

Edible Educator Training



“No one is born a
great cook, one
learns by doing.”

- Julia Child

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




Welcome to Edible Educator Training

2 Days with Founder, Chef Ann + Edible Education's Executive Chef Quincy

GM Sunshine

- Name tags and Introduction Games
- Our Humble beginnings
- Foodlosopy  I cook for someone else, they can be a chef
Become the Hands in a pocket teacher

● Safety + Sanitation

- Becoming a Serv Safe Manager
- Resources
- FATTOM
- Danger Zone Temperatures
- Food Safety Charades

● **Basic Knife Skills – Recipe Basics**

- Tool or Toy
- Bear in the Cave
- Sweet, Sour, Bitter, Salty, Unami

● **Let's Cook – Omelets**

- 3 teams – create your clever names
- MISE EN Place
- Eggs IOI
- Egg cracking basics
- Paper Plate Awards

● **Classroom Management**

- See, Say, Demo, Do
- Procedures, Procedures, Procedures
- VIP Charts
- Lab sheet tool
- Extra Energy Students

- **Let's Cook – Quesadillas**

- Fine Dice Skills
- Eating your Veggies – Fiber
- Keeping everyone busy
- Paper Plate Awards

- **Edible Essentials – logistics - Budgets**

- What do our classes look like?
- What options can you offer?
- What are your costs?
- What are your legal responsibilities?

- **Meat Basics**

- Working with the price tag
- Travel and Temperatures
- Basic cooking techniques

- **Baking Basics**

- Keep them busy
- Gluten Balls
- II ingredient quiz
- Pizza Math
- Master Mix Cookies
- Invite the Parents

- **Let's Bake - Muffin Magic**

- Pick a card, any card

- www.berries.com/blog/science-of-baking
- Paper Plate Awards

- **Break up the Cooking – Game Time**

- Bingo
- Mission Nutrition
- Produce Cards
- Something physical

- **Edible Essentials Curriculum + Summer Camp C.H.E.F.**

- What do our classes look like?
- Edible Essentials
- Magical + Mysterious
- Summer Successes

- **Let's Cook – Quinoa**

- Fascinating History
- Fantastic Health – GF – Non GMO

- **Successful Kitchen a la Cart Programs**

- Glen Iris, Alabama
- Crossing Health Community, Illinois
- Central Food Bank, Illinois
- University of Memphis

- **Let's Cook – Pasta**

- History of Pasta
- Story of the Sauce
- What can you create – shapes – flavors

- **Eat Dessert First**

- Still the most successful kid classes
- Work in Dark chocolate, fruity, real cream, Applesauce
- A short Study in chocolate
- Types of chocolate Taste Test

- **Q + A have left the house**



Make a Lasting Impression - Greet your student, not the parent



SHAKE HANDS



MAKE NAME TAGS



NAME TOSS



**“PEOPLE WON’T CARE
HOW MUCH YOU KNOW,
UNTIL THEY KNOW HOW
MUCH YOU CARE”**

-TEDDY ROOSEVELT

When your first - time parents drop off their child, they are generally more anxious than the child – that can’t wait to cook. When you greet the child first, you are accomplishing 4 key information collection points:

1. You are establishing that the child is more important to you than the adult
2. The adult understands you have the child’s needs first
3. You are assessing the fine motor skills of the child – can they hold a knife, open a can, look you in the eye
4. You are establishing that your space is professional and organized



OUR FOODLOSOPY

LOVE FOOD — CHERISH CHILDREN — SERVE OTHERS

1. Lead a fun & educational food experience
2. Embrace fresh & local foods
3. Demonstrate passion in well being
4. Be kind, positive, gracious, honest, thankful
5. Sweat the details
6. Prepare with care, present with panache
7. Make a difference everyday
8. Seek advice-Learn, Grow, Improve
9. Have fun using your God given talents
10. Love the Edible Ed Adventure!

Cook real food, No artificial colors, no preservatives, No nasties. No nuts. Use seasonal foods when possible.

Never do for a child, what you know they can master themselves. A Master teacher will have their hands in their pockets, a majority of the class time. Treat the students of all ages as possible professionals; Admit mistakes, Admit “I don’t know”. Admit – “I can look that up for you and let you know.”

Always treat any age student like they are going to cook for someone else – whether professionally, or as a future or current parent or caretaker. This means A. They do not have to love to eat what they are making – it is cooking class, not eating class and B. They have to taste it to grow their flavor profiles. If they do not like a particular dish, now, as a thinking chef, what would they do to improve or change the recipe to their likings?



OUR HUMBLE BEGINNINGS

As a frustrated culinary arts teacher, Ann Butler knew there had to be another way to get our youth excited about cooking beautifully, healthy food. She had enough of her high schoolers eating Doritos and drinking Red Bulls for breakfast!

Through a combination of watching the movie “Waiting for Superman” and reading a study that said, if kids, under age 12 get just 50 hours of nutrition education, it can change the way they think about food, Ann was motivated to quit her job and started a cooking school for children.

Edible Education was officially formed on December 10th, 2011. The domain names were purchased, business licenses obtained and tax work completed. After 3 months of writing curriculum, Ann taught the first class to a group of Boy Scouts, and sent out 177 letters to schools introducing the program. The first summer, classes were taught in private schools, community centers and a shared kitchen space in Henrico County. Some days, there were just 2 kids in a class.

Today, Edible Education teaches about 7,000 students a year, provides a private elementary school with breakfast, snacks, lunch and classes every day, prepares USDA summer feeding meals, and host Camp C.H.E.F. to over 2,000 students each summer in over 10 locations in Central Virginia.

In August of 2015, we received an email from Rachel Ray for a request for our kids to be on a new children’s cooking show. We submitted videos of some of the students and 2 of our girls were invited to be on Food Network’s Chopped Competition. To have 2 out of 4 competitors on the East Coast show was amazing. And, our 9 year old, Claire Hollingsworth, won \$10,000. This publicity certainly helped in a national way, and schools from California and New Jersey, were asking if we could come and teach.

