



The Chef and Child Foundation
of the American Culinary Federation

That's Fresh— Kids Cooking Teams





Mission Statements

ACF Chef and Child Foundation mission statement:
“To educate children and families in understanding proper nutrition through community-based initiatives led by American Culinary Federation chef members, and to be the voice of the culinary industry in its fight against childhood hunger, malnutrition and obesity.”

Kids Cooking Teams mission statement:
“Our mission is to facilitate a youth cooking team that emphasizes nutrition awareness, food safety, cultural diversity, team building, basic culinary skills, and self-esteem. These children will have the opportunity to experience themselves as special, creative human beings capable of nurturing themselves and others through food and making wise food choices for lifetime good health.”

Written by:

David C. Wasson, CWC, *Chef Instructor*
North Seattle Community College
Brad Everett, CC, *Instructional Tech*
North Seattle Community College
1996

Revised and edited:

Brad Everett, CC
Washington State Chefs Association
Chef and Child Foundation, *Chapter Chair*

Jean Hull, CCE, AAC
Chef and Child Foundation, *Chapter Liaison*

Elizabeth Mikesell, CEC, AAC
Chef and Child Foundation, *Chair*
2009

Graphics by:

Jen McClelland, *Graphic Designer*
American Culinary Federation

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SECTION 1

About the Program

“That’s Fresh—Kids Cooking Teams” is an award-winning, hands-on, community based cooking and nutrition education curriculum designed for chefs (and other non-educators) to adopt 3rd, 4th or 5th grade classrooms. It is based on active learning strategies and guided practice designed to provide significant nutrition information, culinary skills, food safety, cultural diversity, team building and self-esteem as they learn about making wise food choices for a lifetime of good health.

With a need for nutrition education to begin as early as possible in children’s lives and, therefore, to be fun and innovative as well as responsive to their social situations, the Washington State Chef’s Association, the Chef and Child Foundation, and the American Culinary Federation have been presenting this course in Seattle schools since 1994.

“That’s Fresh—Kids Cooking Teams” is offered as an after school activity one day a week, two hours per day, in ten week rotations. This has been found to significantly impact the kids’ ability to make healthy choices and prepare healthy meals for themselves and their families, while reaching the greatest number of children possible during a school year.

A 1984 Gallup poll found that 84% of all children asked said that they are expected to prepare at least one meal a day for themselves, and a high percentage of them also have to shop for the food. The kids know the MyPyramid from school but until now, no one was giving them information about how to shop for and prepare nutritious meals.

Teaching children to cook has been the most rewarding activity we have ever undertaken, and once you start you will agree that this program can be one piece in the puzzle of putting our communities back on the road to a healthy future. Please call **206.528.4406** for advice or assistance. Refer to supportive information at www.MyPyramid.gov.

Course Format

- 10 weekly sessions, presented twice per year, per school
- 12 kids per session, 4 adult volunteers per session, minimum
- Classes cost from \$35 to \$60 each, strictly for food (field trips cost more and depend on donations).
- Donations from associate members allow equipment “kits” and staple foods to be issued to each school.

- All the lessons can be accomplished with the equipment kit list provided.
- Course is designed to have locked storage provided at school.
- Class may be held in a room with a stove, such as a day care center or Head Start Center, which many schools have. Most faculty lounges have stoves.
- Some schools might allow the use of their cafeteria kitchens at no charge.
- Set up an area for food (to imitate a store) so kids can practice shopping and an area for equipment. Provide to-go containers or have kids bring a container from home.
- Prepare enough food so you can send meals home with the kids.
- Eat seated at tables as a family would and play music (from the culture we are focused on).

Tips on How to Use This Curriculum

- Have at least the class leaders sign adoption agreements (see page 8 for a sample agreement).
- Have your consent forms passed out by the teachers as far in advance as you can. (Sample consent forms on pages 9 and 10.)
- Be prepared for the media! (Read the “Media Tips” on page 6.)
- Reserve buses as soon as you know the dates you’ll need them.
- If you use this curriculum for single classes, we suggest choosing one of the simpler lessons (1 through 4). Be sure to give them safety information.
- You do not pre-prepare the items on the Mise en Place lists; they just tell you what the recipe needs. Buy amounts appropriately.
- Find an agency in your area that can administer your “That’s Fresh Kids Cooking Club” for you, and keep things straight with your schools.
- Note the handouts in Lesson 7 for field trip consent, and “Menu Worksheet.” You will have to talk to them about their menus and the trips.
- Feel free to choose your own menus. The recipes provided have all been “kid-tested” both in many classes and in the lab. They are all kid friendly and designed to teach specific methods and concepts.
- Give the kids certificates of completion, T-shirts, chef’s hats, etc.

Objectives/Outcomes

1. Handle kitchen equipment safely.
2. Develop skills, knowledge and attitudes necessary for healthy eating.
3. Work and learn as a team.
4. Stay clean and sanitary.
5. Shop for value based on nutritional value.
6. Read and gain awareness of food labels and ingredients relative to nutrition.
7. Eat meals as family units.
8. Read and follow written directions.
9. Practice measuring skills: addition, subtraction, multiplication and division skills.
10. Practice descriptors and other language skills.
11. Follow rules for the kitchen, table, stores, restaurants and teamwork.
12. Develop awareness of basic kitchen chemistry for tasty food preparation.
13. Provide positive adult role models and relationships.
14. Provide feelings of success and confidence.
15. Encourage self-esteem, patience and cultural awareness.
16. Develop table manners and proper etiquette.
17. Stress healthy/nutritious food preparation methods and ingredients.
18. Identify healthy foods that young people like and will eat.

Identification of Topic Focus

This curriculum focuses on teaching fundamental nutritious cooking skills to children. Topics have been developed to provide learners with the opportunity to achieve the outcomes listed above. Each module is based on a cultural menu that is easily achieved within the two hour framework and accomplished with the basic equipment “kit” outlined on page 6.

Each lesson includes the following materials:

- Mise en Place
- Menu
- Topic development
- Production/task outlines
- Food and equipment checklists

- Recipes
- Discussion of cooking principles
- Nutrition information
- Sanitation guidelines
- Student learning checklists
- Student handouts

Each lesson requires one hour of setup time and two hours of class.

Fund Raiser Ideas

- Apply for Chef and Child chapter grant
- Get donated equipment from membership
- Ask local purveyors to help
- Host a chefs dinner for the public, featuring your members
- Have an auction (try to avoid selling dinners to chefs!)
- Sometimes schools have funds for classes like this
- Parent Teacher Association
- School fund raising projects (walk-a-thons, bake sales, etc.)
- Community based action groups (like the Rotary, Lions)
- Hospitals, or their foundations, sometimes have money for classes
- Solicit meals for restaurant field trip from your ACF membership
- Apply for other grants—find someone who’s done it successfully!
- Chapter raffles—we use donations from the members at every meeting!



Equipment Kit Checklist

This is the master list for all equipment needed to cook the 10 classes.

Knives:

- 4 10-inch chef's knives
- 6 paring knives
- 1 serrated bread knife

Utensils:

- 1 large whisk
- 1 small whisk
- 5 mixing bowls
- 4 measuring cups
- 4 sets of measuring spoons
- 1 sifter
- 4 rubber spatulas
- 4 pitchers
- 2 box graters
- 2 muffin tins (24 muffins)
- 3 large sauté pans (*nonstick*)
- 2 pairs of scissors
- 2 wooden spoons
- 4 cutting boards
- 3 stockpots with lids
- 3 ½-sheet pans cookie sheets
- 3 saucepans with lids
- 1 citrus juicer

- 1 vegetable juicer
- 1 box of bags (*paper sandwich bags*)
- 1 food processor
- 1 Chinese steamer basket (*3 level*)
- 2 biscuit cutters
- 1 pastry blender (*for butter*)
- 2 bench scrapers
- 1 box wax paper
- 1 box plastic wrap
- 1 package paper cupcake molds
- 3 richauds with fuel
- 3 serving trays
- 3 serving bowls
- 4 solid spoons
- 1 serving basket
- 3 votive candles
- 3 serving spoons
- 3 nice serving platters

- 1 can opener
- 5 pair of tongs
- 2 colanders
- 1 pastry brush
- 2 vegetable peelers
- 2 ladles (1 6oz. and 1 1oz.)
- 2 baking dishes
- 1 ice cream scooper
- 2 sets oven mitts
- 1 mesh strainer
- 1 rolling pin
- 1 wok with ring
- 1 heavy bottom skillet with lid
- Tablecloths
- Chopsticks for everyone
- Plates, glasses, napkins
- Soup bowls, silverware
- To-go containers
- To-go containers for liquids

Tips on Working with Your Local Media

- Be prepared: Make press releases on just about everything.
- Get a mailing list of local broadcast/print media.
- **Focus on your message!**
 1. Include “Chef and Child Foundation” and your chapter name in all press releases.
 2. Don't let the reporter distract you from your message.
 3. Practice your message in private (in front of a mirror)!
 4. Ask them please to give your number for volunteers.
 5. Don't set up special classes for them; it disrupts schools.
- Save copies of all your press in a special folder. Take photos at every class; make a scrapbook for your chapter.
- **You will receive media attention!** Just plan on it. They're drawn to the images of chefs and kids cooking.
- If the kids look at the camera, that shot won't be used unless you get approval from the parents.
- We use a videotape of our broadcast press for fundraising. Being on the news gives you credibility and you just can't explain the magic that happens in these classes.
- You **can't** seem nervous! Pretend that the 10-inch lens that is *right* in your face just isn't there!

Rules and Guidelines

- NO horsing around! Kitchens have dangerous things in them, and we will not tolerate grabbing, pushing, yelling, wrestling or not sharing.
- You get three strikes—then you are out of the Kids Team for good. No exceptions. The chefs will let you know when you have a strike. They can also send you to the principal or make you sit in the hall quietly.
- You are expected to clean up any messes, not just your own. This is a team effort and we need to work together to get this food cooked and on the table in time to eat.
- You have to share. Sometimes you will be doing something that you want to keep doing, but other kids get to try too. Also, be sure you leave enough food so that everyone gets to have some.
- If there is extra food, we will wrap it up for you to take home; but again, you have to share or take turns.
- You must have a signed permission slip from your parents and your teacher to join the team. You may need a ride home every week.
- Come with an open mind and at least try different foods that might look new to you.
- Use your manners. When we go to stores or restaurants and in class, be polite because you represent your team and your school. Invite visitors to sit and eat with your team.



Adopting Chefs' Agreement



I (*name*) _____, in agreeing to adopt a “That’s Fresh—Kids Cooking Team” for the Chef and Child Foundation Chapter _____, do agree to the following:

1. To adopt a school for at least one full 10-week session and to make myself available for every class (*or make arrangements to have a capable substitute*).
2. Become familiar with and follow school rules regarding student conduct.
3. To use “seed monies” given to me by the Chef and Child Chapter Chair of my chapter for food only.
4. To keep accurate accounting of the seed money, or to submit food receipts to the Chef and Child Chapter Chair for reimbursement in a timely way.
5. To return the seed money to my chapter at the end of the school year.
6. To report any difficulties with my class or school to the Chef and Child Chapter Chair for immediate assistance.

The purpose of this agreement is to reinforce the idea of “adoption” and the special relationship that develops with your Team and to never letting the kids down by failing to show up for class once the Team forms. Please complete this form and return one copy to the Chef and Child Chapter Chair and another copy to the school's principal.

Thank you for your commitment to the children in your community!

Signed _____ (*adopting individual*)

Signed _____ (*Chef and Child Chapter Chair*)

Dated _____ Name of School _____

Consent Form

Dear Parent or Guardian:

Your child has shown interest in joining an exciting new after-school activity called, “That’s Fresh—Kids Cooking Teams.” The American Culinary Federation Chef and Child Foundation is presenting a dynamic 10-week class on how to choose and prepare healthy meals in your child’s school.

Your child will be preparing themselves a meal after school every _____ (day of the week) from _____ to _____ p.m. The chefs will train your child in how to shop, read labels and, most importantly, cook healthy meals for themselves and your family. We also teach them table manners, cleaning up after themselves, teamwork and patience!

Your child will receive copies of all the recipes they cook, lots of other helpful handouts, a chef’s hat, field trips to a grocery store and a restaurant, a certificate of completion, and best of all, this program costs you and the school absolutely nothing!

Please fill in the information below and return to your child’s teacher so your child can take advantage of this fun-filled way to learn about cooking and nourishment!

Child’s Name: _____ Teacher: _____

Your Name/Relationship to Child: _____

Home Address: _____

Emergency Phone Number: _____

Can you arrange to have your child picked up after class? _____

Is it a problem to have your child photographed? _____

I _____ (name) do hereby agree to my child attending “That’s Fresh—Kids Cooking Teams”, the two field trips, and cooking themselves meals. I also agree to have my child photographed or interviewed for publicity purposes. I agree to hold the school, the Chef and Child Foundation, or their representatives or volunteers, harmless.

Signed: _____ Date: _____

Field Trip Consent Form

Dear Parent or Guardian:

It's time for "That's Fresh—Kids Cooking Teams" field trips! Next week (date: _____), we will be taking your child to a local restaurant for dinner! We teach them restaurant manners, how to order from a menu, and get them to try foods they haven't tried before.

The following week (date: _____), we will be taking them to a local grocery store. They will shop for food they need to cook you a meal at home, learn to shop for value, read and compare food labels and nutrition information, plan meals, and make healthy menu choices!

Best of all, these field trips cost you nothing!

My child (child's name) _____ can attend:

The restaurant field trip YES NO

The grocery store field trip YES NO

I can arrange to have them picked up at the regular time after each class. YES NO

I, _____, (name) do hereby agree to have my child attend the Chef and Child field trips as outlined above. I also agree to hold the school, the Chef and Child Foundation, or their representatives or volunteers, harmless. Please return this form to the next scheduled class.

Signed: _____ Date: _____

Lesson 1—Breakfast Foods



Menu: Hot apple flapjacks
Scrambled eggs with Vegetables
Zucchini-ville Muffins
Fresh Fruit and yoghurt
Orange juice

Topic Development:

1. Safety in the Kitchen handout. (10 min.)
2. Give rules of “That’s Fresh Cooking Teams” handout. (10 min.)
3. Discuss menu. (5 min.)
4. Form teams of six kids each.
5. Send each kid to the “store” to get two or three ingredients.
6. Begin cooking. (1 hour total cooking time)
7. Clean up, make juice, and set table.
8. Sit and eat as a group.
9. During meal, students review. (*Use discussion lists.*)
10. Hand out recipes and other handouts provided.

Discussion of Cooking Principles:

- Sifting, and why we do it
- Mixing “lightly” to avoid gluten development
- Use of gas burners (always look for the flame when you turn it on)
- Use of conduction oven
- Use of sauté pans
- Whisking to incorporate air
- Proper fruit cutting techniques

Sanitation Guidelines:

- Always wash your hands.
- Always rinse fresh fruit and vegetables.
- Keep work surface and tools clean by wiping them with soap and water.
- Clean up your mess as you go along.
- Room temperature eggs can be potentially dangerous foods, refrigeration required.

