



MINI YOGURT FRUIT TARTS

Ingredient	Students Per Class		
	10	15	20
Crust:			
All-purpose flour 	1 cup	1 1/2 cup	2 cup
Butter, melted	6 tbsp	9 tbsp	12 tbsp
Granulated sugar	2 tbsp	3 tbsp	4 tbsp
Salt	1/4 tsp	1/3 tsp	1/2 tsp
Topping:			
Yogurt	2 cup	3 cup	4 cup
Strawberries	5-10	7-15	10-20
Kiwis	3	5	6
Other: Foil muffin tins per student.			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Preheat oven to 350°F. Wash fruits. Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl). Prepare the food processor.

Directions:

1. Have students measure out flour, melted butter, sugar, and salt into food processor.
2. Blend dough until crumbly.
3. Distribute an even amount of dough to each student and have them pack their dough into the bottom of a foil muffin tin.
4. Bake for 10-12 minutes. Let cool before removing.
5. Demonstrate technique to remove skin from kiwi using spoon, and cut each kiwi into quarters. Have students dice kiwi and strawberries.
6. Distribute muffin crusts and have students fill each with 1/8 cup yogurt. Top with as much fruit as they like. Enjoy!



DID YOU KNOW?



Kiwifruit has twice the vitamin C of an orange!

DID YOU KNOW?

The Aztecs in Mexico once used cocoa beans as money.



EGGLESS CHOCOLATE MOUSSE

Ingredient	Students Per Class		
	10	15	20
Whipping cream	2 cup	3 cup	4 cup
Cocoa powder 	1/2 cup	3/4 cup	1 cup
Powdered sugar	1 cup	1 1/2 cup	2 cup
Cream cheese	1 cup	1 1/2 cups	2 cups
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Other: Cups and spoons for serving.			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Allow cream cheese to soften. Prepare the blender. Blend regular sugar in a blender to make powdered sugar.

Directions:

1. Have students measure all ingredients.
2. Combine whipping cream with 1/4 cup of powdered sugar in blender.
3. Whip cream and sugar until soft peaks are formed. Transfer whipped cream to a bowl and set aside.
4. Without cleaning the blender, add an 8 oz bar of cream cheese and beat until soft.
5. To the blender, combine cocoa powder and add remaining powdered sugar 1/4 cup at a time. Make sure mixture is well combined before each addition.
6. Add vanilla extract and pulse to combine.
7. Add cream cheese mixture to whipped cream and gently fold together.
8. Once well blended serve in a cup. Any leftover fruit can be added to the top. Enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Flour (NUT & SESAME FREE)
- Butter, 1 stick
- Granulated sugar
- Yogurt
- Strawberries
- Cocoa powder (NUT & SESAME FREE)
- Kiwis
- Whipping cream
- Cream cheese


Ingredients in the bin:

- Salt
- Powdered sugar (Blend regular sugar in a blender to make powdered sugar)
- Vanilla extract
- Foil muffin tins
- Cups and spoons for serving

OBJECTIVES

- Explain the health benefits of kiwis
- Understand the process of layering
- Understand how the colors of produce change as they ripen

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?
- Ask the students if they have noticed that certain fruits and vegetables change color as they age or ripen?
- What causes this phenomenon to happen?
 - The ripening and observed color changes of fruits and vegetables are due to enzymes. Enzymes break down the pigments found in fruits and vegetables.
 - Many fruits start off with a green color which is known as chlorophyll. When certain fruits ripen, the green color caused by chlorophyll starts to fade due to enzymes. This fading allows other colors in the fruit to become visible because they were hidden by the chlorophyll.
- Discuss fruits and vegetables that undergo shades of ripeness. Refer to the next page.
- Did you know? As fruits ripen from green to a darker, deeper shade, the higher the concentration of nutrients. You can also eat fruits and vegetables
- Did you know? During storage, the ripening of fruits and vegetables accelerates due to a natural phenomenon called ethylene gas. Some fruits and vegetables produce ethylene gas and others do not.