So, no, we could not – but what if...

In March of 2015, Joe – The Cart Guy, came and gave a speech at the Edible Education kitchen about building small food trucks to people. I sat there and starting thinking –could we build a food cart that

could be a teaching cart? Joe and I got to work creating the cart on notebook paper, and version 1 was completed. It was wood and metal, but didn't hold up too well with water, but the design was good and the cart was ready to show.

After meeting people who were interested in selling the cart with a nutrition game that had been developed locally, I met new manufacturers and spun my wheels for a few months. More frustration led me to just find a food truck builder and did so in Northern Virginia. That company was immediately bought out by Auxiliary systems in Chesapeake, Virginia and away we go!

Our first national show was at the National After School Alliance in Orlando in March of 2016. Four of us got into the good old Honda Odyssey with trailer on the back holding the cart that was just barely built in time – we had an overwhelming response – sometimes we were 5 people deep to talk to – great fun and we were so grateful to have camp registration money hit PayPal, so we could eat and afford gas on the way home!

In July, Ann won an investor pitch contest in Cape Girardeau, Missouri. The progressive entrepreneur incubator, Codify, provided Ann with an office, connections and financing for the Kitchen a la Cart for one year. In November, Ann moved to Cape and won another pitch contest leading to becoming a Delta Regional Authority Fellow. The 8 states of the Delta Region host a final investor festival in New Orleans in March. From this contest, mentor, John Foley has stepped up and joined the Kitchen a la Cart team as an investor and CFO.

In January, we welcomed Jon Reno to format curriculum, maintain the website and plan for future video recipe pieces. In February, we officially welcomed Chef Quincy Jackson, former White House Chef to President Obama, Clinton and Bush. We met Chef Quincy at a high end healthy food conference and he saw the incredible value of the mobile teaching cart. Chef travels to all the conferences and trainings lending his culinary expertise.

In the Richmond office, Raisa Wingen is the Store Director responsible for hiring, store maintenance, overseeing class sales and development. Rose Werner is the Edible Education bookkeeper, birthday goddess and chief bill payer. Ashley Brooks is the Kitchen manager and oversees all food, supplies and staff for the classes and camps.

We are delighted that you are taking the next step in helping to get kids excited about real food. Whether you are teaching youth or adults, what you are embarking upon is vitally important for the future health and success of our country. We thank you immensely!



KNIFE SKILLS — RECIPE BASICS

We have taught this method to over 30,000 kids – no stitches, no hospital visits – a few band aids.

1. Is it a Tool or a Toy? If it was a toy, we would be in the sandbox right?
2. Please raise the hand that you write with
3. This is the hand you will use to hold your knife – bicycle grip
4. NO pointer fingers – it will throw off your balance
5. What about the other hands? Bear in the Cave
6. Dig your fingernails in to hold the food
7. Push the food to the Knife, push the food to the knife
8. Flat hand on top method for hard to cut foods
9. Always cut to create a flat edge – much easier to cut on flat edge
10. When pushing food over – always turn your knife blade over to save your edge

Remember your Garbage bowls

When creating the perfect dish just remember to balance the flavors: sweet, sour, bitter, salty and some people add Unami – a richness, earthy mouth feel, high levels of glutamate

SWEET	SOUR	BITTER	SALTY	UNAMI
Sugar	Lemons	Arugula	Sea Salt	Mushrooms
Honey	Limes	Kale	soy sauce	fish, shellfish
Fruits	Yogurt	coffee	fish sauce	Chinese cabbage
Agave	Vinegar	Dark Chocolate		

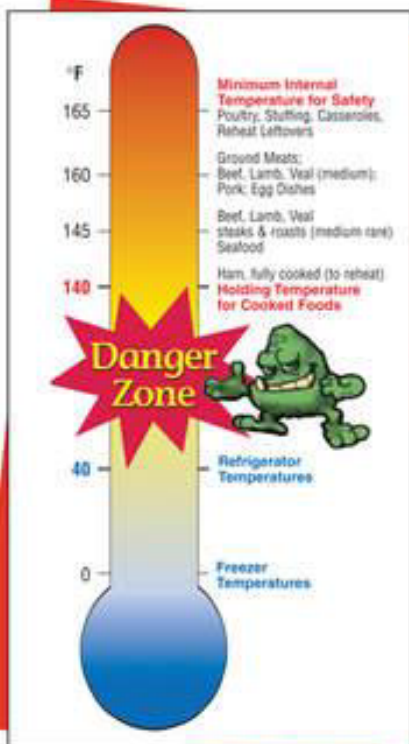


SAFETY + SANITATION

Serv Safe is the industry certification process for restaurant staff, managers, caterers and food handlers to demonstrate proficient knowledge of safety and sanitation in daily operations. Most health departments offer a class and testing opportunity. Or you can go on line to take the tests from Serv Safe. You can become a Serv Safe Food Handler – which is a 2 hour course and test, or the Manager exam which is usually a 1 -2 day course with a test. Prices range from \$15.00 to \$125.00 from the online portal.

FATTOM - please see next page graphics

Danger Zone Temperatures -



Generally, you will want to keep your foods stored below 41 degrees, or hot held above 140 degrees.

The Danger Zone refers to foods left out and at temperatures between 70 degrees and 120 degrees.

Keep foods at this temperature out not longer than 2 hours.

Helpful Hints: purchase room temp boxed milks, farm fresh eggs.

Be cautious in letting kids take foods home.

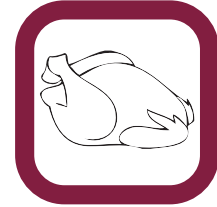
LET'S PLAY CHARADES!

FAT TOM

Conditions that support the growth of microbial pathogens include:

F

Food. Pathogens need a source of food — especially proteins or carbohydrates, which are readily available in many of the foods you serve.



A

Acidity. Pathogens grow best in foods with low acidity; ingredients like lemon or tomato can make the food too acidic for rapid growth of pathogens.