MISE EN PLACE



Produce:

2 apples
1/4 pound mushrooms
3 medium zucchini
1 bell pepper
1 medium onion
2 pints strawberries
8 plums
1 honeydew melon
2 pounds grapes

Other Ingredients:

6 1/2 cups flour
1/2 cup sugar
6 teaspoons baking powder
2 tablespoons brown sugar
4 teaspoons salt
2 cans frozen orange juice
1 can canola non-stick spray
1 tablespoon oil
Jam, syrup, molasses or honey

Dairy:

30 large eggs
4 cups milk
1 pound butter
1 1/2 pints of non-fat yoghurt

Seasoning:

1 teaspoon cinnamon

Equipment:

12 each chef hats
12 aprons or little chef coats
4-5 bar towels
6 mixing bowls
4 measuring cups
2 sets measuring spoons
2-3 table linens
3 rubber spatulas
1 metal spatula
1 whisk
2 box graters
2 muffin tins (24 muffins)
3 richauds and fuel or stove top

1 oven

3 large non-stick sauté pans
3 large spoons
3 cutting boards
3 10-inch chef's knives

Serving:

5 serving platters
2 large pitchers
12-20 dinner plates
12-20 forks, knives, and spoons
12-20 cups and napkins
2 sifters
2 pairs oven mitts
Copies of student handouts



TEAM 1

Food and Equipment Checklists

Hot Apple Flapjacks and Scrambled Eggs with Vegetables

Hot Apple Flapjacks

Food

3 cups flour
2 teaspoons baking powder
2 tablespoons brown sugar
2 teaspoons salt
2 apples
2 large eggs
2½ cups milk
4 tablespoons butter
1 tablespoon oil
Jam, syrup, molasses, honey, etc.

Equipment

2 measuring cups
1 set measuring spoons
1 sifter
1 rubber spatula
1 box grater
1 richaud with fuel
1 large sauté pan (*nonstick*)
1 large spoon
1 metal spatula
2 mixing bowls

Scrambled Eggs with Vegetables

Food

24 large eggs
¼ pound mushrooms
1 bell pepper
1 medium onion

Equipment

Large cutting board
1 10-inch chef knife
1 richaud with fuel
1 mixing bowl
1 whisk
1 rubber spatula
1 large sauté pan (*nonstick*)

Cooking timeline:

Teacher will demo how to scramble eggs to soft stage.

Make Flapjack batter—(10 min.)

Cut vegetables for eggs—(15 min.)

Cook flapjacks—(15 min.)

Cook eggs—(20 min.)



TEAM 2

Food and Equipment Checklists

Zucchini-ville Muffins and Fresh Fruit and Yogurt

Zucchini-ville Muffins

Food

- 3½ cups flour
- 4 teaspoons baking powder
- ½ cup sugar
- 1½ teaspoons salt
- 1 teaspoon cinnamon
- 4 large eggs
- 1½ cups milk
- 6 tablespoons butter
- 2 cups grated zucchini

Fresh Fruit and Yogurt

Food

- 2 pints strawberries
- 8 plums
- 1 honeydew melon
- 2 pounds grapes
- 1½ pints non-fat yogurt

Equipment

- 2 mixing bowls
- 2 measuring cups
- 1 set measuring spoons
- 1 sifter
- 1 rubber spatula
- 1 box grater
- 2 muffin tins (24 muffins)
- 1 richaud and fuel
- Nonstick cooking spray

Equipment

- 1 cutting board
- 1 10-inch chefs knife
- 1 small spoon

Cooking timeline:

Make muffin batter—(15 min.)

Bake muffins—(20 min.)

Cut fruits—(15 min.)

Make orange juice—(10 min.)

Zucchini-ville Muffins

3½ cups sifted flour
1½ teaspoons salt
½ cup sugar
4 teaspoons baking powder
1 teaspoon cinnamon
1½ cups milk
4 large eggs
6 tablespoons butter, melted
2 cups grated zucchini*

- Preheat the oven to 375°F.
- Measure sifted flour, salt, sugar, baking powder and cinnamon into the sifter. Then sift into a mixing bowl.
- Pour milk into another bowl. Then add eggs, melted butter and grated zucchini. Stir together.
- Pour wet ingredients into the bowl with the dry ingredients.
- Stir until all the flour is wet.
- Spray a muffin tin with nonstick cooking spray and fill each cup with batter.
- Bake until browned, about 20 minutes.

*NOTE:

You can also add other ingredients to the batter before you fill the pans, like cheese, nuts, fruits, bran flakes or other foods you like.

Scrambled Eggs with Vegetables

24 large eggs
1 medium onion
½ pound shredded cheddar cheese (*optional*)
1 bell pepper
¼ pound mushrooms

- Cut mushrooms, bell pepper, and onion into small diced size shapes.
- Crack eggs into a large pitcher; season with salt and pepper; then whisk until well blended.
- Heat large sauté pan until hot; add 2 tablespoons of butter or canola oil.
- Add mushrooms, bell pepper, and onion into pan and sauté until they just start to become golden. Remove from the pan. Keep warm.

NUTRITION CONCEPT:

CARBOHYDRATES/GRAINS: Complex vs. Simple carbohydrates; foods rich in complex carbohydrates provide over 50% energy for brain cells, fuel for muscles, human nerves, red blood cells and other body tissue needs. Simple carbohydrates high in sugar do not contain many nutrients, only calories; they are called empty calories.

A balanced breakfast includes, complex carbohydrates/grains, fruits/vegetables, milk, protein and fat. Can you identify the basic food groups in these recipes?

NUTRITION TIP:

Five ounces of quality (complex) carbohydrates per day is recommended for your age group. One ounce equivalent is: 1 slice of whole grain bread, 1 cup of whole grain cereal that has less than 4 grams of sugar per serving, ½ cup cooked pasta and so forth. Foods in the carbohydrate/grain group are made from wheat, rice, oats, cornmeal, barley or a grain product as in bread pasta, oatmeal, cereals, tortillas, and popcorn. Look for 100% whole grain on the label.



- Add eggs to sauté pan, cook slowly, letting the egg set up at bottom, gently lift cooked portion with a spatula to form soft flakes, letting uncooked portion flow to bottom of pan. Do not over stir as eggs will become lumpy, instead of soft and fluffy.
- When eggs are cooked but still shiny and moist, fold in the mushroom, onion, pepper. Add cheese if available. Serve right away!

Fresh Fruit and Yogurt

2 pints strawberries
1 honeydew melon
1½ pints non-fat yogurt
8 plums
2 pounds grapes

- Wash all the grapes, plums, and strawberries under cold running water. Drain on dry paper towels. Cut off the tops of the strawberries. Place into a large bowl.
- Cut off outer skin of melon, then melon in half. Remove seeds using spoon.
- Chop up the melon halves into bite sized pieces. Place into same large bowl.
- Using a smaller knife, cut the plums in half by pressing knife into the plum until stopped by the pit in the center. Rotate plum around until cut completely in half. Cut into smaller pieces and add to large fruit bowl.
- Grapes should be pulled off the stems and placed into bowl.
- Serve tossed fruit salad with yogurt on the side, like a dressing.

Hot Apple Flapjacks

Flapjacks is an old-time name for pancakes. You can use any kind of fruit you like, but my favorite is apple. In the fall, when the apples are just picked, their flavor goes really well with maple syrup. My father used to heat the syrup with a pinch of cinnamon before we ate.

3 cups sifted flour
2 teaspoons baking powder
2 tablespoons brown sugar
2 teaspoons salt
2 apples, diced
2 large eggs
2½ cups milk
4 tablespoons butter, melted
1 tablespoon oil

- Measure sifted flour, baking powder, brown sugar and salt into a bowl.
- Beat eggs in another bowl. Then add milk, melted butter and diced apples.
- Dump the dry ingredients into the bowl with the wet ingredients. Stir just until the flour is all wet.
- Heat a little bit of oil in a frying pan over medium high heat.
- Spoon some batter into the pan to make little cakes. When you see “holes” forming on top, turn the flapjacks over with a spatula. (They should be nicely browned.)
- After flipping, cook the flapjacks about 2 minutes more.
- Keep cooking until you use all the batter.

NUTRITION TIPS:

Girls and boys need about 1,800 calories to 2,000 calories per day. Calories are a measurement of energy, energy your body needs to grow, to walk, to breathe. How many calories you need depends on your weight, height, and what you do to expend energy, such as how much you exercise each day.

When you eat food, it is important to make sure you are choosing foods that give you all the nutrients you need for growth, energy, fighting off diseases, and keeping your digestive system working properly.

Safety in the Kitchen

- **Go slow and be careful.** Ask an adult to show you each of the items on this page. Then ask them to help you use these tools every time you need them for a recipe, until they tell you can use it by yourself.

- **Knives:** Use a big knife the same as you would a paper cutter at school. Leave the tip down on the cutting board and raise the handle up and down. Never wave a knife around. To walk with a knife, keep the tip pointed straight down. Never look away from what you are cutting. Focus on your fingers, the blade and the food. Never put any knife in the sink. If a knife falls, jump back and let it.

- **Stove Top:** The stove top is for frying, boiling and simmering food in pans. Make sure nothing is on the burner before you turn it on. Make sure that you are turning on the right knob for the burner you want, and turn off the burner as soon as you are done with it. Be sure that pan handles are never over the heat. If a pan catches fire, turn off the stove and dump baking soda or flour on it. Never try to pick up a burning pan and don't dump water on it.

- **Ovens:** There are three types of ovens you can use: toaster ovens, regular ovens with burners, and microwaves. Before you turn any oven on, look inside to be sure nothing is in there. Before you take something that has been cooking out of an oven, look around and decide where you are going to set it down. Use dry hot pads to remove hot food from ovens, and yell out "hot stuff, and I'm not bragging!", so other people will know to watch out. Set the dish down right away and turn off the oven. If the food has a cover, be extra careful when you lift the lid because the food is hot and steam can burn you. Use glass or plastic containers to cook in microwaves and remember that they will be just as hot as metal pans in regular ovens.

- **Food processors, mixers, blenders:** These are used to grind or chop foods fine. Never put anything into a blender while it is running, and keep the top covered until the machine has stopped. Have an adult show you how to put together and use food processors, mixers and blenders, because the blades are very sharp. Always start on slow speeds to avoid splashing.

- **Utensils:** Don't leave forks, spoons, tongs and such in pots while the food is cooking—they will get hot! Never put a knife in the sink.

- **Germs:** Always wash your hands before you start cooking. If you have long hair, tie it back. Roll up your sleeves so they don't get tangled in anything. Clean up your messes as you go. Use a cutting board to protect the counter and clean it before cutting the next food. Keep food cold until you cook it, and then serve it hot (unless the recipe says something different). When you thaw frozen food, let it sit in the refrigerator until it thaws, never on the counter.

- **Other Hints:** Ask your parents for a part of the counter to be yours. Take your time and don't rush. Accidents happen when you goof around or hurry too much. Never put anything electrical into a sink; just unplug it, let it cool so you can wipe it off, and put it away later. If there are younger kids in your house, be really careful about cooking around them. Make sure no electric cords or pan handles are where they can reach them, and ask an adult to help you by watching younger kids while you cook.

How to Hold a Knife



TOP VIEW



SIDE VIEW

- Keep the tip of the knife pointed on the cutting board
- Raise and lower the handle to cut, pointing the blade slightly to the right
- "Pinch" your knuckles when holding the food.
- Press on the top of the knife with free hand
- Be sure to keep your fingers curled up when pressing on to knife.

Student Learning Checklist



Why do we “sift” flour?

What is the right way to carry a knife?

What happens if we mix batters for baked goods too much?

Why is it important to keep cutting surfaces clean?

Why are complex carbohydrates good for breakfast?

Why is it important to keep foods refrigerated?

What happens if you turn on a gas burner and no flame comes on?

Who thinks they could make this food at home?

Lesson 2—Italian Dinner



Menu: Basil-Parsley Pesto—with Linguini
Gnarly Tomato Sauce—with Rotini
Caesar Salad with Garlic Croutons
Italian Roasted Peppers
Pumpkin Cheesecake Tarts
Grape Juice

Topic Development:

1. Boiling water safety “hot stuff, and I’m not braggin’.”
2. Discuss menu—balance, food pyramid. (5 min.)
3. Split into your teams.
4. Send kids to the “store” to get two or three ingredients.
5. Begin cooking. (1 hour 15 min. total cooking time)
6. The kids clean up, make juice, and set table. (10 min.)
7. Sit and eat as a group.
8. Review using discussion lists, learning checklist.
9. Hand out recipes and other handouts provided.

Discussion of Cooking Principles:

- How to boil water safely.
- How to lift a lid from a boiling pot safely (away from your face).
- Use of a blender. Never open cover until it has stopped running.
- Cutting bread safely on a clean breadboard with a serrated knife.

- Recognizing “simmering” in a cooking product.
- How to determine doneness in pasta.
- Releasing flavor in fresh herbs (heat oil, crushing).
- Cutting hot food with tongs.
- Use of a *conduction* oven (use kitchen safety handout).
- Developing flavor with heat (taste raw bell peppers, then roasted ones).
- Dicing and how to do it safely.

More Sanitation and Safety Tips:

Always handle food with clean hands and clean utensils. When you are finished using a knife, wash it and set it aside separately. Don’t throw a knife into a sink with soapy water. You could reach in later and accidentally cut yourself.

- Always wash your hands with soap and water.
- Rinse fresh herbs and drain them on paper towels.
- Learn how to wash lettuce and drying techniques.
- Make certain your hands are completely dry before plugging in or unplugging an electrical appliance.
- Turn all pot handles toward center, someone could bump handles and tilt the pot over.
- Do not use vegetable oil spray near an open flame or heat source.

