts of something, usually citrus peels, and add it to a recipe for flavor and/or color.
- What tools do you use to zest? A citrus zester or grater
- What types of food do you zest? Typically, citrus fruits like lime, lemon, and orange are most commonly used for zest.
- Why do we add fruit zest to recipes? Zesting can add a lot of flavor to a dish in a small way. It is also used as a colorful garnish on top of a dish.
- How do you know to stop zesting a certain part of a fruit? Only grate or zest the very outer skin of a citrus fruit. Do not zest, or use, the inner white portion of the peel.

## 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