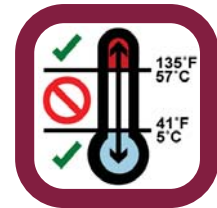
T

Time. Pathogens need time to grow. A single bacterium can multiply to over 1,000,000,000 bacteria in 10 hours.



T

Temperature. Pathogens grow best between 41°F (5°C) and 135°F (57°C) — The Danger Zone.



O

Oxygen. Some pathogens need oxygen.



M

Moisture. Pathogens need moisture to grow.



The acronym FAT TOM is a good way to remember the six conditions that pathogens need to flourish.

°F

165

Minimum Internal Temperature for Safety

Poultry, Stuffing, Casseroles, Reheat Leftovers

160

Ground Meats;
Beef, Lamb, Veal (medium);
Pork; Egg Dishes

145

Beef, Lamb, Veal
steaks & roasts (medium rare)
Seafood

140

Ham, fully cooked (to reheat)

**Holding Temperature
for Cooked Foods**

**Danger
Zone**



40

Refrigerator
Temperatures

0

Freezer
Temperatures



COOK



LEARN



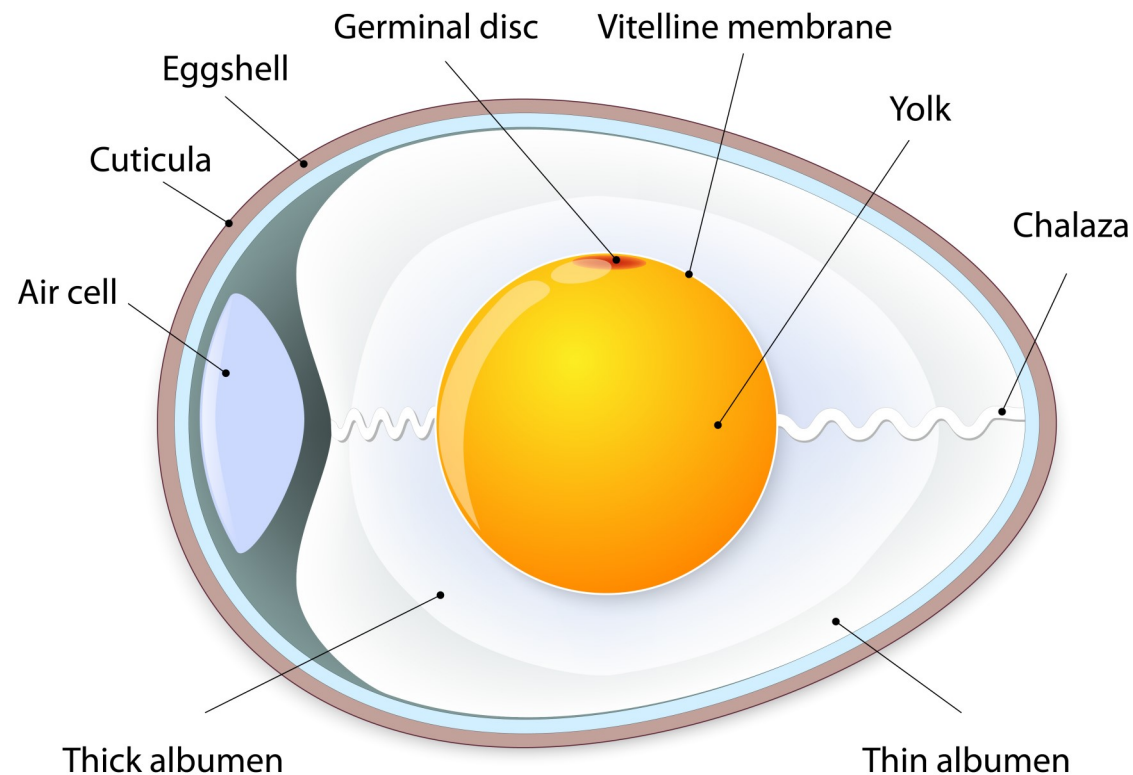
GROW

DID YOU KNOW?

- To tell if an egg is raw or hard boiled, spin it. If the egg spins easily, it is hard-boiled but if it wobbles, it is raw. A fresh egg will sink in water, a stale one will float.
- The average American eats 250 eggs per year, which translates to a total annual consumption of 76.5 billion eggs in the U.S.
- White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes. Brown egg layers are generally larger and require more food, thus brown eggs usually cost more than white eggs.
- Chickens are descendants of the red jungle fowl (*gallus gallus spadiceus*) that live in Asia. The chicken is one of the first domestic animals, appearing in China around 1400 BC.
- In the US, about 280 million hens produce more than 65 billion eggs per year. A hen can lay about 250 eggs per year.
- A hen requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.

ANATOMY OF AN EGG

CHICKEN EGG



Harriet the hen laid the world's largest egg in 2010, measuring a hefty 9.1 inches in diameter.

Why are eggs good for you?



Egg yolks are one of the few foods that are a naturally good source of Vitamin D.

Eggs contain a high quality of protein which promotes immunity, essential for repairing body tissue.

The whites of the eggs are high in vitamin B2 and have lower amounts of fat and cholesterol compared to the yolk.

Eggs contain iron playing an important role in the production of red blood cells and oxygen transport.