MISE EN PLACE



Produce:

- 8 cloves garlic
- ½ medium yellow onion
- ½ medium carrot
- ½ pound mushrooms
- 2 cups fresh basil
- 1½ pounds Roma tomatoes
- 4-6 bell peppers (*assorted colors*)
- 3 large heads romaine lettuce or
- 6 heads romaine hearts
- 1 package of fresh spinach (*if preparing pesto sauce without nuts*)
- 1 large fresh lemon

Other Ingredients:

- 1 cup walnuts
- 2 dashes Worcestershire Sauce
- 1 can anchovies
- 3 cups olive oil
- 2 pounds linguini
- 3 packages graham tarts (*18*)
- ½ cup sugar
- ½ cup canned pumpkin
- 2 tablespoons all-purpose flour
- 2 large loaves rustic bread
- 1 can (14 oz.) diced tomatoes in juice
- ¼ cup tomato paste
- 2 pounds rotini pasta

⅓ cup red wine vinegar

2 cups croutons

Dairy/ Refrigerated:

- 2 cups parmesan cheese
- 1 pound low fat cream cheese
- ½ pound butter
- 1 pint pasteurized eggs
- 2 cans frozen grape juice

Seasoning:

- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 2 tablespoons dried oregano
- 2 tablespoons garlic powder
- salt and pepper

Equipment:

- 12 each chef hats
- 12 aprons or little chef coats
- 4-5 bar towels
- 1 blender or food processor
- 4 sets measuring spoons
- 1 wooden spoon
- 7 measuring cups
- 2 large stockpots with lids
- 4 rubber spatulas
- 2 box graters
- 3 richards and fuel or stovetop

Equipment/Serving:

- 2 mixing bowls
- 4 ½-sheet pans
- 2 colanders
- 1 can opener
- 1 small sauce pan
- 1 large sauce pan
- 1 bread knife
- 1 pastry brush
- 2 pairs oven mitts
- 5 serving platters
- 1 oven
- 2 large pitchers
- 3 large non-stick sauté pans
- 1 pair tongs
- 1 small whisk
- 1 nice salad bowl
- 3 large spoons
- 3 cutting boards
- 3 10-inch chefs knives
- 2-3 table linens
- 12-20 dinner plates
- 12-20 forks, knives, and spoons
- 12-20 cups and napkins
- Foil
- Copies of student handout



TEAM 1

Food and Equipment Checklists

Basil-Parsley Pesto, Linguini, Pumpkin Cheesecake Tarts and Garlic Croutons

Basil-Parsley Pesto

Food

- 1 bunch fresh basil (*1½ cups*)
- ½ cup parsley
- 1 cup walnuts
- ¼ cup grated Parmesan cheese
- 1 clove garlic
- 1 cup olive oil
- 2 pounds linguini

Pumpkin Cheesecake Tarts

Food

- 3 packages tart shells (*18*)
- 2 packages cream cheese (*1lb.*)
- ½ cup sugar
- 3 large eggs
- ½ cup canned pumpkin
- 2 tablespoons flour
- Nutmeg
- Cinnamon

Garlic Croutons

Food

- 2 large loaves crusty bread
- ½ pound butter
- 2 tablespoons garlic powder

Equipment

- 1 blender with extension cord
- 1 pair scissors
- 2 measuring cups
- 1 stock pot with lid
- 1 richaud with fuel
- 1 colander

Equipment

- 1 mixing bowl
- 3 forks
- 2 measuring cups
- 1 set measuring spoons
- 2 ½-sheet pans
- 1 large spoon
- 1 can opener

Equipment

- 1 bread knife
- 1 richaud with fuel
- 1 small sauce pan
- 1 pastry brush
- 1 set measuring spoons
- 1 ½-sheet pan
- Foil

Cooking Timeline:

- Boil water for linguini*
- Basil Parsley Pesto—15 min.*
- Pumpkin Cheesecake Tarts—20 min.*
- Garlic Bread—10 min.*
- Cook linguini—10 min.*
- Make juice*



TEAM 2

Food and Equipment Checklists

Gnarly Tomato Sauce with Rotini, Italian Roasted Peppers and Caesar Salad

Gnarly Tomato Sauce with Rotini

Food

- 2 tablespoons olive oil
- ½ medium yellow onion
- ½ medium carrot
- 3 cloves garlic
- 1 cup sliced mushrooms
- ½ cup fresh basil
- 2 tablespoons oregano
- 1½ pounds Roma tomatoes
- 1 can (14 oz.) diced tomatoes
- ¼ cup tomato paste
- 2 pounds rotini pasta
- Salt and pepper

Italian Roasted Peppers

Food

- 4 bell peppers
- 2 tablespoons olive oil

Caesar Salad

Food

- 3 heads romaine lettuce or 6 heads romaine hearts
- 1 cup olive oil
- 3 cloves garlic
- ⅓ cup good vinegar
- 2 cups garlic croutons (see recipe pg X)
- ½ cup grated Parmesan cheese

Equipment

- 1 cutting board
- 1 10-inch chef's knife
- 1 set measuring spoons
- 2 measuring cups
- 1 can opener
- 2 richards with fuel
- 1 stock pot with lid
- 1 large sauce pan
- 1 wooden spoon
- 1 colander

Equipment

- 1 pair tongs
- 1 ½-sheet pan

Equipment

- 1 cutting board
- 1 10-inch chef knife
- 1 measuring cup
- 1 small whisk
- 1 nice salad bowl

Cooking Timeline:

- Boil water for rotini*
- Gnarly Tomato Sauce—25 min.*
- Italian Roasted Peppers—15 min.*
- Caesar Salad—15 min.*
- Cook rotini—10 min.*
- Garlic Croutons—10 min.*

Basil-Parsley Pesto

- 1 bunch fresh basil (*about 1½ cups of leaves*)
- ½ cup of parsley
- 1 cup walnuts
- ¼ cup grated Parmesan cheese
- 1 clove garlic
- 1 cup olive oil

Alternate Pesto Sauce (no nuts)

- 2 packages basil
- 1 package baby spinach
- 3 cloves garlic

- Wash basil and parsley with cold water, then shake dry.
- Cut the stems off the herbs with a pair of scissors and discard.
- Set up a blender and plug it in.
- Put the basil and parsley leaves in, put on the cover, and turn it on low.
- Turn off the blender and add nuts, garlic and cheese.
- Cover the blender and chop again.
- Now uncover the blender and slowly pour in the olive oil.
- You will see the nuts and herbs get smoother. When you think it is smooth enough, stop adding oil.
- Toss pesto on hot or cold pasta to eat. Pesto keeps one week in the fridge.

NUTRITION TIP:

These Italian recipes are especially rich in the MyPyramid vegetable group. Can you identify the vegetables in these recipes?

VITAMINS:

Strengthen the immune system, protect against diseases, vision, bone development, blood clotting, tooth formation, healthy skin. Vitamins are GREAT ANTIOXIDANTS—to keep your arteries clean. 2.5 cups of vegetables + 2.5 cups of fruits or equivalents per day are recommended.

MINERALS:

Help ensure the proper functioning of organs. They hold cells together in tissue, skins, and bones. They heal wounds, supports electrolyte balance, bone, teeth and muscle growth and repair. Good sources of calcium, iron, zinc, sodium and potassium are in fruits, vegetables and dairy products.

NUTRITION CONCEPTS:

- The importance of “whole-grain based” meals like pasta in your diet—aim for 3-4 ounces per day.
- Read label from bottled pasta sauce to compare ingredients with homemade.
- Vegetarian meal where nobody missed the meat!
- Many people live healthy vegetarian lives (use vegetarian food pyramid)

Do you understand how important it is to make wise food choices for proper growth, good energy, and good looks—“steps to a healthier you?” To give yourself a gift that lasts a life time, look up MyPyramid. www.mypyramid.gov. At this web site, many helpful guides are available for you to make healthful food choices for life-long good health.

Gnarly Tomato Sauce with Pasta

- 2 tablespoons olive oil
- ½ medium yellow onion, peeled and diced
- ½ medium carrot, diced small
- 3 cloves garlic, peeled and minced
- 1 cup sliced mushrooms
- ½ cup fresh basil leaves
- 2 tablespoons chopped fresh oregano
- 1½ pounds Roma tomatoes, diced
- 1 can (14 oz.) diced tomatoes in puree
- ¼ cup tomato paste
- ½ teaspoon ground black pepper
- Salt and pepper

- In a large pan, put olive oil, diced onion and carrot, and minced garlic.
- Cook over medium high heat and add tomatoes, basil and oregano.
- Now add fresh diced Roma tomatoes and cook about 5 minutes.
- Add the can of diced tomatoes with all the juice and tomato paste.
- Turn the heat down to low and stir the sauce.
- Simmer (so it bubbles gently), stirring every once in a while for about 20 minutes. Add salt. (I like to use sea salt) and pepper to taste.
- Serve over hot pasta, using cooking directions on package.

Garlic Bread for Croutons

2 large loaves crusty bread
½ pound butter
2 tablespoons garlic powder

Cut 2 large loaves of crusty bread into small cubes. Place ½ pound butter and 2 tablespoons garlic powder into sauté pan on medium high heat. Toss croutons in seasoned butter until golden brown. Reserve on paper towels until ready to toss onto Caesar Salad.

Caesar Salad

3 heads romaine lettuce or 6 heads romaine hearts
1 cup olive oil
3 cloves garlic
⅓ cup good vinegar
2 cups garlic croutons (see recipe above)
½ cup grated Parmesan cheese

Cut 3 heads romaine lettuce or 6 heads romaine hearts into bite size pieces, toss with 1 cup olive oil, 3 cloves garlic, minced and ⅓ cup lemon juice. Place garlic bread croutons and ½ cup grated Parmesan cheese on top of salad and serve.

NUTRITION TIP:

VEGETABLES AND FRUITS: Veggies and fruits are high in vitamins and minerals. A combination of 5 servings of fruits and vegetable per day are recommended.

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked, fresh, frozen, canned, dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are found in various categories: Dark green—broccoli, collard greens, romaine lettuce, spinach, Orange—acorn squash, carrots, pumpkin, sweet potatoes, Dry beans and peas—black beans, garbanzo beans, lentils, pinto beans, soy beans, split peas, white beans, Starchy vegetables—corn, green beans, potatoes, and Other vegetables—artichokes, asparagus, beets, cabbage, cauliflower, cucumbers, eggplant, mushrooms, onions, tomatoes, zucchini and so forth.

The 5 a day fruit and vegetable recommendation can also be translated to 3 cups of vegetables and 2 cups of fruits for your age group. Do you think you will reach the recommended amount with these recipes? Hope so!

Italian Roasted Peppers

If you don't like the taste of bell peppers, try roasting some. It doesn't take long, and it adds a nice smoky flavor. Italians roast their peppers over open flames. With an adult's help, you can cook them on your BBQ or right on the burner of a gas stove. Or you can roast them in a hot oven.

4 large bell peppers
2 tablespoons olive oil

- Turn your oven to 450°F.
- Rub the peppers with olive oil. Then place them on a sheet pan and put them in the oven to roast.
- Let the peppers cook for about 20 minutes, or until they start to get soft.
- Remove the peppers from the oven, and holding them with a pair of tongs, cut away the stem and knock out the seeds.
- Cut the peppers into strips to serve, with a little olive oil dripped on them.

NUTRITION TIP:

In the oil category, you need about 5 teaspoons a day to keep your hair shiny, your skin glowing. To help nutrients/vitamins and minerals to be absorbed in the blood stream and to help your digestive system work properly.



Great Pumpkin Cheesecake Tarts

You can do so many fun things with cheesecake! Flavor it any way you like, add fruit, or use different kinds of cookies for the crust. You can also make fruit toppings or try different kinds of cheese for the filling.

3 packages graham cracker tarts (18 tarts total)
2 packages (1 pound) low fat cream cheese
½ cup sugar
3 large eggs
½ cup canned pumpkin
2 tablespoons flour
2 shakes nutmeg
2 shakes cinnamon

- Preheat your oven to 350°F .
- Mix cream cheese and sugar with fork.
- Add eggs and stir until the cheese is smooth.
- Add pumpkin, flour, nutmeg and cinnamon, and mix for a few minutes.
- Pour or spoon the batter into the tart shells. Put them on cookie sheets and bake them about 15 minutes or until the top puffs up and cracks.
- Let tarts cool before eating.

NUTRITION CONCEPTS:

This dessert has a lot of nutrients in it: a vegetable, dairy, and eggs and is an excellent choice for your daily discretionary calories.

DISCRETIONARY CALORIES:

By selecting the lowest fat and no-sugar-added forms of foods in each food group, you would make the best nutrient “buys.”

Each person has an allowance for some discretionary calories. Each person has a total calorie “budget.” This budget can be divided into essential and extras.

For example, on a calorie budget of 1,800, you need to spend 1,675 calories for essential nutrients leaving 225 discretionary calories for “extras” spending them on desserts, sauces or beverages.



Lesson 3—Sack Lunches



Menu: Emerald Asparagus Soup
Italian Pear Cheesecake
Ginger Confetti Chicken
A New Wave of Dippers
Lemonade

Topic Development:

1. Keeping sack lunches healthy—sack lunch handout. (5 min.)
2. Eating cold foods safely—temperature/storage. (5 min.)
3. Split into your teams.
4. Send kids to your “store” to get 2 or 3 ingredients.
5. Begin cooking. (1 hour 10 minutes total cooking time)
6. The kids clean up and pack their lunches.
7. Go somewhere (on school grounds) for a picnic.
8. Review using discussion/learning checklists.
9. Hand out recipes and other handouts provided.

Discussion of Cooking Principles:

- Choosing healthy foods from a grocery store
- Cold food has more flavor
- Pureeing as a method
- Use of a blender for pureeing and mixing
- Baking poultry
- Marinating food for flavor
- Juicing citrus fruits
- How to store cut fruits and vegetables
- Let them know that you’re taking them to a store to practice in a few weeks

Nutrition and Sanitation Guidelines:

- Nutrient retention in soups
- Pureed soup contains cooking liquid and vitamins
- Proper chilling of soup
- Proper cold storage procedures
- Use of nonfat dairy products
- Proper chilling of cooked poultry
- Healthy choices at the grocery store

MISE EN PLACE



Produce:

- 3 pears
- 2 bunches asparagus
- 2 medium onions
- 7 carrots
- 2 stalks celery
- 1 bulb garlic
- 1 piece ginger (4 inches long)
- 6 green onions
- 1 sprig fresh basil
- 2 apples
- ½ pound snap peas
- 1 head broccoli
- 2 baskets cherry tomatoes
- 4 dozen lemons

Seasoning:

- Vanilla extract
- Cayenne pepper
- Crushed red pepper flakes

Other Ingredients:

- 1 teaspoon salt
- 1½ cups flour
- 3 cups sugar
- 10 cups stock (chicken or vegetable)
- 1 tablespoon sesame oil
- ¾ cup soy sauce

- ¾ cup dried cranberries
- 1½ cups peanut butter
- 1½ cups apple juice
- ½ cup honey
- 12 brown paper bags (sacks for lunches)

Dairy/ Refrigerated:

- 1 stick butter
- 2 cups heavy whipping cream
- 6 large eggs
- 5 pounds chicken drumettes
- 1¼ cups non-fat ricotta cheese
- 1 pint non-fat yogurt

Equipment:

- 12 each chef hats
- 12 aprons or little chef coats
- 4-5 bar towels
- 2 blenders
- 2 sets measuring spoons
- 2 measuring cups
- 1 large stockpot with lid
- 4 rubber spatulas
- 1 box grater
- 3 richaids and fuel or stovetop
- 1 use of an oven
- 3 large non-stick sauté pans
- 3 large spoons

- 3 cutting boards
- 3 10-inch chef's knives
- 2 muffin tins
- 1 small whisk

Equipment/Serving:

- 2 mixing bowls
- 2 ½-sheet pans
- 3 forks
- 2 muffin tins
- 1 cutting board
- 1 10-inch chef's knife
- 1 large spoon
- 1 small whisk
- 2 measuring cups
- 1 set measuring spoons
- 1 heavy sauce pan
- 2 vegetable peelers
- 1 juicer
- 1 ladle
- 2 pairs oven mitts
- 5 serving platters
- 2 gallon size pitchers
- 12-20 dinner plates
- 12-20 forks, knives, and spoons
- 12-20 cups and napkins
- 2-3 table linens
- Copies of student handouts

TEAM 1

Food and Equipment Checklists

Italian Pear Cheesecake and Emerald Asparagus Soup

Italian Pear Cheesecake

Food

- 1 stick butter
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 egg
- 1 cup sifted flour
- 3 pears
- 3 eggs
- 2 egg yolks
- 1¼ cups nonfat ricotta
- ½ cup sugar
- 1 tablespoon flour
- ½ cup whipping cream

Emerald Asparagus Soup

Food

- 2 bundles asparagus
- 2 medium onions
- 2 medium carrots
- 2 stalks celery
- 10 cups stock
- 2 cloves garlic
- 1 cup whipping cream
- Cayenne pepper

Equipment

- 2 mixing bowls
- 3 forks
- 2 muffin tins
- 1 cutting board
- 1 10-inch chef's knife
- 1 large spoon
- 1 small whisk
- 2 measuring cups
- 1 set measuring spoons

Equipment

- 1 cutting board
- 1 10-inch chef's knife
- 1 heavy saucepan
- 1 richaud with fuel
- 1 measuring cup
- 1 blender with lid
- 2 pitchers

Cooking Timeline:

- Make cheesecake crust—15 min.*
- Make cheesecake/bake—15 min.*
- Puree and cream soup—15 min.*
- Pack lunches—10 min.*



TEAM 2

Food and Equipment Checklists

Ginger Confetti Chicken, A New Wave of Dippers and Lemonade

NOTE:

Substitute 1 cup of Splenda for 1 cup of sugar to cut down on the sugar grams. 1 cup of sugar = 48 teaspoons or 144 grams of sugar. This recipe for lemonade has 288 grams of sugar with 2 cups of sugar or 12 grams per serving. Recipe should serve 12 cups.

