



DID YOU KNOW?

Cinnamon comes from the bark of the cinnamon tree. It is full of antioxidants and contains minerals such as iron magnesium.

BEET HUMMUS

Makes 12 servings, ¼ cup per student

Ingredients:

- 1 15oz can chickpeas
- 8 oz or ½ 15oz can beets
- zest of 1 large lemon
- juice of ½ lemon
- 2 tbsp olive oil
- 1 garlic clove
- ½ tsp salt
- 2 tbsp water
- ½ bag pita chips for dipping (NUT FREE)

DID YOU KNOW?

Beets are great for a healthy heart!

PREP BEFORE CLASS:

Open cans of chickpeas and beets.

Directions:

1. Have kids measure ingredients and adding them to the blender in this order: chickpeas, olive oil, lemon juice, water, garlic, and salt. Pulse, scraping sides down periodically, until chickpeas are pureed.
2. If the mixture is too thick, add water.
3. If beets are whole, have students help chop the beets into smaller chunks.
4. Add beets to the blender and continue to pulse until hummus is creamy and pink.
5. Scoop about ¼ cup of hummus on each student's plate and handful of pita chips. Enjoy!

APPLE PIE CUPS

Makes 12 servings, 1/3 cup per student

Ingredients:

- 1/2 box Graham crackers (NUT FREE)
- 3 medium apples
- 1 cup applesauce
- 1/2 teaspoon of cinnamon
- 1 cup of heavy whipping cream
- 2 tbsp. sugar or honey
- 12 plastic cups for serving

PREP BEFORE CLASS:

Wash and cut apples into 12 pieces.

Directions:

1. Pass one plastic cup, one graham cracker and one piece of apple to each student.
2. Instruct students to break the graham cracker into the bottom of the cup.
3. Have students dice their apple.
4. Layer the apples on top of graham crackers.
5. Have students measure cinnamon and applesauce in a small bowl.
6. Have students help measure and add heavy whipping cream to the blender.
7. Whip until it has reached the consistency of whipped cream. Add sugar and vanilla, blend very briefly.
8. Have students top their cups with one tablespoon of applesauce and a dollop of whipped cream. Enjoy!

SHOPPING LIST

Ingredients to buy:

- 1/2 box Graham crackers (NUT FREE)
- 3 medium apples
- 1 cup applesauce
- 1/2 teaspoon of cinnamon
- 1 cup of heavy whipping cream
- 2 tbsp. sugar or honey
- 12 plastic cups for serving


Ingredients in the bin:

- Salt
- Olive oil
- Honey

OBJECTIVES

- Identify three nutrients found in Apples.
- Explain the importance of chopping ingredients
- Identify the tools used for chopping

INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum)
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Discuss where apples come from. Apples come from Central Asia.
- Have students think of various recipes apples are used in (e.g. desserts,, smoothies, salads, etc.)
- Are apples a fruit or a vegetable? Fruit.
- What makes a fruit fruit and not a vegetable? Botanically, fruits contain seeds and come from the flower of a plant, while the rest of the plant is considered a vegetable.
- Why it is important to eat fruits? They contain lots of vitamins, minerals and antioxidant (do you remember what those are from prior lessons?)
 - Antioxidants are the superheroes that fight off the free radicals (bad guys) to save your body!
- Did you know that fruits of different colors contain different vitamins, that is why it is important to eat a variety of fruits and veggies.
- What color fruits & veggies are we using in the recipe today?
Red

STAR INGREDIENT: APPLES



- What food group are Apples in? Fruits!
- Where do Apples come from?
- They originated in Central Asia east of the Caspian Sea.
- What important nutrients are found in strawberries?
 - Strawberries are a great source of Vitamin C and fiber.
- What does Vitamin C do?
 - Vitamin C is important to our immune health and preventing other diseases.

DID YOU KNOW?

- An apple seed can grow into a new apple tree. But it won't produce the same kind of apple as the tree that produced the seed.
- The rose family includes fruits including apples, peaches, and raspberries.
- Apples are referred to in Chinese culture as "ping," which also denotes calm. Apples are a popular present to offer when visiting someone in China because of this.



ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding

DEVELOPMENT

⌚ 5-7 min

- Fruits and vegetables that contain red color provide a range of health benefits due to the presence of specific nutrients and antioxidants. Here are some benefits of consuming fruits and veggies with red hues:
 - Rich in Antioxidants: Red fruits and vegetables are often packed with antioxidants such as lycopene, anthocyanins, and vitamin C. These antioxidants help neutralize harmful free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases like heart disease, cancer, and neurodegenerative disorders.
 - Heart Health: Many red-colored fruits and vegetables contribute to heart health. For instance, tomatoes are an excellent source of lycopene, which has been associated with a reduced risk of cardiovascular disease. Similarly, red bell peppers are high in vitamin C and contain fiber and potassium, all of which support heart health.
- As you are completing the Apple pie cups, discuss Star ingredient. Key Q's:
 - What are important nutrients are found in Apples? What does Vitamin C do? Strawberries are rich in vitamin C one fiber. Vitamin C is essential to immune health and is important to grown and development of children.

STAR TECHNIQUE: CHOPPING

- Chopping means to cut something into small pieces.
- What tools do you usually use to chop? A knife and cutting board.
- What food do you usually chop? All sorts: fruits, veggies, garlic, onion, etc.
- What do you think we will be chopping or dicing today? Strawberries and Beets

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