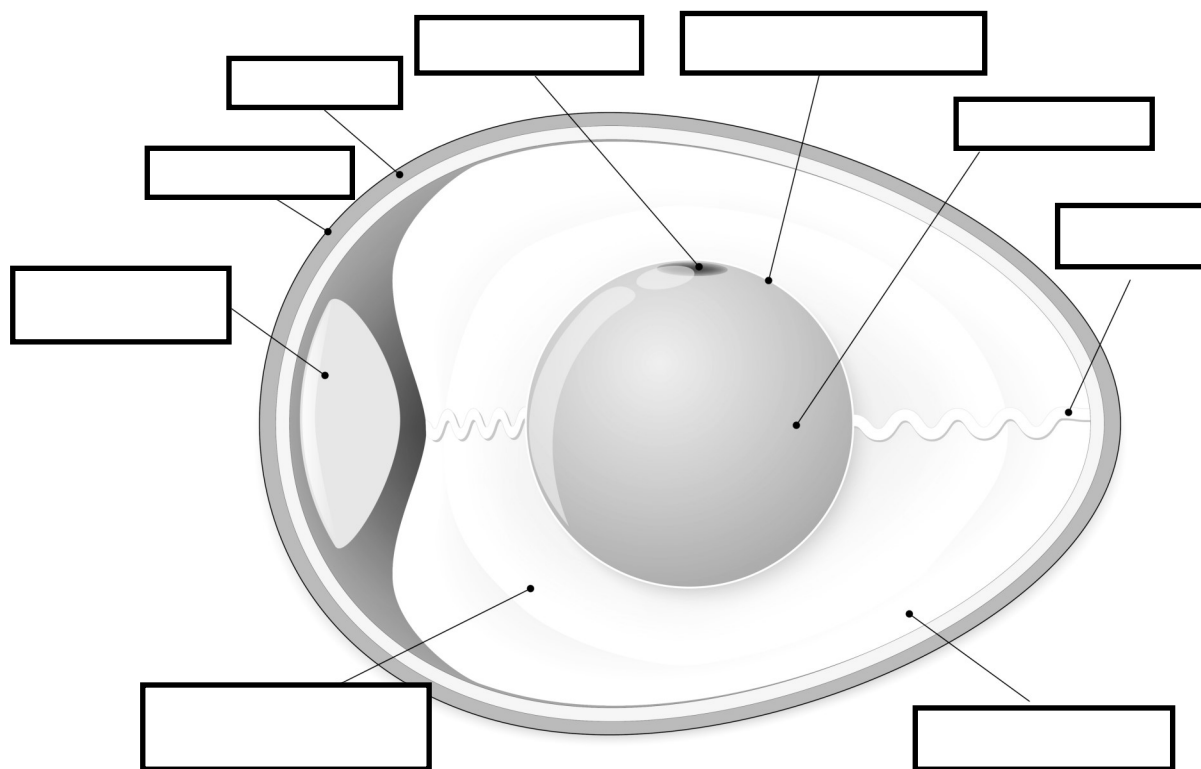
They contain loads of vitamin B12 and B6 which help support normal digestion and nerve cell function.

There are about 70 calories in an uncooked egg and 77 calories in a cooked egg, making eggs an excellent healthy snack.

Parts of an Egg!

Label the parts of the egg using the word key below.

CHICKEN EGG

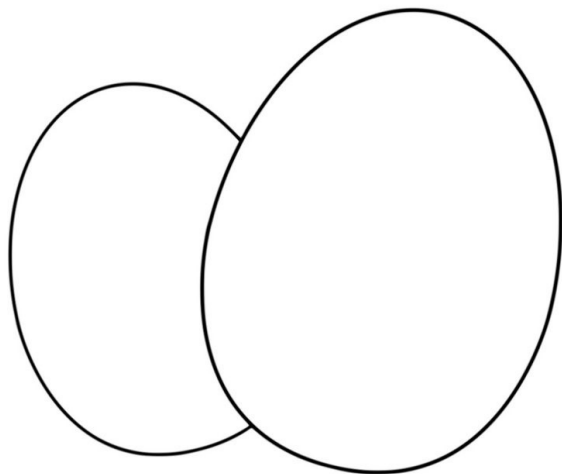


- ◇ Chalaza
- ◇ Albumen (2)
- ◇ Germinal disc
- ◇ Vitelline membrane
- ◇ Air cell
- ◇ Yolk
- ◇ Shell
- ◇ Cuticula



WHAT DO WE KNOW ABOUT THE EGG?

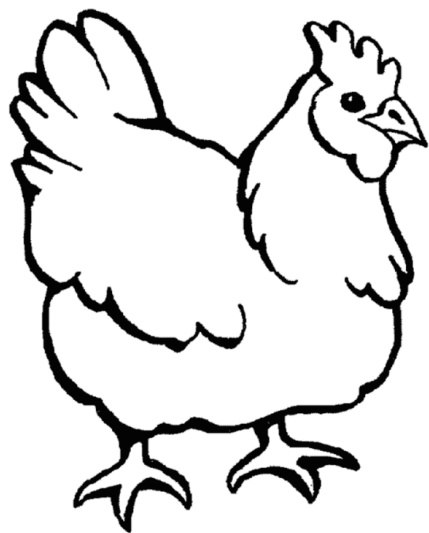
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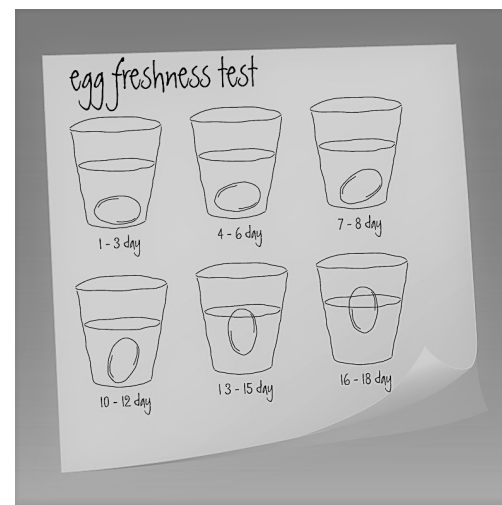
There are 77 calories in an egg.



Eggs are one of a few foods that contain Vitamin D.



A hen requires 24 to 26 hours to produce an egg.



Place an egg in water. If it sinks to the bottom or lifts partially, it is fresh. If it floats, it's not fresh, so toss it!



Quality Score Card for Eggs

Date: _____ Name of Menu Item: _____

Proudly Prepared by _____

Quality Scored by _____

Directions: When the food is ready to serve, use this Quality Score Card to evaluate the quality. Mark **YES** when the food meets the standard and **NO** when it does not. Mark **NA** (Not Applicable) when a specific quality standard does not apply to the food being evaluated. Use the **COMMENTS** section to explain why a food does not meet a standard.