Ginger Confetti Chicken

Food

- 5 pounds chicken drumettes
- 1 tablespoon sesame oil
- $\frac{3}{4}$ cup soy sauce
- 5 tablespoons grated ginger
- 6 green onions
- $\frac{3}{4}$ cup dried cranberries

A New Wave of Dippers

Food

- 1½ cups peanut butter
- 1½ cups apple juice
- 1 pint nonfat yogurt
- 1 sprig fresh basil
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 teaspoon crushed pepper flakes
- 5 carrots
- 2 apples
- $\frac{1}{2}$ pound snap peas
- 1 head broccoli
- 2 baskets cherry tomatoes

Lemonade

Food

- 4 dozen lemons (3 cups juice)
- 2 cups sugar
- $\frac{1}{2}$ gallon water

Cooking Timeline:

Ginger chicken—20 min.

Make dips—15 min.

Fruits/veggies—15 min.

Make lemonade—10 min.

Pack lunches—10 min.

Equipment

- 1 ½-sheet pan
- 1 grater
- 1 measuring cup
- 1 cutting board
- 1 10-inch chef's knife
- 1 set measuring spoons

Equipment

- 1 blender with lid
- 2 measuring cups
- 1 set measuring spoons
- 1 cutting board
- 1 10-inch chef's knife
- 2 vegetable peelers
- 1 ½-sheet pan

Equipment

- 1 juicer (or forks)
- 1 richard and fuel
- 1 heavy pot
- 2 pitchers
- 1 large spoon (or ladle)



Italian Pear Cheesecake

For the Crust:

- 1 stick butter (8 tablespoons), at room temperature
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 large egg
- 1 cup sifted flour

- Mix butter, sugar and salt in a mixing bowl. (Forks work best.)
- Add egg and mix again.
- Add flour and mix until a soft dough forms.
- Press dough into muffin pans to form tartlettes.

For the filling:

- 3 pears
- 3 whole large eggs
- 2 egg yolks
- 1¼ cups nonfat ricotta
- ½ cup sugar
- 1 tablespoon flour
- ½ cup whipping cream

- Preheat the oven to 350°F.
- Cut pears into slices. Then arrange them in the tart shells you made.
- In a mixing bowl, beat eggs and egg yolks with a whisk.
- Add nonfat ricotta, sugar, flour and whipping cream.
- Spoon cheese mixture over the pears in your tart shells.
- Bake until browned and set, about 25 minutes.
- Best at room temperature.

Emerald Asparagus Soup

Most people think of soup as hot, but a cold soup is an excellent snack, and a really good way to drink your vegetables.

- 2 bundles fresh asparagus, stems trimmed (*about 2 pounds*)
- 2 medium onions, peeled, chopped
- 2 medium carrots, peeled, chopped
- 2 stalks celery, chopped
- 10 cups stock or broth
- 2 cloves garlic, peeled
- 1 cup whipping cream
- Cayenne pepper to taste

- After you wash the vegetables, chop them into small pieces.
- Put the stock, asparagus, onion, carrot, celery and garlic into a pot.
- You can use any vegetable scraps that you have saved from other dishes.
- Bring the pot to a boil. Then turn the heat down and simmer, uncovered, until the carrots are soft when you stick them with a fork.
- Let the vegetables cool while you set up the blender.
- Use a ladle to put some of the cooked vegetables and some of the broth into the blender. Blend them a little at a time on low speed until it is smooth. Then blend on medium high for 1 minute.
- Have a pitcher ready so you can pour batches of pureed soup into it.
- When you have pureed all the vegetables and broth, add whipping cream and cayenne to taste. You can eat the soup hot or cold.



Ginger Confetti Chicken

This is a really good recipe to eat cold because the flavor is more intense. Be sure to keep cold food cold and don't let it stay at room temperature.

5 pounds chicken drumettes
1 tablespoon dark sesame oil
 $\frac{3}{4}$ cup soy sauce
5 tablespoons grated ginger
6 green onions
 $\frac{3}{4}$ cup dried cranberries (or any other dried fruit that you like)

- Spray a cookie sheet with nonstick spray and spread the chicken out on it.
- Mix the sesame oil, soy sauce, and ginger together. Then sprinkle it over the chicken with your fingers.
- Chop the green onions. Then sprinkle them and the dried cranberries on the chicken.
- Bake at 350°F for 30 minutes or until the chicken is done. (No pink!)
- Eat hot or let cool in the refrigerator.

A New Wave of Dippers

These are really tasty, easy snacks. Just make your special dips, and watch your friends eat all the vegetables in sight.

NUT BUTTER DIP:

1½ cups nut butter (*peanut, hazelnut or cashew*)
1½ cups fruit juice (*any kind you like*)

- Put peanut butter and juice into a blender.
- Blend on medium speed until smooth.

More juice makes it thinner. **For a vegetable dip:** Add 1 teaspoon each red pepper flakes and sesame oil. **For a fruit dip:** Add honey, banana or any fruit you like to the blender.

YOGURT DIP:

1 pint nonfat yogurt

- Put yogurt in a clean bowl and prepare either a vegetable dip or a fruit dip.

For a vegetable dip: Add chopped fresh basil, chopped tomato, green onions, olives, or anything else that sounds good to you. **For a fruit dip:** Add honey, vanilla extract, some of your favorite jam, nuts are good, and granola or cereal is good.

MILK/DAIRY PRODUCTS: Nine out of 10 teenage girls are not getting the daily recommended amount of calcium today. Milk is one of the least expensive calcium sources. Penny per penny, milk provides twice as much calcium as fortified soy beverages, fortified orange juice, breakfast bars and so forth. Milk is linked to osteoporosis prevention, bone growth, teeth formation and in addition to calcium, offers a complete nutrition package providing eight other essential nutrients including V-D which maximizes absorption and effectiveness of calcium.

An 8 oz. serving of skim milk has only 80 calories. Milk, cheese and other dairy products are also excellent sources of protein. From age 9-18, youngsters need 1,300 milligrams of milk per day, roughly 4/8 ounce servings per day.



Sack Lunches Can Be Fun

Ok, so making your lunch every morning can be a real drag! You run out of ideas, and it becomes a job you would rather not do. Here are some ideas to make sack lunches fun to eat again.

- Go shopping with your folks and ask for the stuff you want to eat. After all, they will be much happier if you actually eat what's in your lunch.
- You'll have to buy nutritious stuff. Teach your parents to read the labels.
- Use your imagination. Try tortillas, rice cakes, mini pita pockets, chiapatta, little bagels, potato lefse, scones, biscuits, Boston brown bread, English muffins, bran muffins, or even two flavors of bread in one sandwich.
- Try different fillings. Like baba ghanouj, chopped up vegetables, shrimp, apples and cheese, meatloaf, really anything that sounds good to you, but if you look around the store, you'll see new stuff to try.
- Make some dips and cut vegetables or crackers.
- Cut fruit into pieces that are easy to eat (a whole apple takes too long when you're trying to finish your lunch to get to recess!).
- Cut your "sandwich" creations into easy to eat pieces.
- You should have a fun dessert (after the nutritious food). Chocolate is actually the best because it doesn't stick to your teeth all day, but you might try apple chips.
- Buy a cool little thermos with a big mouth for stew, rice, noodles or soup.
- Get some little plastic containers with lids for stuff like dip and vegetables.
- I like to use sandwich size plastic boxes so I don't have to use all those bags.
- I like to get a flower, a picture, or a secret note in my lunch from home!
- Most of all, just try different stuff that looks good and is healthy for you!

SNACKS:

Snacking between meals can be healthy—providing you choose nutritious, low-fat nibbles. It helps to keep you from over-eating at mealtime and gives you energy mid-morning and mid-day. A fruit or vegetable with a cube of cheese is an excellent snack, or how about a graham cracker and a glass of milk?

SUGARY SNACKS:

Dr. Daniel Amen, a child and adult psychiatrist in Newport Beach states, "Sugar acts like a drug to the brain. It causes blood sugar levels to spike, and then crash, leaving you feeling tired, irritable, foggy, and stupid. Eating too much sugar impairs cognitive function."

When reading the labels, you need to do the math: 4 grams of sugar = 1 teaspoon. So for a Pepsi or Coke at 41 grams of sugar, you will have had 10 ¼ teaspoons of sugar. Not a good choice! Check out the sugar in other snacks and learn to pick those low in sugar and high in nutrients.

SNACKS HIGH IN FAT AND SALT:

Foods high in saturated fat and salt tend to raise blood cholesterol levels, cause weight gain, high blood pressure, atherosclerosis and more. Atherosclerosis is the buildup of cholesterol, fatty deposits, and other substances on the inner lining of the artery walls, which can narrow the arteries, preventing sufficient blood flow to the heart. There is compelling evidence that this atherosclerotic buildup begins in childhood, and some studies have shown that it can slowly progress into coronary disease in adulthood.

Establishing healthy eating habits at an early age may go a long way toward preventing these problems. So, follow guidelines for Heart-Smart eating and get 60 minutes of exercise daily.



Student Learning Checklist



What is so important about how you chill chicken? Soup?

Name five things you can make a sandwich from without saying bread!

Describe what pureed food looks like.

Which foods make the best snacks? Do you know why?

Why is it good to have some snacks ready in the fridge when you leave for school?

Explain what “marinating” does for the food.

Tell me the unhealthiest lunch you can think of!

Do you like it when someone puts a note or flower into your sack?

How does the person feel who put the flower or note in your sack?

Explain how to set up the blender safely.

How do you feel when you're eating dinner, and the guy next to you is being really loud and rude?

Lesson 4—Southern United States



Menu: Corn Muffins
Collard Greens
Ham and Sausage Jambalaya
Hoppin John
Bread Pudding
Ice Tea

Topic Development:

1. Changing family recipes—making them healthier.
2. Discuss origin of “soul” food—Africa/slaves.
3. Split into your teams.
5. Send kids to the “store” to get ingredients.
5. Begin cooking. (1 hour 15 minutes)
6. Clean up, set buffet table, and dinner table.
7. Turn on music, sit and eat as a group.
8. Review recipes with students and learning checklist.
9. Hand out recipes and other handouts.

Discussion of Cooking Principles:

- How to steam collard greens
- Differences between rices
- What happens during cooking of Jambalaya?
- Making a custard for bread pudding
- Safety while making custards—HOT WATER
- Why we use a water insulator in making the bread pudding

Nutrition and Sanitation Guidelines:

- Refrigerate leftovers
- Proper handling of pork
- Bread pudding, an innovative way to use up stale bread
- The difference between whole grain breads and refined flour breads
- Reducing fat in a meal—remove as much animal fat as possible
- Whole grain rice—nutritionally better for us

MISE EN PLACE



Other Ingredients:

- ½ cup olive oil
- ½ cup raisins
- 5 cups beef
- 12 slices wheat bread
- 1 quart vegetable stock
- ⅓ cup confectioners' sugar
(powdered)
- 5 cups long grain rice
- 8 ounces strawberry preserve, seedless
- 2 cups cornmeal, fine
- 1 package ice tea mix
- 2 cups flour
- 1 package paper cupcake molds
- 1½ cups sugar
- 4 tablespoons currant jelly
- 1 pound black eyed peas (canned)
- 2½ tablespoons baking powder
- 2 pounds canned pears

Dairy/Refrigerated:

- 1 cup butter
- 3 cups milk
- 14 eggs
- 1½ pounds ham
- 2 pounds smoked sausage
- ½ cup grated cheddar cheese

Produce:

- 3 onions
- 1 green bell pepper
- 1 bulb garlic
- 1 bunch green onions
- 1 bunch parsley
- 4-5 pounds collard greens
- 3 roma tomatoes

Seasoning:

- 2½ teaspoons baking powder
- 1 teaspoon red pepper flakes
- 1 teaspoon salt
- 1 tablespoon vanilla extract
- 2 teaspoons black pepper
- 1½ teaspoons cayenne pepper
- 2 teaspoons cinnamon
- 1 bay leaf

Equipment:

- 12 each chef hats
- 12 aprons or little chef coats
- 4-5 bar towels
- 2 muffin pans (24 muffins)
- 2 sauce pans
- 1 ice cream scooper for muffins

- 2 vegetable peelers
- 2 pairs oven mitts
- 2 sets measuring spoons
- 2 measuring cups
- 3 large stockpots with lids
- 4 rubber spatulas
- 1 box grater
- 3 richauds and fuel or stove top
- 1 use of an oven
- 3 large non-stick sauté pans
- 5 large spoons
- 4 cutting boards

Equipment / Serving:

- 2 mixing bowls
- 1 8x13x2 baking dish plus another
(one a little larger to use as a
water bath)
- Copies of student handouts
- 5 serving platters
- 2 gallon size pitchers
- 12-20 dinner plates
- 12-20 forks, knives, and spoons
- 12-20 cups and napkins
- 2-3 table linens
- Copies of student handouts

TEAM 1

Food and Equipment Checklists

Ham and Sausage Jambalaya, Corn Muffins and Ice Tea

Ham and Sausage Jambalaya

Food

¼ cup olive oil
2 onions
1 bell pepper
4 garlic cloves
1½ pounds ham*
2 pounds smoked sausage
3 cups long grain rice
3 roma tomatoes
5 cups beef stock
2 teaspoons black pepper
1½ teaspoons cayenne pepper
1 bunch green onions
1 bunch parsley
Salt to taste

Corn Muffins

Food

2 cups cornmeal
2 cups flour
2½ tablespoons baking powder
½ cup sugar
4 eggs
2 cups milk
⅓ cup melted butter*
½ cup grated cheddar cheese

**Substitutions for butter can be canola oil. Substitutions for ham could be turkey or chicken.*

Equipment

3 mixing bowls
1 stockpot
2 cutting boards
2 10-inch chef's knives
1 solid spoon
1 richaud with fuel
2 measuring cups
1 set measuring spoons

Equipment

2 muffin pans (24 muffins)
1 rubber spatula
1 measuring cup
1 set measuring spoons
2 mixing bowls
1 ice cream scoop
1 sauce pan
1 package paper cupcake molds
1 grater
1 solid spoon
1 sifter

Cooking Timeline:

Preheat oven 425°F

Ham and Sausage Jambalaya

Cook corn muffins

Make ice tea



TEAM 2

Food and Equipment Checklists

Hoppin John, Bread Pudding and Collard Greens

Hoppin John

Food

1 pound canned black eyed peas
3 tablespoons olive oil
1 small onion
4 cloves garlic
1 teaspoon red pepper flakes
2 cups long grain rice
1 quart vegetable stock
1 bay leaf
½ teaspoon salt
Pepper to taste

Baked Pear Bread Pudding

Food

2 pounds canned pears
½ cup raisins
2 teaspoons ground cinnamon
12 slices of wheat bread
⅓ cup butter
2 quarts milk
1 cup granulated sugar
½ teaspoon salt
10 eggs
1 tablespoon vanilla extract
4 tablespoons currant jelly
⅓ cup confectioners' sugar

Collard Greens

Food

4-5 pounds collard greens
3 tablespoons butter
1 tablespoon olive oil

Equipment

1 measuring cup
1 set measuring spoons
1 stockpot
1 10-inch chef's knife
1 richaud with fuel
1 solid spoon

Equipment

1 10-inch chef's knife
1 cutting board
1 can opener
1 measuring cup
1 set measuring spoons
2 baking dishes
2 mixing bowls
1 rubber spatula
1 sauce pan
1 solid spoon

Equipment

1 stockpot with lid
1 knife
1 measuring spoon
1 solid spoon

Cooking Timeline:

Cook Hoppin John

Make bread pudding

Cook bread pudding

Wash 'n steam



Ham and Sausage Jambalaya

¼ cup olive oil
 2 large onions, small diced
 1 large bell pepper
 4 cloves garlic
 1½ pounds ham
 2 pounds smoked sausage
 3 cups long grain white rice
 3 ripe roma tomatoes, small diced
 5 cups beef stock
 2 teaspoons black pepper
 1½ teaspoons cayenne pepper
 1 bunch green onions, thinly sliced
 ¼ cup parsley, minced
 Salt to taste

- In a braising pan, add oil, onion, bell pepper, celery and garlic. Cook over high heat until vegetables are wilted and transparent, about 5 minutes.
- Add ham and sausage; stir occasionally, until sausage is lightly brown.
- Mix rice into meat mixture. Stir until rice is light brown, about 5 minutes.
- Add tomatoes. Stir and cook for 2 minutes.
- Stir in stock and seasoning; reduce heat to simmer and cover.
- Cook until rice is tender and no liquid remains, about 45 minutes.
- Taste for seasoning; adjust if necessary. Mix in green onions and parsley.
- Serve hot.