STAR TECHNIQUE: LAYERING

- What is layering? It means to place ingredients on top of each other.
- Which tools do you use to layer? Hands, spoon, or spatula.
- What types of foods do you layer? Sandwiches, cakes, pizza, tacos, lasagna, and other desserts such as s'mores!
- Why do we want to layer ingredients in a recipe? We layer ingredients to build flavors of the dish.
- What are we layering in today's recipe? We are layering ingredients in our fruit tarts.



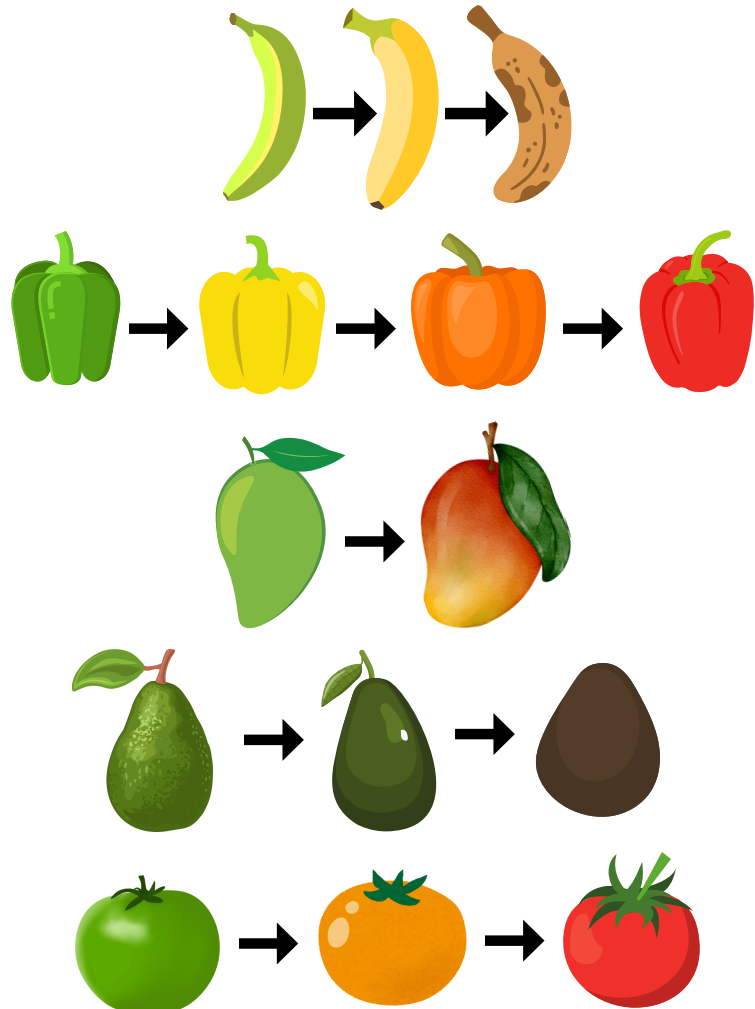
STAR INGREDIENT:

KIWIS

- What are kiwis? Kiwis are fruits and are part of the Actinidiaceae family which includes over 360 species.
- Where are kiwis usually eaten? Kiwis are enjoyed in various regions. Although native to China, countries like New Zealand, Italy, and Greece are among the top producers and consumers.
- Why are kiwis good for us? Kiwis are rich in vitamin C and fiber. One important job of Vitamin C is to keep our immune system healthy. The immune system is the system of the body that helps us from getting sick and helps us get better when we do get sick. Fiber is what gives fruits and vegetables their crunch and makes it tough to chew. Fiber helps our bodies by making it easier for our digestive system to work properly.



SHADES OF RIPENESS



COOKING PRO

When heavy cream is whipped, fat particles surround the air bubbles, trapping them and causing the cream to foam, grow in volume, and become stiff. To test whether your cream is at a "soft peak" stage, dip a spoon into the cream, pull straight up, and observe. Soft peaks barely hold their shape and flop over immediately.

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