Remember, if a food does not meet the quality standards, it should not be placed on the serving line.

Quality Standard	Yes	No	NA	Comments
Appearance				
Product appears moist, but not watery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
No oil or fat is visible.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Egg yolk is bright yellow and white is opaque, with no evidence of greening.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Texture or Consistency				
Product is fork tender.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Product is moist, not dry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Food items within the product have a defined texture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Egg mixture is soft, without accumulated water (weeping).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Flavor and Seasoning				
Ingredients have a balanced taste.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Product is free from a burned taste or off-flavor.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Seasonings are well blended.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Service Temperature				
135 °F or higher.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	





CLASSROOM MANAGEMENT

At Edible Education Richmond, we hire 2 types of people; former teachers, or chefs – it is much easier to train teachers to become chefs. Classroom management, like substituting ingredients on the fly, is a fine art. A few helpful hints:



Learn the student's name as fast as possible – in the first class



Remember who has the best and worst handshake – those with the shy or wimpy handshakes should be closest to you in the class set up space



Busy kids, or first done kids can be assigned with collecting everyone's Cut product for the shared bowl



Smile – state 3 positives for every 1 constructive remark



Keep them busy – they hand out ingredients, they go get utensils, the more they do – the less you do + they're empowered, you are not tired



When you need their attention – many methods - blow a bubble, thumbs Up, hands on head, stand on 1 foot line up by birthdays, line up by Height, remind them that best dish eats first



LOGISTICS + BUDGETS

4 – 6 or 8 week long courses

Generally: Breakfast, lunch, super snacks, dinner, holiday, and dessert

Most popular – “So you want to open a Bakery” “Sweetheart Baking, Magical + Mysterious, Foods around the World, Down on the Farm

Least popular – Epic fail – Super Heroes- Super Foods, Food for Fitness

In our perfect world - class would be 75 minutes – 90 minutes. Most classes are 60.

We plan a food + supplies budget of \$2.60/person/class. Email recipes when possible

Launch your summer programs by December 15th

To teach a 1 hour class, the labor is billed at 4.5 hours, 1 teacher for every 10 students

Buy 5 classes get 1 free is effective - Bring a friend free was not so popular

Sell Fall classes in the spring, and sell winter classes no later than end of September

Working with Parks and Recreation Departments eats into percentages

Clients will drive approximately 35 – 40 minutes for our classes and camps

Definitely invite parents to the last day of camp to be served a snack or meal by the students

LEGAL RESPONSIBILITIES

Get your local business licenses

Talk to your local health departments – we are licensed “caterers”

Talk to your insurance person – there is liability insurance, teaching insurance, auto insurance for your business – if you have decals on your auto, it is more insurance.

Hire the best accountant possible – learn your local, state and national requirements

Important Terms

Braise

A moist-heat cooking method used for less tender, large cuts of meat.

Culinary

Relating to the kitchen or cooking. An example of use is to describe food preparation skills as culinary skills.

Culinary Technique

A step-by-step food preparation method. The culinary techniques discussed in this lesson include roasting/baking, sautéing, braising, and stewing meat, poultry, and fish.

Dry Heat

Cooking without adding any liquid. Examples are roasting, broiling, pan-broiling, griddle broiling, and sautéing.

Just-In-Time Preparation

This term is used throughout the lessons to mean preparing a menu item in small enough quantities so that it will be at its peak of quality when placed on the serving line. This preparation schedule avoids holding any food for a long time. Other terms that mean the same thing are *batch cooking* and *cooking to the line*.

Marinate

To soak a food in a seasoned liquid to flavor and tenderize the food. The liquid is called a marinade.

Meat

The edible portion of mammals, the main ones in the United States being cattle (beef), swine (pork), and sheep (mutton and lamb).

Moist Heat

Cooking with added moisture. Examples are braising, stewing, and poaching.

Mirepoix (miro-poy)

A seasoning mixture of two parts onion, one part celery, and one part carrots. Herbs and spices may be added. This coarse chopped vegetable mixture is added to meats that are roasted or braised for flavor. The juices are drained off when the meat is done and can then be served with the meat or used to make sauces and gravy. The juices should be chilled so that the fat can be removed.

Mise en Place (meez-un-plahss)

A French term used by chefs and other food professionals to describe all the different things that have to be done to get ready up to the point of cooking. Translated, it means *put in place*. It includes all the *get ready steps* in food preparation such as using the recipe to assemble the equipment needed and getting ingredients ready to combine.

Potentially Hazardous Food

Food that can support the growth of certain toxic microorganisms. This group includes meats, poultry, eggs, fish, and some plant foods. These foods should be kept cold (below 41 °F) or hot (above 135 °F). Between 41 °F–135 °F is the Danger Zone where microorganisms can grow quickly.

Poultry

Domestic birds kept for eggs and meat. The poultry products used most often in school meals are chicken and turkey.

Roast

A dry-heat technique of cooking meat in an oven with no added moisture. Baking is the same technique when applied to meat and poultry.

Sauté

To cook food quickly using small amount of fat, stirring to brown it evenly.

Sear

To brown meat on all sides before braising or stewing.

Simmer

To cook on low heat with added moisture such as stock or water (braising or stewing).



Culinary Principles, *continued*

Rinsing is not recommended because it causes the meat to lose flavor and causes the temperature to drop into the Danger Zone (41 °F–135 °F).

- Cook ground beef patties in the oven on a rack so the fat can drain off. Another option is to use a pan liner and drain the patties after cooking.
- Trim off visible fat on any solid meat product before it is cooked. Because fat carries flavor, reduced fat recipes may need to have added seasonings. Follow the recipe.
- Drain off any fat and liquid from cooked meat before it is placed in the warmer or on the serving line. Do not let meat remain in the fat from cooking.
- Cool cooking liquids to be used for a sauce in the refrigerator so the fat hardens. Then remove the fat and reheat the remaining flavored liquid to prepare a sauce, gravy, or serve as is.
- Cook chicken without the skin to reduce the fat. Poultry carries a layer of fat just under the skin. It is recommended the skin not be eaten to reduce the fat in a poultry product. This means that either the poultry product should be skinned before cooking or skinned by the customer before eating. When cooking skinless poultry, such as skinless chicken breasts, follow a recipe that includes a way to prevent the skinless pieces from drying out. This may include marinating the breasts before cooking, cooking in a sauce, or using a recipe such as oven-fried chicken.