MEAT AND BEANS/PROTEIN:

Protein builds strong muscles and protects your immune system: red meats, poultry, fish, dairy, nuts, beans and tofu. As the body grows, it uses proteins as building blocks, supporting growth, repairing, and replacing body tissues.

The protein collagen is also the material of ligaments, tendons and the glue between the cells of the artery walls, enabling the arteries to withstand the pressure of the blood surging through them with each heartbeat. A 1 ounce serving = 1 ounce of meat, poultry, fish, 1 tablespoon peanut butter, ½ cup nuts, ¾ cups beans. 5-6 ounces a day is a recommendation for a young person (2,000 calories per day).

It is interesting to learn that milk and cheese is high in protein and eggs are a perfect protein. Yogurt, tofu, beans and nuts also are rich in protein.

Corn Muffins

2 cups cornmeal
 2 cups flour
 2½ tablespoons baking powder
 ½ cup sugar
 4 eggs
 2 cups milk
 ⅓ cup melted butter
 ½ cup grated cheddar cheese

- Preheat oven to 425°F degrees.
- Sift flour with sugar, baking powder and salt.
- Stir in cornmeal.
- Beat egg slightly. Then add milk and butter.
- Combine with dry ingredients. Stir only until moist.
- Mix in cheese.
- Pour into muffin tins lined with cupcake paper molds.
- Bake for 15-20 minutes. Makes 24 muffins.

Hoppin John

1 pound canned black eyed peas
 3 tablespoons olive oil
 1 small onion, diced
 4 cloves garlic, minced
 1 teaspoon red pepper flakes
 2 cups long grain rice
 1 quart vegetable stock
 1 bay leaf, torn into pieces
 ½ teaspoon salt
 Pepper to taste

- In a stockpot, sauté garlic, onion and red pepper flakes.
- Cook until onions are translucent.
- Add rice and stir until well coated.
- Pour in stock and bring to a simmer. Add bay leaf, salt and pepper.
- Cook covered for 20 minutes. Add peas and cook for 10 more minutes.
- Serve hot.

Collard Greens

4-5 pounds collard greens

3 tablespoons butter

1 tablespoon olive oil

Dash of lemon juice or vinegar (if desired)

- Wash greens several times. Discard any discolored leaves.
- Trim tough stems.
- The water clinging to greens after final washing is usually enough for cooking. If it evaporates too fast, add a little boiling water to pan.
- In a heavy bottom pan, after washing greens, sprinkle with salt. Cover to cook. Let them wilt over moderate heat.
- Turn every couple minutes. Cook 15-20 minutes.
- When greens are tender, drain them well. Then add butter and olive oil.
- A dash of vinegar or lemon juice will heighten the flavor.



Baked Pear Bread Pudding

1 can 2 pounds pear halves, drained, cut into 1" cubes

½ cup raisins

2 teaspoons ground cinnamon

12 slices of whole grain wheat bread, crusts removed

⅓ cup butter, softened

2 quarts 2% milk

1 cup granulated sugar

½ teaspoon salt

10 eggs

1 tablespoon vanilla extract

4 tablespoons currant jelly

⅓ cup confectioners' sugar

- Preheat oven to 350°F degrees. Lightly butter 8x13x2 baking dish.
- Place baking dish inside another baking pan with ½" hot water on outside baking pan.
- Take buttered dish out of water. Place pan with water in oven.
- Toss pears with raisins and cinnamon. Spread in bottom of baking dish.
- Spread bread slices with butter. Cut diagonally.
- Arrange overlapping (shingled) in baking pan.
- In saucepan, heat milk until bubbles form around edge of pan. Remove from heat.
- Add granulated sugar and salt. Stir to dissolve.
- In a large bowl, beat eggs and gradually stir in hot milk mixture.
- Stir in vanilla. Pour mixture over bread.
- BE VERY CAREFUL. Set bread pan into pan with water.
- Bake 40-50 minutes or until knife inserted comes out clean.
- Remove pudding pan from water pan and cool at least 10 minutes before serving.
- Decorate with jelly and confectioners' sugar.
- Serve warm or cold. Makes 16 servings.

Student Learning Checklist



How do you know when the collard greens are done?

Why do we use different kinds of rice for different kinds of cooking?

Which is bigger, a quart or a cup?

Why do we cool down leftovers before refrigerating?

How come it's so important to cool down beans and rice leftovers quickly?

Which is smaller, a cup or a pint?

Why is it better to eat whole grain breads?

Why must we be careful in handling and cooking pork?

What happens during the cooking process of jambalaya?

Lesson 5—Mexican Foods



Menu: Guacamole
Salsa
Cactus Chips
Chicken Mole
Spanish Rice
Mexican Wedding Cakes
Tropical Juice

Topic Development:

1. Chicken safety—use sanitation guidelines. (10 min.)
2. Discuss menu—cultural aspects of diet. (5 min.)
3. Split into your teams.
5. Send kids to the “store” to get two or three ingredients.
6. Begin cooking. (1 hour 15 min. total cooking time)
7. The kids clean up, set buffet table and dinner table.
8. Sit and eat as a group.
9. Review using discussion and learning checklists.
10. Discuss menu items.
11. Hand out recipes and other handouts provided.

Discussion of Cooking Principles:

- Knife skills
- Pilaf cooking method
- Braising—moist heat for tougher cuts of meat
- Reduction—method to concentrate flavor and thicken sauce
- Baking instead of frying for healthy choices
- How to determine the degree of doneness for chicken
- Marrying of flavors in the salsa and guacamole

Nutrition and Sanitation Guidelines:

- Always wash cutting board after cutting chicken or meats
- Keep chicken refrigerated until you’re ready to use
- Thaw chicken on bottom shelf in the fridge; never on the counter
- Make sure chicken is completely cooked
- Refrigerate leftovers right away
- After handling chicken, wash hands well before touching other foods
- Use of acid “citrus” helps kill germs
- Use of baking as a low-fat technique
- Benefit from fresh made foods instead of processed

MISE EN PLACE



Produce:

- 3 pounds roma tomatoes
- 1 bunch cilantro
- 2 medium white onions
- 3 limes
- 2 Serrano peppers
- 4 jalapenos
- 1 large green bellpepper
- 3 avocados
- 1 bunch scallions
- 2 cloves garlic
- 3 avocados

Other Ingredients:

- 1 28 oz. can tomatoes, diced, in juice
- 1 cup almonds with skins
- 1 cup pecans
- 1.5 ounces of unsweetened chocolate
- 3½ cups confectioner's sugar
- 4 cups all-purpose flour
- 8 cups chicken or vegetable stock
- 3 cups long grain rice
- 2 tablespoons olive oil
- 1½ tablespoons pumpkin seeds
- 1 can canola non-stick spray

Dairy/Refrigerated:

- 1½ pounds unsalted butter
- 12 chicken breasts
- 20 6-inch corn tortillas

Seasoning:

- 2¾ teaspoons anise seed
- 4 tablespoons ground cumin
- 1½ tablespoon paprika
- 2 teaspoons vanilla extract
- ¼ teaspoon cinnamon
- 1½ teaspoon ground pepper
- 2 teaspoons garlic powder
- 3 tablespoons chili powder
- 1 tablespoon ground coriander
- Hot chili sauce
- Salt

Equipment:

- 12 each chef hats
- 12 aprons or little chef coats
- 4-5 bar towels
- 1 blender
- 2 sets measuring spoons
- 2 measuring cups
- 4 rubber spatulas
- 1 box grater
- 3 richauds and fuel or stove top

1 use of an oven

- 3 large non-stick sauté pans
- 3 large spoons
- 3 cutting boards
- 3 10-inch chef's knives

Equipment/Serving:

- 2 mixing bowls
- 4 ½-sheet pans
- 3 large sauce pans
- 2 pairs of scissors, more if possible
- 1 pestle and mortar (*for guacamole and salsa*)
- 1 can opener
- 1 heavy skillet with lid
- 2 pairs oven mitts
- 5 serving platters
- 2 gallon size pitchers
- 1 food processor
- 2 small serving bowls
- 1 box parchment or wax paper
- 1 serving basket
- 12-20 dinner plates
- 12-20 forks, knives, and spoons
- 12-20 cups and napkins
- 2-3 table linens
- Copies of student handouts

TEAM 1

Food and Equipment Checklists

Salsa, Mexican Wedding Cakes and Spanish Rice

Salsa

Food

- 1½ pounds tomatoes
- ½ bunch cilantro
- ½ cup onions
- 1 lime
- 2 Serrano peppers or jalapenos
- 1 teaspoon salt

Wedding Cakes

Food

- 1 cup almonds with skins
- 1 cup pecans
- 2 cups unsalted butter
- 3½ cups confectioners' sugar
- 2 teaspoons vanilla
- 4 cups all-purpose flour
- 2 teaspoons anise seed

Spanish Rice

Food

- 1 ounce butter
- ½ cup onion, small diced
- 2 cloves garlic, minced
- 3 cups long grain rice
- 5 cups vegetable stock
- 6 ripe roma tomatoes, small diced
- 1½ tablespoons paprika
- 1 large green bell pepper

Equipment

- 1 bread knife
- 1 set of measuring spoons
- 1 cutting board
- 1 measuring cup

Equipment

- 1 measuring cup
- 1 set of measuring spoons
- 1 rubber spatula
- 1 ½-sheet pan
- 1 serving platter
- Parchment/wax paper
- Oven
- Food processor

Equipment

- 1 cutting board
- 1 bread knife
- 1 10-inch chef's knife
- 1 large sauce pan
- 1 spoon

Cooking Timeline:

Spanish Rice—20 min.

Preheat oven 325°F

Salsa—20 minutes

Mexican Wedding Cakes—35 min.

Reset oven to 425 F (for Team 2)



TEAM 2

Food and Equipment Checklists

Chicken Mole, Cactus Chips, Guacamole and Mexican Cocoa

Chicken Breast with Mole Sauce

Food

- 1½ tablespoons cumin
- 1 tablespoon coriander
- 1½ teaspoons freshly ground pepper
- ¾ teaspoon salt
- 12 chicken breasts
- 2 tablespoons olive oil
- 1 big onion
- 3 jalapenos
- 1½ tablespoons unsalted pumpkin seeds
- ¾ teaspoon anise
- ¼ teaspoon cinnamon
- 3 cups chicken stock
- 1 cup canned crushed tomatoes
- 1½ squares (1.5 oz.) unsweetened chocolate

Guacamole

Food

- 3 avocados
- ½ cup roma tomatoes
- ¼ cup scallions
- 1 lime
- ¾ teaspoon salt
- 1 large jalapeno
- Hot chili sauce

Cactus Chips

Food

- 1 bottle nonstick cooking spray
- 20 6-inch corn tortillas
- 3 tablespoons chili powder
- 1 teaspoon salt
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder

Cooking Timeline:

Chicken Mole—40 min.

Guacamole—15 min.

Cactus Chips—15 min.

Make Mexican Cocoa—5 min.

Equipment

- 1 heavy skillet with lid
- 2 cutting boards
- 2 10-inch chef's knives
- 1 box grater
- 1 blender
- 1 set measuring spoons
- 1 measuring cup
- 1 rubber spatula
- 1 sauce pan
- 1 can opener

Equipment

- 1 solid spoon
- 1 10-inch chef's knife
- 1 cutting board
- 1 fork
- 1 roll plastic wrap
- 1 set measuring spoons

Equipment

- 2 pairs of scissors
- 2 ½-sheet pans
- 1 set oven mitts
- 1 set measuring spoons
- 1 mixing bowl



Chicken Breast with Mole Sauce

1½ tablespoons ground cumin
1 tablespoon ground coriander
1½ teaspoons freshly ground pepper
¾ teaspoon salt
12 chicken breasts
3 tablespoons oil
1½ cups onion, chopped
3 jalapenos, minced with some seeds
1½ tablespoons unsalted pumpkin seeds, optional
¾ teaspoon anise seed
¼ teaspoon ground cinnamon
3 cups chicken broth
1 cup canned crushed tomatoes
1½ squares (1.5 oz.) unsweetened chocolate

- In a small sauté pan, cook cumin and coriander 2-4 minutes over medium heat, stirring often, until fragrant and dark in color.
- Immediately tip out onto a plate to stop the cooking.
- Put 1 teaspoonful into a cup. Stir in pepper and salt; sprinkle mixture over chicken. Cover and refrigerate.
- Heat oil in a heavy skillet over medium heat. Add onion, jalapenos, and garlic. Cook 2-3 minutes while stirring.
- Add pumpkin seeds, cinnamon and the remaining spices. Cook until fragrant.
- Place chicken into skillet. Cover with broth and bring to a boil. Reduce heat and simmer uncovered, stirring occasionally.
- Cook 15-20 minutes until chicken is done and flavors are blended.
- Remove from heat; take chicken out and keep warm. Stir in chocolate until melted.
- Cool sauce, pour into a blender, and blend until smooth.
- Strain back into sauce pan, reheat sauce and spoon over chicken.
- Sprinkle with pumpkin seeds, if desired.

Guacamole

3 ripe avocados, diced
½ cup ripe tomatoes, small diced
¼ cup scallions, thinly sliced
1 lime
1 large jalapeno, minced, with some seeds
¾ teaspoon salt
Dash hot chili sauce

- Halve avocados, remove seeds and scoop pulp into a medium bowl.
- Coarsely mash with fork.
- Stir in remaining ingredients and serve immediately, or cover surface with plastic wrap and refrigerate up to 30 minutes.

