

FRUIT KABOBS & YOGURT DIP

Makes 12 servings

Ingredients:

- 16 oz of strawberries
- 6 oz of blueberries
- 3 bananas
- 3 cups of plain Greek yogurt
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tbsp honey
- 1/2 lime, zest only

PREP BEFORE CLASS:

Rinse all the fruits before class starts. Cut each banana into 4 pieces

Directions:

1. Demonstrate to students, how to safely cut strawberries and bananas into bite-size pieces.
2. Pass out to each student 1 strawberry, 2 blueberries, and a piece of banana that was previously cut. Have students cut strawberries and bananas into bite-size pieces
3. Demonstrate how to assemble a fruit kabob. Then pass out a couple toothpicks to each student to build their own.
4. In a bowl, have the students measure out the yogurt, vanilla, cinnamon, and honey. Add in the lemon zest and mix.
5. Pour the dip into individual cups and have the students dip in their fruit kabobs. Enjoy!

DID YOU KNOW?

Bananas contain a natural chemical called "serotonin," which makes people happy.

DID YOU KNOW?

Strawberries are the sweetest during spring time



STRAWBERRY SMOOTHIE

Makes 12 servings

Ingredients:

- 16 oz of strawberries, Halves
- 4 frozen bananas, Quarter pieces
- 2 cups of oat milk yogurt
- 1 1/2 cup of soymilk

PREP BEFORE CLASS:

Rinse strawberries and slice strawberries in halves. Save some strawberries for student participation.

Directions:

1. Demonstrate to students, How to safely cut strawberries in halves and bananas in quarter shaped coins
2. Pass out to each student 1 strawberry and 1/4 of a banana
3. Have students cut strawberries in halves and banana into coin shapes quarters
4. Have students participate in cup measuring by adding the needed amount of strawberries, bananas, oat milk yogurt, and soymilk to blender.
5. Blend ingredients together
6. Serve in cups and Enjoy!



OBJECTIVES

- Explain the health benefits of strawberries.
- Identify the vitamins in strawberries
- Identify different fruit combinations for kabobs and smoothies.

SHOPPING LIST

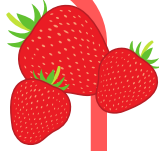
Ingredients to buy:

- 2- 16 oz strawberries
- 6 oz or 1 pint of blueberries
- 7 bananas
- 1 lime
- 3 cups of greek yogurt
- 2 cups of oat milk yogurt
- 1 1/2 cup of soy milk

Ingredients in the bin:


- Cinnamon
- Honey
- Vanilla extract

STAR INGREDIENT: STRAWBERRY



- Wild strawberries have been growing for centuries, with their cultivation dating back to ancient Rome. The garden strawberry, the most common variety we consume today, was first bred in France in the 18th century.
- The average strawberry has 200 seeds!
- Strawberries are high in vitamin C which helps our immune system fight off viruses.
- Strawberries are grown in many parts of the world, with the United States, Mexico, and China being the top producers. They thrive in temperate regions and are often cultivated in fields or greenhouses.
- Strawberries are known to promote heart health. The antioxidants present in strawberries, such as anthocyanins, have been linked to reducing the risk of heart disease

INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see the 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 these ingredients, or is something unfamiliar here?
- Now that we are familiar with many fruits, a really fun thing to do is combine them to create great new flavors! Do you know any combinations already?
- Discuss that today, we will be making recipes that use natural sugars.
- Natural sugars are a healthier alternative to artificial sweeteners. Artificial sugars are usually added to candy, soda, cakes, and cookies. Ask the students for other examples of foods that may have artificial sweeteners.
- Healthier alternatives to these artificial sweeteners can be found in fruits, honey, and vegetables.
- Fructose is the natural form of sugar found only in fruits. Another natural sugar is lactose. Can you guess where lactose can be found? In milk!

STAR TECHNIQUE: BLENDING

- What is blending? Blending is simply the process of mixing or combining ingredients together!
- What are the benefits of blending? Blending is an excellent way to change the consistency of an ingredient. You can turn a chickpea into hummus, or a fruit into a smoothie!
- What tools do you need to blend? Just a blender!
- What do we usually blend? Sauces, dips, dressings, smoothies, purees, frozen desserts and more.



COOKING PRO

- Strawberries and Bananas are a great combination when making tasty beverages! To make a tasty smoothies you want it be smooth. Use fresh strawberries and a frozen banana to get that smooth texture of the smoothie. Using frozen strawberries and banana can result in a super thick smoothie. If frozen strawberries are used, let it thaw first before added into the blender.

DEVELOPMENT

🕒 5-7 min

- As you are completing the first recipe, discuss the star ingredient. Ask the students: How would you describe a strawberry (sweet, tangy, juicy, sour, red, pink)? What are other ways you can eat strawberries (desserts, salads, smoothies)? What are other fruits that are also sweet (bananas, peaches, blueberries)? Can you name fruits that are not sweet (avocados, grapefruits, lemons, limes)?
- Let's use our senses! Add a dollop of honey to each student's mat or plate. Have the students describe the consistency (thick, runny)? How does the honey feel on your tongue (creamy, silky, nectarous)? How does the honey taste (sweet, bland)? What other foods or drinks can you add honey to (tea, smoothies, yogurt, desserts)?
- While mixing the yogurt dip in the first recipe, have the students describe the smell and the texture. Is the texture creamy, silky, crumbly? How does the dip smell (bitter, sweet, zesty)? What scent is the strongest, the cinnamon or lime?
- Once you transition to the second recipe, discuss the Star Technique- blending.
- Discuss with students what happens to foods that are blended. The longer they are blended, the smaller the food pieces get eventually turning some of them into liquids such as juices or smoothies.
- After the students taste the smoothie, ask what ingredient they taste more.
- Have the students identify the different ingredients used in both recipes that have natural sweetness (strawberries, blueberries, bananas, vanilla extract, honey).

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