Color Changes

The color of meat comes from a substance in the blood of the animal. When beef is exposed to air, the red color becomes stronger. The bright red color does not indicate freshness. This same red color becomes brown when the meat is cooked because of heat. In cured ham or corned beef brisket, the red color stays in the meat because of the curing process.

When meat spoils, the red color becomes brownish or gray. Never prepare meat that has an off-color or a bad smell.

Culinary Techniques Used to Cook Meat, Poultry, and Fish

There are many different culinary techniques used to cook meat, poultry, and fish. They can be organized into two groups.

- Culinary techniques that use dry heat
- Culinary techniques that use moist heat

Dry-heat Cooking

Dry-heat cooking has no added moisture and is used for more tender pieces of meat, poultry, and fish. These culinary techniques include broiling and grilling, roasting (or baking), and cooking with heated fat, such as frying or pan-grilling.

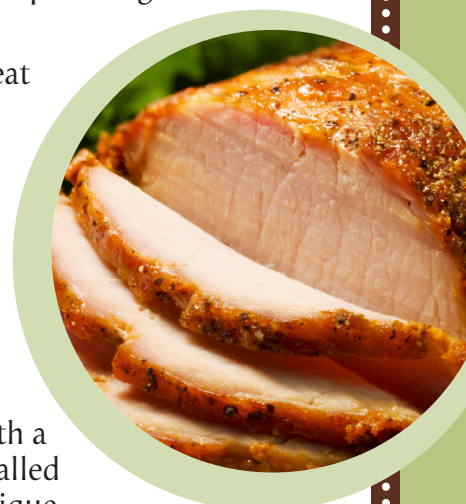
Dry-heat techniques can be used to cook

- meats like some roasts, steaks and other quality cuts of beef, and ground meats,
- ham and other pork products,
- turkey and chicken, and
- fish filets and nuggets.

Moist-heat Cooking

Moist-heat cooking includes a variety of techniques where some liquid is added during the cooking process. The culinary techniques include braising, stewing, and poaching. Meat, poultry, and fish that is tougher has to be cooked using moist-heat culinary techniques in order to tenderize it. Tender products like fish and poultry can also be cooked by a moist-heat culinary technique such as poaching.

Braising and stewing are combinations of a dry-heat and moist-heat techniques. The first step is the dry-heat technique called searing which provides flavor and color. Then liquid and flavorings are added and the product is simmered until done. When this technique is used with a large piece of meat it is called braising. The same technique used for smaller pieces of meat, poultry, or fish is called stewing.





Quality Score Card for Meat, Poultry, and Fish

Date: _____ Name of Menu Item: _____

Proudly Prepared by _____

Quality Scored by _____

Directions: When the food is ready to serve, use this Quality Score Card to evaluate the quality. Mark **YES** when the food meets the standard and **NO** when it does not. Mark **NA** (Not Applicable) when a specific quality standard does not apply to the food being evaluated. Use the **COMMENTS** section to explain why a food does not meet a standard.

Remember, if a food does not meet the quality standards, it should not be placed on the serving line.

Quality Standard	Yes	No	NA	Comments
Appearance				
Product appears moist.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Product has been trimmed of any excess visible fat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Product has been drained and no cooking fat is visible.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Color is a rich brown, characteristic of the meat, poultry, or fish item.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Browning is even and correct for the product (not too brown).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Portions are uniform in size.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Texture or Consistency				
Product is tender and easily chewed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Product can be pierced with a fork with minimum pressure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Product is firm and moist.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Flavor and Seasoning				
Product is juicy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Flavor is fresh and appropriate for the product (no refrigerator taste or freezer burn).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Seasonings enhance but do not overpower the taste (no greasy taste, not too much salt).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Service Temperature				
Meat products served hot - 150 °F–180 °F or above	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Poultry products served hot - 165 °F–180 °F or above	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Meat or poultry products served cold – 40 °F or below	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	





PICK A CARD ANY CARD

The results of baking provide the perfect backdrop for excitement surrounding cooking. As an 11 year old, I believe I made about 40 strawberry pies for my family one summer. But, in a group situation, baking provides challenges of interaction, not everyone will get to stir, crack the egg or lick the spoon! Develop a task system for your baked goods lessons. Each student gets to pick 1 or possible 2 tasks.

When baking goods, choose cupcakes over cakes, tarts over pies, small bread loaf pans, and cookies over bars. Always make enough for each student to take some home. During the holidays, students make whole pies, whole bread loaves, and entire cakes.

1. Measure the flour
2. Measure the sugar
3. Measure the baking soda and baking powder
4. Crack the eggs
5. Measure the milk
6. Measure the fruit
7. Stir together the dry goods and wet goods
8. Put the muffin papers in the cupcake tin
9. Measure the salt
10. Measure the vanilla
11. Spoon the batter into 6 cupcakes
12. Spoon the batter into the 6 cupcakes

You will have to re-create the tags for each baked recipe



EDIBLE ESSENTIALS CURRICULUM + SUMMER CAMP

We've spoken about the logistics of classes, but what do the themes look like?