South of the Border Salsa

1½ pounds ripe roma tomatoes, finely diced
½ bunch cilantro, chopped
½ cup white onion, finely chopped
1 lime
2 Serrano peppers, seeded, minced
1 teaspoon salt

- Mix cilantro, lime juice, onion, and salt in a medium mixing bowl.
- Using a solid spoon, mash to make a paste.
- Add tomatoes and peppers; toss lightly.
- Cover and refrigerate at least 1 hour to blend flavors.



Mexican Wedding Cakes

1 cup almonds with skins
1 cup pecans
2 cups unsalted butter
3½ cups confectioners' sugar
2 teaspoons vanilla extract
4 cups all-purpose flour
2 teaspoons anise seed

- Preheat oven to 325°F degrees.
- Process nuts in food processor for 1 minute or until very finely ground. (Don't over-process or you'll make paste.)
- Add butter and process until smooth and creamy.
- Scraping bowl as necessary, add ¼ cup of the sugar and vanilla and process until blended.
- Add flour and anise seed; process until well blended.
- Roll dough into 1-inch balls and place 1-inch apart on ungreased cookie sheets.
- Bake 15-18 minutes or until bottoms are light brown. Let cool on cookie sheets for 15 minutes.
- Put remaining sugar on a plate and gently roll warm cookies in sugar.
- Cool, and then roll in sugar again.

NUTRITION FACTS:

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants. Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources do not contain any cholesterol, such as olive oil, peanut oil, corn oil, canola oil, soybean oil, sunflower oil, and macadamia nut oil.

Solid fats are fats that are solid at room temperature like butter or shortening. These saturated fats can raise your blood cholesterol level. Foods high in saturated fat include butter, red meat, cream, whole milk, and most cheeses. Check the nutrition label to find margarines with 0 grams of trans fats. Trans fats are unhealthy fats. Since 2006, amounts of trans fats must be listed on products.

Spanish Rice

1 ounce butter
½ cup onion, small diced
2 cloves garlic, minced
3 cups long-grain white rice
5 cups vegetable stock
6 ripe roma tomatoes, small diced
1½ tablespoons paprika
1 large green pepper, small diced

- On high heat, melt butter in sauce pan until it's almost completely melted. Then add garlic, onion, pepper and paprika—do not burn.
- Add rice—coat rice by stirring 1-2 minutes.
- Pour in stock, bring to a boil, cover and place into 350°F oven.
- Bake 18-20 minutes; check using a fork.
- Turn out onto serving dish and fluff using fork. Serve hot.

Cactus Chips

20 6-inch blue corn tortillas
3 tablespoons chili powder
1 teaspoon salt
2 teaspoons ground cumin
1 teaspoon garlic powder
1 bottle non-stick spray

- Preheat oven to 425°F; spray cookie sheets.
- Using scissors, cut 1 tortilla in half. Stack halves, put pattern on top of tortilla and cut cacti.
- Mix spices together in medium size mixing bowl.
- Coat both sides of cacti with cooking spray and sprinkle some of spice mix onto cacti. Repeat with remaining tortillas.
- Bake on sprayed sheets 5-10 minutes without turning, until crisp.
- Immediately remove to wire racks to cool.

Student Learning Checklist



Why mash the cilantro, onion and lime?

Why do we keep the chicken on the bottom shelf of the refrigerator?

Why do you roll the cookies in sugar when they're hot?

Describe how you know when a chicken is done.

Tell why we cook everything in the same pot for the pilaf.

Why do we keep the cover on when cooking the chicken?

Is it important to clean a cutting board that's had chicken on it, and why?

How come Mexicans use so much salt?

Lesson 6—Native American Foods



Menu: Hopi BBQ'd Chicken Wings
Black Bean and Cilantro Tamales
Indian Fry Bread
Steamed Greens
Hot Chocolate

Topic Development:

1. Talk about safe frying. (5 min.)
Split into your teams.
3. Send kids to the “store” to get some ingredients.
4. Begin cooking. (1 hour and 10 minutes total cooking time)
5. Clean up, make hot chocolate and set table.
6. Sit and eat as a group.
7. Read “Pushing Up the Sky” Snohomish Indian legend.
8. Hand out recipes and other handouts as provided.

Discussion of Cooking Principles:

- Frying as a cooking technique—DRY heat!
- Frying guidelines—type of oil, temperature, etc.
- Frying safety
- Steaming as a cooking method
- Safety while steaming—review/lift lid away, etc.
- Reduction of BBQ sauce—result of pan braising
- Pan “steaming” (it’s a dry sauté really) until the liquid hits the pan
- Whisking to create foam (incorporate air—trapped in the protein “fabric”)
- How to wash, cut and dry greens
- Proper storage of greens

Nutrition and Sanitation Guidelines:

- Advantage of “steaming” greens over boiling them with bacon—vitamins
- Health aspects of frying –type of oil, temperature, etc.
- Steaming as a healthy cooking method
- Option to remove the skin from chicken—to reduce fat

MISE EN PLACE



Produce:

- 3 yellow onions
- 8 cloves garlic
- 2 pounds roma tomatoes
- 2 bunches cilantro
- 1 head mustard greens
- 1 head collard greens
- 1 head spinach
- 2 heads Swiss chard
- 1 red bell pepper

Other Ingredients:

- 1 can canola non stick spray
- 1 cup apple cider vinegar
- 3 squares unsweetened chocolate
- 5 cups flour
- 2 tablespoons baking powder
- 2 “circles” Mexican chocolate
- 25 dried corn husks
- 3 (15.5 oz.) cans black beans
- ½ cup salsa
- 2 cups Masa Harina (*corn flour*)
- 1½ cups vegetable stock
- ½ cup honey
- ¼ cup oil
- Maple syrup, jam or molasses

Dairy/ Refrigerated:

- 6 pounds chicken drumettes
- 5 tablespoons butter
- ¼ cup margarine
- 2 gallons 2% milk

Seasoning:

- 12 juniper berries
- 1 teaspoon crushed red pepper
- ½ teaspoon coriander
- 2 tablespoons chili powder
- 1 bay leaf
- Salt

Equipment:

- 12 each chef hats
- 12 aprons or little chef coats
- 4-5 bar towels
- 2 wooden spoons
- 2 sets measuring spoons
- 2 measuring cups
- 1 sifter
- 2 large stockpots with lids
- 2 colanders
- 2 pairs oven mitts
- 1 box grater
- 3 richauds and fuel or stove top

- 1 use of an oven
- 3 large non-stick sauté pans
- 3 large spoons
- 3 cutting boards
- 3 10-inch chefs' knives
- 1 large ladle
- 1 small whisk
- 1 can opener

Equipment/Serving:

- 5 mixing bowls
- 3 ½-sheet pans
- 1 small sauce pan
- 5 sets tongs
- 4 rubber spatulas
- 1 Chinese steamer basket set
- 3 nice serving platters
- 2 gallon size pitchers
- 12-20 dinner plates
- 12-20 forks, knives, and spoons
- 12-20 cups and napkins
- 2-3 table linens
- 1 nice bowl to serve in
- 12 to-go containers
- Copies of student handouts

TEAM 1

Food and Equipment Checklists

Hopi BBQ'd Chicken Drummettes and Indian Fry Bread

Hopi BBQ'd Chicken Drummettes

Food

6 pounds chicken drummettes
¼ cup oil
3 yellow onions, peeled
4 cloves garlic, peeled
12 Juniper berries, crushed
½ teaspoon coriander
1 bay leaf
2 pounds Roma tomatoes
1 cup cider vinegar
1 teaspoon crushed red pepper
1 teaspoon salt
2 tablespoons chili powder
3 squares unsweetened chocolate

Equipment

1 cutting board
1 10-inch chef's knife
1 richaud with fuel
1 heavy pot with lid
1 set measuring spoons
1 measuring cup
1 grater

Indian Fry Bread for Kids

Food

5 cups sifted flour
2 tablespoons baking powder
1 teaspoon salt
1 tablespoon melted butter
2 cups milk
Maple sugar, syrup, jam or molasses
Oil for frying

Equipment

2 mixing bowls
1 sifter
1 set measuring spoons
1 measuring cup
1 richaud with fuel
1 heavy sauté pan
2 sets tongs
2 wooden spoons
1 small sauce pan
Paper towels

Cooking Timeline:

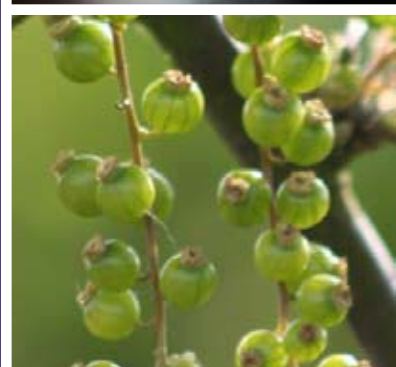
Hopi BBQ'd Chicken Drummettes

Indian Fry Bread

Cook BBQ'd Drummettes—(20 min.)

Make Fry Bread dough—(25 min.)

Roll, stretch and fry bread—(25 min.)



TEAM 2

Food and Equipment Checklists

Black Bean and Cilantro Tamales, Steamed Greens and Hot Chocolate

Black Bean and Cilantro Tamales

Food

- 25 dried corn husks
- 3 cans (15½ oz. each) black beans
- ½ cup chopped cilantro (2 bunches)
- 4 cloves garlic
- 1 teaspoon salt
- ½ cup salsa
- 2 cups Masa Harina
- ¼ cup margarine
- ½ teaspoon salt
- 1½ cups vegetable broth

Steamed Greens

Food

- 1 head mustard greens
- 1 head collard greens
- 2 heads Swiss chard
- 1 head spinach
- 1 red bell pepper

Hot Chocolate

Food

- 1½ gallons 2% milk
- 2 circles Mexican chocolate
- ½ cup honey

Cooking Timeline:

Make Masa/tamales—(40 min.)

Steam tamales—(20 min.)

Cut, wash and cook greens—(10 min.)

Equipment

- 3 mixing bowls
- 1 can opener
- 1 colander
- 1 set measuring spoons
- 1 measuring cup
- 1 richaud with fuel
- 1 sauté pan
- 1 Chinese steamer basket
- 1 cutting board
- 1 10-inch chefs knife

Equipment

- 1 cutting board
- 1 10-inch chefs knife
- 1 colander
- 1 richaud with fuel
- 1 sauté pan

Equipment

- 1 richaud with fuel
- 1 heavy pot
- 1 grater
- 1 small whisk
- 1 ladle





Hopi BBQ'd Chicken Drumettes (Traditional Hopi recipe)

- ¼ cup oil
- 6 pounds chicken drumettes
- 3 small yellow onions, peeled and chopped
- 4 cloves garlic, peeled and crushed
- 12 Juniper berries, crushed
- ½ teaspoon coriander
- 1 bay leaf
- 2 pounds Roma tomatoes
- 1 cup cider vinegar
- 1 teaspoon crushed red pepper
- 1 teaspoon salt
- 2 tablespoons chili powder
- 3 squares unsweetened chocolate

- Heat the oil in a large heavy pot.
- Add chicken drumettes and chopped onion.
- When the onion starts to brown, add garlic, Juniper berries, coriander, and bay leaf. Cook another 5 minutes.
- Add chopped tomatoes, vinegar, chili pepper, salt and chili powder.
- Simmer uncovered for about 35 minutes.
- Add grated chocolate and continue cooking until the sauce thickens.

Steamed Greens

- 1 head mustard greens, cut into large chunks
 - 1 head collard greens, cut into large chunks
 - 2 heads Swiss chard, cut into large chunks
 - 1 head spinach, cut into large chunks
 - 1 red bell pepper, cut in half, seed, and cut into large dice
- Place all vegetables into a sauté pan with ½ cup water, cover and steam for 5 minutes on medium-high heat.
 - Remove to a colander to drain. Place on serving plate and serve.

Hot Chocolate

- 1½ gallons 2% milk
- 2 circles Mexican chocolate, grated
- ½ cup honey

- Place milk, grated chocolate and honey into a heavy pot on medium heat.
- Stir with a whisk until heated.
- Remove from heat and ladle into cups.

Indian Nation Fry Bread for Kids

(Traditional native recipe)

The original “doughnut” taught to the settlers by the first Indians they met.

5 cups sifted flour
2 tablespoons baking powder
1 teaspoon salt
1 tablespoon melted butter
2 cups milk

- Sift the flour with the baking powder into a clean bowl.
- Keep about 1 cup of the flour aside for later.
- Mix milk and melted butter and add to the bowl with flour.
- Mix until you get a soft dough and dump it out onto a clean counter.
- Add the cup of flour you saved aside, and “knead” the dough with the palms of your hands until it is soft and smooth.
- Cut the dough into 24 pieces.
- Smash, push and stretch the dough into flat circles.
- Now poke a hole in the middle of each dough circle.
- Put about ¼ cup of oil in a heavy sauté pan over medium high heat.
- “Ease” a dough circle into the oil. (If you “drop” it in, it will splash hot oil.)
- Fry until golden brown, then flip with tongs. (It just takes a few minutes.)
- Put the browned bread onto paper towels to drain.
- Serve with maple sugar, jam, honey or molasses.

Black Bean and Cilantro Tamales

(by David Wasson, CWC)

Most people think of tamales as Mexican food, but the Spanish invaders never had any corn until they got to America, because the Indians made corn by crossing several grasses together.

25 dried cornhusks
3 (15 ½ oz.) cans black beans
½ cup chopped cilantro
4 cloves garlic, peeled and crushed
1 teaspoon salt
½ cup salsa
2 cups Masa Harina (*corn flour*)
¼ cup margarine
½ teaspoon salt
1½ cups vegetable broth

- Put the cornhusks in a bowl and cover with boiling hot water.
- Drain black beans well.
- Add chopped cilantro, crushed garlic, salt and salsa to the beans and stir.
- Now mix Masa Harina, melted margarine, salt and broth with a spoon.

To roll the tamales:

- Spread a cornhusk as flat as you can, and put about 2 tablespoons of the Masa mixture in the middle. Put another cornhusk on top, and press with your hands to flatten and spread the Masa.
- Take off the top husk, and put 1 tablespoon of the beans in the middle.
- Roll the cornhusk into a tube.
- You can tear strips of corn husk and use them to tie the ends of the tamale.
- Or, you can “fold” the ends to seal them.
- Place tamales in a Chinese steamer basket over a pan of boiling water.
- Allow to steam for about 20 to 30 minutes, or until the Masa is firm.



“Pushing Up the Sky”



(Chief William Shelton, storyteller, says he was told this story as a child by his Snohomish family elders. This was to teach him what could be accomplished if people worked together.)

The creator and changer first made the world in the East. Then he slowly came westward, creating as he came. With him, he brought many languages, and he gave a different one to each group of people he made.

When he reached Puget Sound, he liked it so well that he decided to go no further. But he had many languages left, so he scattered them all around Puget Sound and to the North. That's why there are so many different Native American languages spoken there.

These people could not talk together, but it happened that none of them were pleased with the way the Creator had made the world. The sky was so low that the tall people bumped their heads against it. Sometimes people would do what was forbidden by climbing up high in the trees and, learning their own words, enter the Sky World.

Finally, the wise men of all the different tribes had a meeting to see what they could do about lifting the sky. They agreed that the people should get together and try to push it up higher.