Fall Offerings: Edible Essentials (basic cooking techniques)

Holiday Favorites (from Christopher Columbus to Christmas)

Fall Favorites (Pumpkin everything, apples, squash, cauliflower)

Winter Offerings: Winter Wonderland (soups, casseroles, Valentine's days)

Sweetheart Baking (lots of Valentine's and chocolate)

Summer Camps: Cruise around the World I + II

Down on the Farm

Foods of the USA

So you want to open a Bakery

So you want to open a restaurant

Magical + Mysterious

Let's go to the Movies

Food Network Challenge

One Day Events: Asian Stir fry – Rice 101, Veggie Stir fry, Spring Rolls

Mexican Fiesta - Rice 101 + Beans, Tortillas, Fajitas

Build a Better Breakfast – Breakfast Burritos, Pico De Gallo, OJ



IDENTIFY THE INGREDIENTS

USING THE WORD BANK BELOW, FILL IN THE BLANKS THAT COORDINATE WITH THE
INGREDIENTS ON THE PAPER PLATE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Granulated sugar, powdered sugar, brown sugar, unbleached flour, whole wheat flour, oatmeal, baking powder, baking soda, salt, corn starch, rice flour, sea salt, cream of tartar



COOK



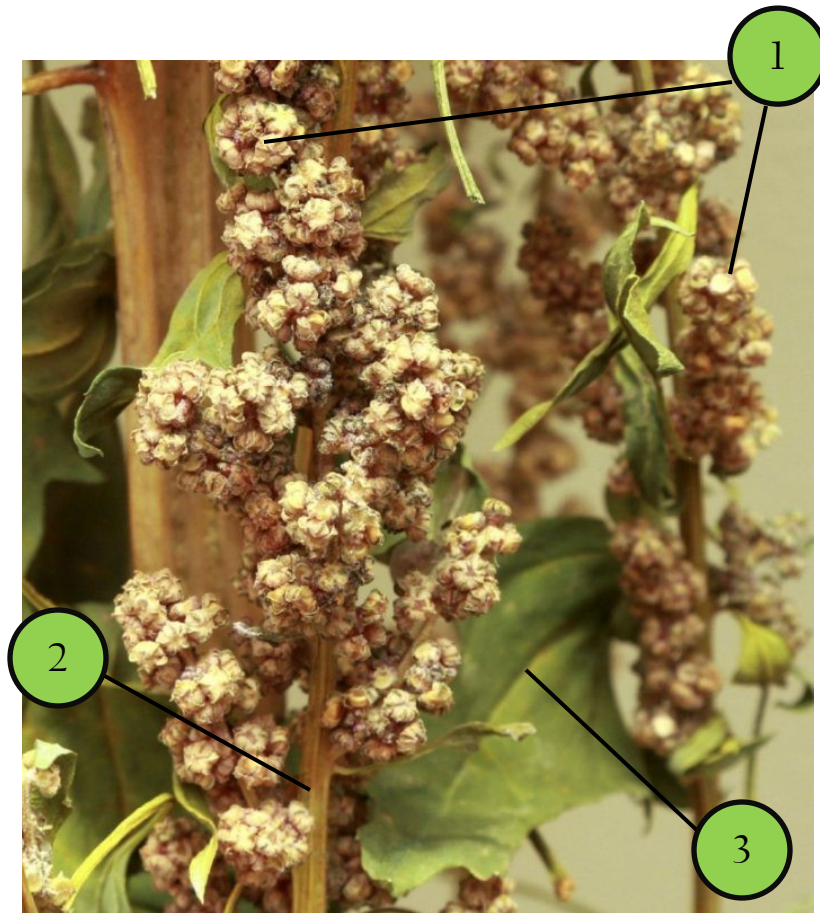
LEARN



GROW

DID YOU KNOW?

- Quinoa is pronounced “keen-wah.” It’s Latin name is *Chenopodium quinoa*.
- Even though quinoa is not a grain, chefs treat it like a grain. It’s not a grass, like wheat. It is a seed.
- Quinoa is more closely related to beets, spinach, and chard.
- Quinoa is gluten free so it’s great for those with gluten issues.
- It is a non genetically modified crop (non GMO) which means that it’s DNA has not been altered to resist disease, pests, or to improve its drought tolerance.
- Quinoa is native to South America.
- Humans have been consuming quinoa for over 4,000 years!
- 80% of quinoa is grown in Peru and Bolivia.
- Inca warriors worshipped red quinoa seeds believing they provided great strength and vitality.

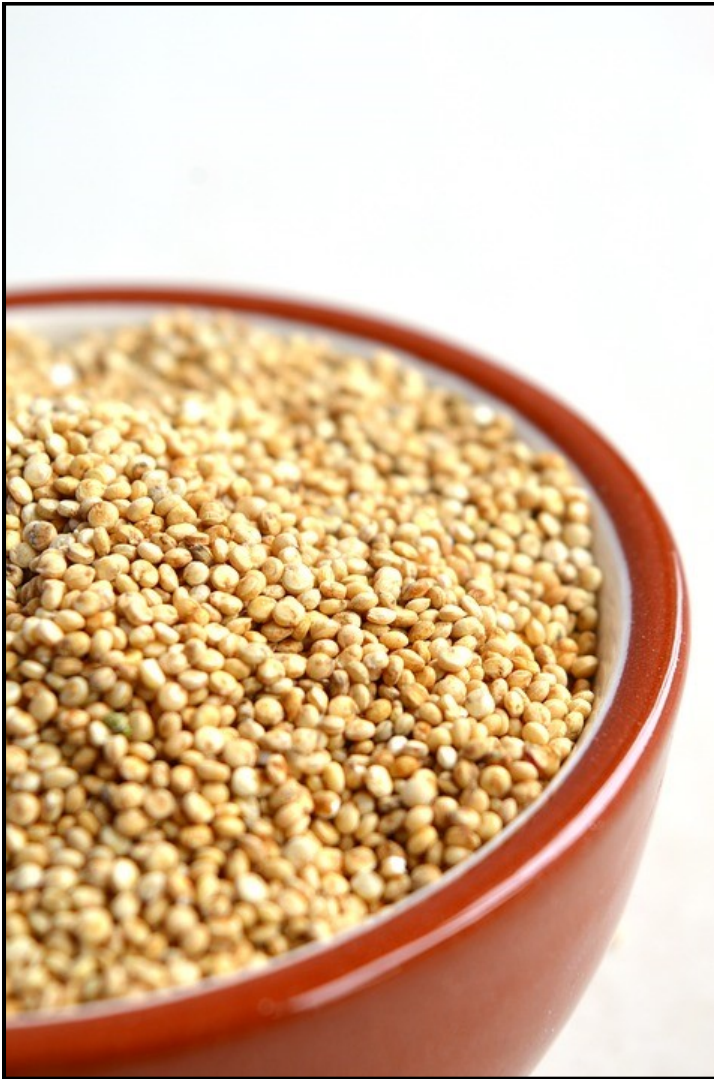


1. Once the plant is done blooming, the flowers will generate seeds. The seeds are what are harvested for us to eat.
2. The stalk of the plant transports water and nutrients to the leaves and flowers.
3. The leaves process the sun's rays via photosynthesis and make energy for the plant.