“We can do it,” a wise man of the council said, “if we all push at the same time. We will need all the people and all the animals and all the birds when we push.”

“How will we know when to push?” asked another of the wise men. “Some of us live in this part of the world, some

in another. We don't all talk the same language. How can we get everyone to push at the same time?”

This puzzled the men of the council, but at last, one of them suggested that they use a signal. “When the time comes for us to push, when we have everything ready, let someone shout ‘Ya-hoh’. That means ‘lift together’ in all our languages.”

So the wise men of the council sent that message to all the people and animals and birds and told them on what day they were to lift the sky. Everyone made poles from the giant fir trees to use in pushing against the sky.

The day for the lifting came. All the people raised their poles and touched the sky with them. Then the wise men shouted, “Ya-hoh!” Everybody pushed, and the sky moved up a little.

“Ya-hoh,” the wise men shouted a second time, and everybody pushed with all his strength. The sky moved a few inches more. “Ya-hoh,” everyone shouted, and pushed as hard as they could push.

They kept on shouting, “Ya-hoh” and pushing until the sky was in the place where it is now. Since then, no one has bumped his head against it, and no one has been able to climb into the sky world.

We still shout “Ya-hoh” when doing hard work together or lifting something heavy like a canoe. When we say “Hoh”, all of us use all the strength we have. Our voices have a higher pitch on that part of the word, and we make the “o” very long – “Ya-hooooooh!”

Student Learning Checklist



Why is it that no Native American ever went hungry?

Name 6 foods that we were given by the Natives.

What do you do if a frying pan catches fire?

Explain how to “steam” something.

What does the “whisk” do to the food?

How do you know if your oil is too hot?

What happens to the vitamins in greens when you boil them?

Describe what happens to foods if you “reduce” them.

Is it possible to work with someone who can't speak your language? Be friends? Have fun cooking traditional foods for each other?

Do you think it would be good living in a teepee, riding horses, and hunting for food like the Native Americans?

Lesson 6—Native American Foods



Menu: French Onion Soup
Split Pea Soup
Chili Con Carne
Biscuits
Carrot Juice

Topic Development:

1. Talk about soups as nutritious/inexpensive. (5 min.)
2. Mention some different types of soups—cream, pottage, etc. (5 min.)
3. Form your teams.
5. Send kids to the “store” to get 2 or 3 ingredients.
6. Begin cooking. (1 hour 20 minutes total cooking time)
7. Clean up, make carrot juice and set table.
8. Sit and eat as a group.
9. Give “Grocery Store” worksheet/permission slips and explain.
10. Hand out recipes and other student handouts provided.

Nutrition and Sanitation Guidelines:

- Vegetarian aspect of split pea soup—improved nutrition
- Cooling of hot liquids like soup—2” deep
- Soup as good nutrition—one pot retention of nutrients
- Safe cooking of ground meats—temperatures
- Safe disposal of hot fat
- Addition of fruit to biscuits to reduce amount of fat
- Biscuits as something to be aware of the fat content

Discussion of Cooking Principles:

- Define and show them sauté
- Dicing vegetables
- The concept of pottage, or self-thickened soups
- Flavor building in soup
- Use of sugar to make soup taste more flavorful
- Importance and preparation of broth
- Carmelization of onions, sweetness, sugar browning under heat!
- Toasting in the oven
- “Cutting” fat into flour
- Principles of flakiness in quick breads
- Baking soda and baking powder as leavening agents
- Leavening, acid and soda reaction
- Cutting bread safely
- Reduction of liquids
- Melting in the oven
- Draining away fat from cooked meats
- Disposing of fats from cooked meats
- Sautéing spices to release their flavor
- Garniture (cheese and onions on chili)

MISE EN PLACE



Produce:

16 medium onions
1 head celery
2 turnips
½ cup fresh mint
1 green bell pepper
4 cloves garlic
2 apples
5 pounds young carrots

Other Ingredients:

3 quarts vegetable broth
1 teaspoon Worcestershire sauce
1 French baguette
8 cups split peas (*or lentils*)
5 cups flour
2 (15 oz.) cans kidney beans
2 (15 oz.) cans pinto beans
3 (15 oz.) cans tomatoes
1 teaspoon baking soda
1 tablespoon baking powder
1 jar honey
2¼ teaspoons sugar
1 quart water

Dairy/ Refrigerated:

1 pound butter
1 pound Swiss cheese
1 pound cheddar cheese
2 cups buttermilk
4½ pounds ground beef

Seasoning:

Salt and pepper
3 tablespoon chili powder

Equipment:

12 each chef hats,
12 each aprons or chef coats
4-5 bar towels
1 large whisk
2 sets measuring spoons
2 measuring cups
3 large stockpots with lids
4 rubber spatulas
2 box graters
3 richauds and fuel or stovetop
1 use of an oven
3 large non-stick sauté pans
3 large spoons

3 cutting boards
3 10-inch chef's knives
1 vegetable juicer
1 pastry brush
2 biscuit cutters

Equipment / Serving:

2 mixing bowls
3 ½-sheet pans
1 can opener
1 mesh strainer
1 sifter
3 ladles
2 pairs oven mitts
1 pastry blender (*for butter*)
1 rolling pin
2 gallon size pitchers
12-20 dinner plates
12-20 forks, knives, and spoons
12-20 cups and napkins
2-3 table linens
5 serving platters
Copies of student handouts

TEAM 1

Food and Equipment Checklists

French Onion Soup and Split Pea Soup

French Onion Soup

Food

- 12 medium onions
- 3 tablespoons butter
- 2 quarts vegetable broth
- 1 teaspoon Worcestershire sauce
- 1 French baguette
- 1 pound grated Swiss cheese
- Salt and pepper to taste

Split Pea Soup

Food

- 1 quart vegetable broth
- 1 quart water
- 8 cups split peas
- ½ cup diced celery
- 2 medium onions
- 2 turnips
- ½ cup mint, diced
- 2 tablespoons flour
- 2 tablespoons butter
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon sugar

Equipment

- 1 cutting board
- 1 10-inch chefs knife
- 1 richaud with fuel
- 1 heavy stock pot with lid
- 1 ½-sheet pan
- 1 grater
- 1 ladle
- 1 measuring cup

Equipment

- 1 measuring cup
- 1 cutting board
- 1 10-inch chef's knife
- 1 set measuring spoons
- 1 richaud with fuel
- 1 heavy stock pot
- 1 large whisk
- 1 ladle

Cooking Guidelines:

Put split pea on to cook—(10 min.)

Make French Onion—(45 min.)

Make croutons—(25 min.)



TEAM 2

Food and Equipment Checklists

Chili Con Carne, Buttermilk Biscuits and Carrot Juice

Chili Con Carne

Food

- 4½ pounds ground beef
- 3 cups diced onion
- 1 cup diced green pepper
- 2 (15oz.) cans kidney beans
- 2 (15oz.) cans garbonzo beans
- 2 (15oz.) cans pinto beans
- 3 (15 oz.) cans tomatoes
- 2 cups diced celery
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 teaspoons sugar
- 3 tablespoons chili powder
- 4 cloves garlic

Buttermilk Biscuits

Food

- 4 cups sifted flour
- 1 teaspoon baking soda
- 3 teaspoons baking powder
- 8 tablespoons butter
- 2 cups buttermilk
- 1 cup grated apples
- 1 cup grated cheddar cheese

Carrot Juice

Food

- 5 pounds young carrots

Equipment

- 1 cutting board
- 1 10-inch chef's knife
- 1 richaud with fuel
- 1 heavy pot
- 1 can opener
- 1 measuring cup
- 1 set measuring spoons
- 1 mesh strainer
- 1 large spoon

Equipment

- 1 sifter
- 1 large mixing bowl
- 1 set measuring spoons
- 2 measuring cups
- 1 grater
- 2 ½-sheet pans
- 2 biscuit cutters
- 1 rolling pin
- 1 pastry cutter (for butter)

Equipment

- 1 vegetable juicer
- 1 pitcher



Cooking Timeline:

Make chili—(25 min.)

Make biscuits—(20 min.)

Bake biscuits—(25 min.)

Make carrot juice—(10 min.)



Split Pea Soup (vegetarian)

1 quart vegetable broth
1 quart water
8 cups split peas
½ cup diced celery
2 medium onions
2 turnips, diced
½ cup mint, diced
2 tablespoons flour
2 tablespoons butter
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon sugar

- Sauté celery, onions and turnips in the stock pot.
- Add broth, water, split peas and mint.
- Cook (simmer) until the peas “fall apart” and thicken the soup.
- Blend the flour and butter together, with salt, pepper and sugar.
- Whisk into soup, and continue to simmer for 10 minutes.

French Onion Soup

NOTE:

In restaurants, they float the toast, then add the cheese, and broil the bowl of soup to make lots of melted cheese in the soup. The way we’re doing it today works well if you don’t have ovenproof bowls.

12 medium onions, peeled and sliced
3 tablespoons butter
2 quarts vegetable broth
1 teaspoon Worcestershire sauce
1 French baguette
1 pound Swiss cheese
Salt and pepper

- Cut the onions in half. Then peel them and carefully slice them thin.
- Put the butter in a large heavy pot on medium high heat.
- Then add onions.
- Sauté onions until they are browning evenly. Do not over stir.
- Add broth and Worcestershire sauce and bring to a simmer.
- Simmer until the onions are tender, and the broth is intensified.
- Salt and pepper to taste.
- Cut the baguette into slices, brush with butter, toast them on a ½ sheet pan in the oven.
- Take the toast out of the oven, and pile up grated Swiss cheese on each toast. (Careful not to waste the cheese by getting it on the pan.)
- Return the toast to the oven until they are melting.
- Let the toast cool for a minute, then float one in each bowl of soup.

Chili Con Carne

4½ pounds ground beef
3 cups diced onion
1 cup diced green pepper
2 (15oz.) cans kidney beans
2 (15oz.) cans garbonzo beans
2 (15oz.) cans pinto beans
3 (15oz.) cans tomatoes, with juice
2 cups diced celery
2 teaspoons salt
2 teaspoons black pepper
2 teaspoons sugar
3 tablespoons chili powder
4 cloves garlic, smashed

- Put the meat in a heavy pot over medium heat.
- When the meat is browned, drain away the grease. (Use a can because this is fat that will clog your sink, and it is hot!) You can throw the can in the garbage after the fat cools off.
- Add chili powder, onions, celery and green pepper to meat, and sauté.
- Add all the beans, tomatoes, salt, pepper, garlic and sugar.
- Bring to a simmer and let cook until the sauce has thickened a little.

NOTE:

This is really good with some grated cheddar cheese or diced onions. See if you have any extra cheddar from making biscuits. You can use any kind of beans you like, but I think having several kinds makes it prettier!



Apple and Cheddar Buttermilk Biscuits

When you make some quick breads, you have to cut the fat (we're using butter) into the flour with 2 knives, or a pastry blender, until it's a little like peas before you add the liquid. This makes the bread much flakier and better. Be sure to use cold butter and be patient because your biscuits depend on it.

4 cups sifted flour
1 teaspoon baking soda
3 teaspoons baking powder
8 tablespoons butter
2 cups buttermilk
1 cup grated apples
1 cup grated cheddar cheese

- Mix flour, baking soda and baking powder together in a mixing bowl.
- “Cut” in the butter with 2 knives, or a pastry blender, until the butter is the size of small peas.
- Mix the buttermilk, grated apples and cheese and pour it onto the flour.
- Mix with a wooden spoon until all the flour is just “wet.”
- Put a little flour onto a clean counter and dump the dough out.
- Push with the palms of your hands (using as little flour as possible) and “kneading” only until the dough is not sticky. If you knead it too much, the biscuits will be tough.
- Roll the dough with a rolling pin to about ½ inch thick.
- Use a floured biscuit cutter, or a cookie cutter, or even a glass to cut biscuits. They don't have to be round, you could even use a knife to cut shapes. Keep them about the same size.
- Gather up the scraps and gently press them back into a ½ inch piece.
- Continue cutting until you use all the dough (about 24 biscuits).
- Pat off any extra flour, and put close together on a greased ½ sheet pan.
- Bake at 400 F until brown and risen.
- Biscuits are best when you eat them hot from the oven.

Student Learning Checklist



Describe what you do when you sauté.

Why does food turn brown when you cook it?

Explain the safe way to drain hot fat from cooked meat.

Is soup an expensive way to have a nutritious meal?

What does “cutting” the fat into the flour mean?

Can you explain why the biscuits rise and are flaky?

What’s the safe way of cooling down hot liquids, like soup?

Why did we add a little bit of sugar to our soup?

What does ground meat look like when it has been cooked safely?

Are biscuits really “healthy” food?

Why does it make you feel so good when someone gives you soup when you are sick?

Why is it good nutrition to add fruit to your biscuits?

Lesson 8 – Restaurant Field Trip



Menu: Italian, Moroccan, Japanese, Thai, Bistro— hey, anyplace will do!

Topic Development:

1. Get the kids to sit down and be quiet. (5 min.)
2. Handout materials provided and point out review worksheet.
3. Tell them what behavior you expect from them/ consequences.
4. Load them on the school bus.
5. Travel to restaurant (15 min.). (You can use this time for #3.)
6. Order and eat. (total time in restaurant 1 hour 10 minutes)
7. Travel back to school. (15 min.)
8. Make sure each kid is “checked” back to the correct adult.
9. Have fun!

Paperwork:

- Special field trip handouts/worksheets
- School bus reserved/talk to principal of your school
- Consent forms signed and in your hand/copies for principal
- Reservations at a restaurant (Try to take them to a restaurant that has food they've never tried before. I like to have the kids at least give input as to where they go. Also, I suggest a “sit down” place where they can practice their manners! Solicit a chef from your chapter to donate the meals, or at least give you a cost price.)
- Have a timetable so the school knows where you'll be and at what time

NOTE:

These are the public's kids, so your school will have its own requirements of you. It won't be hard, but you want to let the principal and teachers know well in advance and get a school bus reserved. The bus costs us \$150, which the schools have sometimes paid, and we have also solicited “bus sponsorship” from our membership.

Do:

- Wait to be seated, unless a sign says to seat yourself.
- Smile, be polite, and say please and thank you.
- Feel free to ask questions about the food! And if you can, meet the chef!
- Listen politely to the server. They're telling you about special food.
- Have quiet conversation while you wait for your food. Part of the fun of eating with someone is the chance to talk quietly about...whatever!
- Use the outside fork first, or outside spoon, depending on the course.
- If something is not right with your food, ask the server nicely to fix it.
- If the service was good, leave a “tip”. (15% is customary! For example, \$1.00 = \$.15 \$5.00 = \$.75 \$10.00=\$1.50 \$20.00=\$3.00)

Don't:

- Please don't stare at other people, that's really rude.
- You can wait until you get outside to be noisy and wiggly.
- You have to sit still and be quiet. No poking, throwing things or yelling!
- If you spill something, don't worry. Ask the server to help you clean it up.
- Keep your napkin on your lap. Don't put it on the table, people are eating!

Restaurant Field Trip Handout



List any new foods that you tried

Were there also foods that you recognized? Name some

Name 3 different cooking methods they used to fix your meal

- 1.
- 2.
- 3.

Describe what you had for dinner

What did you like best?

Was there anything really unappetizing?

How much did your meal cost?

Did the people working there look like they were having fun?

What would you tell a friend about this restaurant?

What kind of food was it (what country does it come from)?

Was your meal nutritious and healthy?

Can you identify what was nutritious and healthy?

Did the restaurant and the people working there appear to be clean?

Lesson 9—Grocery Store Field Trip

Menu: In Lesson 7, you should have given them a “Menu/Cost Worksheet” so that each kid creates a menu, makes a shopping list, and estimates the cost of their purchases.

Topic Development:

- Get the kids to sit down and be quiet. Tell them what behavior you expect from them. Talk about pride in yourself and your team. (5 min.)
- Handout materials provided, review shopping exercise.
- Load them on the school bus.
- Travel to grocery store.
- Shop for the groceries they need for their meal. Encourage them to help each other.
- Travel back to school.
- Make sure each kid is “checked” back to the correct adult.
- Have fun! Do your homework!

MISE EN PLACE

Paperwork:

- Special field trip handouts/worksheets
- School bus reserved/talk to principal of your school
- Consent forms signed and in your hand/copies for principal
- Solicit a grocery store to donate \$15 worth of groceries to each kid. Try to have an adult to kid ratio of 1 adult to every 2 kids. This is important for the most effective learning experience to occur. Again, we solicit “bus sponsorships” to pay for the bus or get the school to provide one.
- Have a timetable so the school knows where you are likely to be, and at what time.



Label Comparison



Choose one ingredient from your shopping list to compare. Now find 3 different brands of the same ingredient that are all the same size. These questions ask you to look at things that you should look at every time you buy something, especially your food!

Name: _____

Food Compared (tomato sauce, etc.): _____ Size (15 ounce can, pound, etc.): _____

List 3 DIFFERENT prices for your food:

1. _____ 2. _____ 3. _____

Read the label where it says Ingredients. Is there an ingredient you don't recognize?

Can you name 3 ingredients in one brand that the other brand doesn't have?

1. _____ 2. _____ 3. _____

What ingredient does the brand you bought have the most of?

HOMEWORK: Label Comparison—Nutrition

Now look at the part of the label that says "Nutrition Information." Again, this is stuff you should look at every time you buy food.

How much is "one serving" of the brand you bought?

How many servings per container?

How many calories per serving?

Can you explain what "saturated fat" is?

What is the "percentage of calories from fat"?

Is it very important to be aware of the amount of fat we eat?

Why is it important?

How much sodium in your brand?

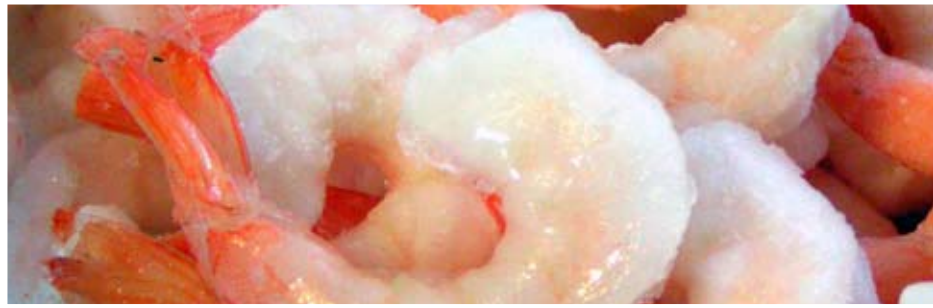
Does it list "carbohydrates"?

Which carbohydrates are good or poor choices?

Do you think you have learned to choose and prepare healthy foods to eat?

What do you think makes up a balanced diet?

Lesson 10—Chinese Dinner



Menu: Chicken Noodle Soup
Hum Bao
Shrimp Potstickers
Vegetables and Rice
Fortune Cookies
Hot Tea

Topic Development:

1. How to activate yeast in dough.
2. Discuss different techniques in Asian cookery.
3. Introduction of Chinese spices and ingredients.
4. Split into your teams.
5. Send kids to the "store" to get 2 to 3 ingredients.
6. Begin cooking. (1 hour and 20 minutes)
7. Make tea and chopstick demo, basket up fortune cookies.
8. The kids clean up and set tables.
9. Sit and eat as a group.
10. Review using discussion list.
11. Hand out recipes and handouts provided.

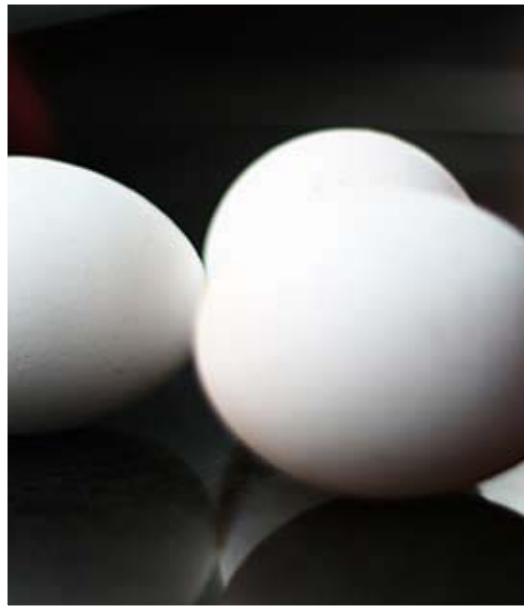
Discussion of Cooking Principles:

- Temperature of water needed to activate yeast
- Recognize when dough has risen
- Use of combination cooking (potstickers)—sauté and steaming
- How to cook dough by steaming
- Kneading – how to know when to stop
- Using a multi-level steamer

Nutrition and Sanitation Guidelines:

- Develop student creativity in selecting nutritious fillings.
- Importance of cooking with minimum amount of fat and salt.
- Learn proper method of cooking vegetables to retain texture and nutrition.
- Develop a taste for spices and ingredients common to Asian cookery.
- How to use a variety of techniques to fashion dough into pockets for filling.
- Proper handling of seafood in Chinese cooking.
- Proper cleaning of cutting surfaces.

MISE EN PLACE



Produce:

- 5 fresh shitake mushrooms
- ½ pound Napa cabbage
- 1 bunch green onions
- 1 stalk celery
- 1 small onion
- ½ pound crimini mushrooms
(or white)
- ½ pound pea pods
- ⅓ pound bean sprouts
- 1½ cup bamboo shoots

Dry Ingredients:

- ½ pound egg noodles
- 1 gallon chicken stock
- ½ cup canola oil
- ¼ cup light soy sauce
- 2 tablespoons sugar
- 4 cups long grain rice
- 25 wonton wrappers
- 3 cups wheat flour (*fine ground*)
- 1 tablespoon activated yeast
- 2 teaspoons baking powder
- 1 tablespoon corn starch
- 1 tablespoon oyster sauce

- 1 box Chinese tea (*16 tea bags*)
- 1 bag/box fortune cookies

Dairy/ Refrigerated

- 3 pounds chicken breast
- 1 pound rock shrimp
- 1 egg

Seasoning:

- ½ teaspoon Chinese 5 spice
- 2 tablespoons sesame oil
- 1 tablespoon ginger
- Salt

Equipment:

- 12 each chef hats
- 12 aprons or little chef coats
- 4-5 bar towels
- 1 heavy bottom skillet
- 2 sets measuring spoons
- 2 measuring cups
- 2 large stockpots with lids
- 4 rubber spatulas
- 1 box grater
- 3 richauds and fuel or stove top

- 2 sauce pans
- 1 large non-stick sauté pans
- 3 large spoons
- 3 cutting boards
- 3 10-inch chef's knives
- 1 box wax paper

Equipment/Serving:

- 6 mixing bowls
- 3 ½-sheet pans
- 3 bamboo steamers
- 1 wok with ring
- 1 bench scraper
- 1 (6 oz.) ladle
- 2 pairs oven mitts
- 2 serving bowls
- 2 gallon size pitchers
- 12-20 dinner plates
- 12-20 forks, knives, and spoons
- 12-20 cups and napkins
- 2-3 table linens
- 1 serving tray
- 1 basket (*for fortune cookies*)
- Copies of student handouts

TEAM 1

Food and Equipment Checklists

Hum Bao and Vegetables with Rice

Hum Bao

Food

- 3 cups fine ground wheat flour
- 1½ cups water
- 1 tablespoon sugar
- 1 tablespoon activated yeast
- 2 tablespoons canola oil
- 2 teaspoons baking powder

Filling:

- 1 pound chicken breast
- 4 green onions
- 1 stalk celery
- 1 small onion
- ½ cup bamboo shoots

Vegetables with Rice

Food

- 4 cups long grain rice
- 7 cups water
- 2 tablespoons canola oil
- ½ pound mushrooms
- ½ pound pea pods
- ⅓ pound bean sprouts
- 1 tablespoon ginger

Cooking Guidelines:

Hum Bao dough—15 min.

Cut vegetables for rice—20 min.

Hum Bao filling—15 min

Cook rice—5 min.

Sauté vegetables—5 min.

Cook Hum Bao—10 min.

Sauce Mixture:

- ½ teaspoon 5-spice powder
- ½ cup chicken stock
- 1 tablespoon corn starch
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- ½ teaspoon salt

Equipment

- 3 bamboo steamers
- 1 wok with ring
- 1 bench scraper
- 3 mixing bowls
- 2 measuring cups
- 1 set measuring spoons
- 2 10-inch chef's knives
- 2 cutting boards
- 1 richaud with fuel
- 2 solid spoons
- 1 box wax paper

Equipment

- 1 large sauce pan with lid
- 1 measuring cup
- 1 sauté pan
- 1 set measuring spoons
- 1 solid spoon



TEAM 2

Food and Equipment Checklists

Chicken Noodle Soup, Shrimp Potstickers and Hot Tea

Chicken Noodle Soup

Food

- 5 fresh shiitake mushrooms
- 1 cup bamboo shoots
- 1 tablespoon canola oil
- 2 tablespoons soy sauce
- 3 quarts chicken stock
- 2 pounds chicken breast
- ½ pound egg noodles

Shrimp Potstickers

Food

- 25 wonton wrappers
- 1 pound Rock shrimp
- ½ pound Napa cabbage
- 1 bunch green onions
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoons soy sauce
- ⅓ cup water
- 1 tablespoon sesame oil
- 3 tablespoons canola oil
- 3 cups vegetable stock
- 1 egg

Tea

Food

- 1 box Chinese Tea

Equipment

- 1 10-inch chef's knife
- 1 cutting board
- 1 set measuring spoons
- 1 stock pot
- 1 measuring cup

Equipment

- 1 small mixing bowl
- 1 medium mixing bowl
- 1 10-inch chef's knife
- 1 cutting board
- 1 heavy bottom skillet
- 1 sauce pan
- 1 set measuring spoons
- 1 measuring cup
- 1 pastry brush

Equipment

- 1 stockpot
- 1 ladle
- 1 solid spoon
- 1 richaud with fuel

Cooking Guidelines:

Chicken Noodle Soup

Shrimp Potstickers

Soup—30 min.

Potstickers filling—30 min.

Cook potstickers—15 min.

Tea





Chicken Soup with Noodles

5 fresh shitake mushrooms
1 cup bamboo shoots, shredded
1 tablespoon canola oil
2 tablespoons soy sauce
3 quarts chicken stock
2 pounds chicken breast, diced
½ pound egg noodles

- Bring stock to a boil in a sauce pan. Add chicken breast; return to a boil.
- Turn down heat to simmer chicken (5 minutes). Once chicken is cooked, remove from stock to cool. Turn off stock.
- In a stockpot, heat oil over high heat; add mushrooms and bamboo shoots.
- Stir rapidly for 1 minute.
- Place chicken and soy sauce into pot; continue to stir.
- Add stock, bring to a boil, add noodles, reduce heat to medium, and stir well. Cook for 2 minutes.
- To serve, scoop out noodles first, then the meat and vegetables to put on top. Ladle in stock.

Vegetables with Rice

4 cups long grain rice
7 cups cold water
½ pound white mushrooms
½ pound pea pods
⅓ pound bean sprouts
1 tablespoon ginger, minced

- Measure rice, place in sauce pan, and rinse it repeatedly under cold, running water.
- Drain thoroughly. Pour in measured water and bring to a boil over medium heat. Let it bubble for one minute, then turn heat low to maintain a gentle simmering.
- Cover and simmer for 20 minutes, turn off, and let rice “smother” in its own heat for 5 minutes. (Do not lift lid.)
- In a large sauté pan, cook vegetables with canola oil over high heat for 4 minutes.
- Serve over rice in a bowl.

Hum Bao (Steamed Buns)

Dough:

3 cups white flour
1½ cups warm water (98-105°F)
1 tablespoon sugar
1 tablespoon activated yeast
2 tablespoons canola oil
2 teaspoons baking powder

Filling:

1 stalk celery, chopped
1 pound chicken breast, finely diced
4 green onions, chopped
1 small onion, diced
½ cup bamboo shoots

Sauce Mixture:

½ teaspoon 5-spice powder
½ cup chicken stock
1 tablespoon corn starch
1 tablespoon oyster sauce
1 teaspoon sesame oil
½ teaspoon salt

- Dissolve sugar in water, then add yeast. Let stand 2 minutes. Mix flour, oil and baking powder together. Add yeast water to flour mixture and knead until smooth (about 5 min.). Place dough into oiled bowl, cover with plastic, and let rise in a warm draft-free place for 1 hour.
- Heat oil in a sauté pan, add chicken and 5-spice powder, and cook until almost done.
- Add vegetables and continue to stir until chicken is done.
- Stir in sauce mixture. Stir until thickened. Mix well and chill.
- Divide dough into 15 pieces. Roll each into a flat round slightly thin at the edges.
- Place a spoonful of filling in the center and pleat dough edges shut, enclosing filling.
- Place bun (pleat side down) onto a small square of wax paper. Let rise 10 minutes.
- Steam over boiling water for 10 minutes.
- Serve HOT!

Shrimp Potstickers (Jao Tze)

(serves 12)

25 wonton wrappers
1 pound Rock shrimp
½ pound Napa cabbage, shredded
½ bunch green onions, chopped
1 tablespoon sugar
1 teaspoon salt
1 tablespoon soy sauce
⅓ cup water
1 tablespoon sesame oil
3 tablespoons canola oil
3 cups vegetable stock, preheated
1 egg

- In a heavy skillet, heat 2 tablespoons oil over high heat. Add cabbage and green onion; cook for 1 minute.
- Add shrimp, sugar, salt, soy sauce, water and sesame oil to cabbage mixture. Allow this to cook 4-5 minutes.
- Cool before trying to fill wrappers!
- Put a wrapper in your hand, and place 1 teaspoon of filling mixture in the center of wrapper. Seal using 1 egg plus 2 tablespoons of cold water—beat lightly with a wire whisk. Dip your finger into egg mixture and run finger on outside edge of wrapper.
- Pinch together sides to seal.
- Add 2 tablespoons of oil to skillet over medium high heat.
- Fry filled wrapper, seam side up, for one minute.
- Pour stock into skillet. Cover and steam for 4 minutes or until cooked.
- SERVE HOT!



Student Learning Checklist



Explain how to cook potstickers.

Why do we cook the fillings for Hum Bao and the potstickers first?

Describe what the Hum Bao looks like.

Is chicken noodle soup good for colds?

What would happen to the yeast if you added really hot water to it?

What happens if you add water that is too cold?

Where does ginger grow?

How come we don't want to lift the lid on the rice when we turn off the heat?

Describe what the Hum Bao dough looks like after being in a warm place for an hour?

Explain the reason for cooling the fillings before stuffing the Hum Bao and potstickers?