Rinse quinoa in cheesecloth prior to cooking it to be sure you wash away "saponins" which can leave a bitter after taste.

Why is quinoa good for you?



Quinoa is considered a "perfect protein" because it has all nine amino acids. This is rare among plant foods. Amino acids are important for strong bones, muscles, cartilage, and healthy skin. If you are allowed to take only one food with you on a desert island, you should choose quinoa because it is versatile, loaded with protein, and easy to store.

Quinoa is really high in fiber and magnesium which are good for a healthy heart.

Quinoa has two times more useful fiber than rice. Fiber helps you to feel full for longer which means you won't snack as much between meals. Fiber keeps the inside of your body clean.

Quinoa has anti-inflammatory properties which are good for your body. Inflammation is a type of swelling which can make it difficult for your body to operate at 100%.

Quinoa has four times the amount of iron when compared to brown rice. Iron is super important for healthy blood which pumps through out your body.

Quinoa is low in sodium and cholesterol. Sodium and cholesterol build up in your body over time, making it less and less efficient.

Varieties of Quinoa?

While there are over 100 varieties of quinoa grown world wide, three types are most readily available in the United States: red, white, and black. Black quinoa is a recent hybrid creation that was developed in the Colorado Rockies. Most quinoa is grown and consumed in South America.



BLACK QUINOA

Has an earthier, sweeter flavor. Maintains it's black color when cooked. It is a hybrid created in United States.



WHITE QUINOA

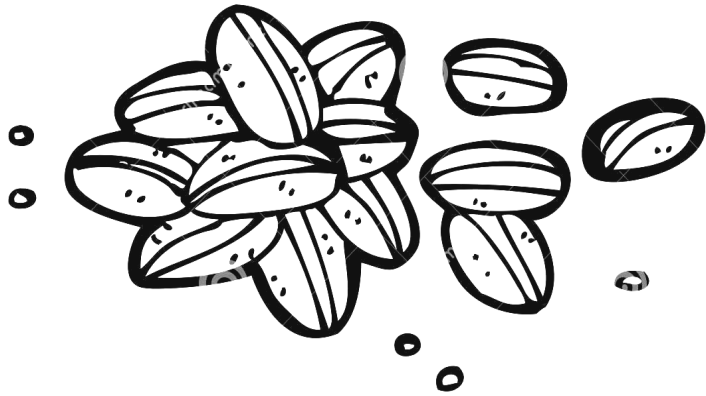
Most commonly used quinoa. It has a mild flavor and is good to use in baking. It's also known as ivory quinoa.



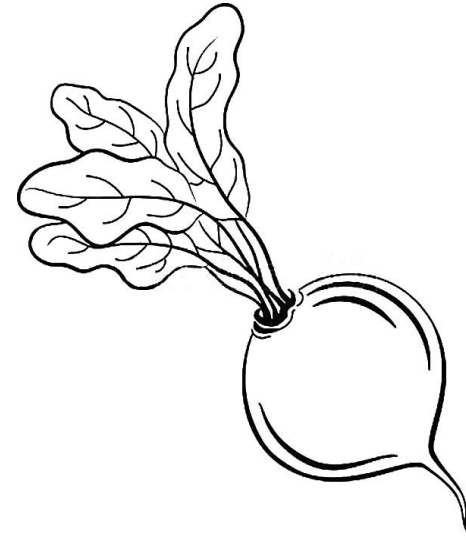
RED QUINOA

Has a nutty flavor. Comes in shades of orange to red. Loses its bright color while cooking. Holds it's shape after cooking.

WHAT DO WE KNOW ABOUT QUINOA?



Quinoa, pronounced “keen-wah,” are seeds.



Quinoa is closely related to beets & spinach.



Quinoa is native to South America.



Inca warriors worshipped red quinoa.

Parts of a Quinoa plant

Label the parts of a quinoa plant using the word key below.



☐ Flowers

☐ Stalk

☐ Leaves

Chocolate Quinoa Cupcakes

Serves 18

Chocolate Quinoa Cupcakes

Serves 18

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Ingredients:

- 2 cup cooked cooled quinoa
- 4 large eggs
- 1/3 cup coconut milk*
- 1 tsp vanilla extract
- 3/4 cup oil**
- 1 1/2 cup sugar

Ingredients:

- 1 cup unsweetened cocoa powder
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

Directions:

Preheat oven to 350°F. Line muffin pans w/papers. Place eggs, milk, and vanilla in blender and mix well. Then add quinoa and oil and blend until smooth. Then add sugar, cocoa powder, baking powder, baking soda, and salt and mix until well combined. Pour mix directly into muffin pans. Tap bottom of pan to remove air bubbles and bake for 30 minutes.

* can sub regular or soy milk

** can sub applesauce for some of the oil.

Active Time: 10 minutes

Total Time: 40 minutes



Ingredients:

- 2 cup cooked cooled quinoa
- 4 large eggs
- 1/3 cup coconut milk*
- 1 tsp vanilla extract
- 3/4 cup oil**
- 1 1/2 cup sugar

Ingredients:

- 1 cup unsweetened cocoa powder
- 1 1/2 tsp baking powder
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Directions:

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* can sub regular or soy milk

** can sub applesauce for some of the oil.

Active Time: 10 minutes

Total Time: 40 minutes





COOK



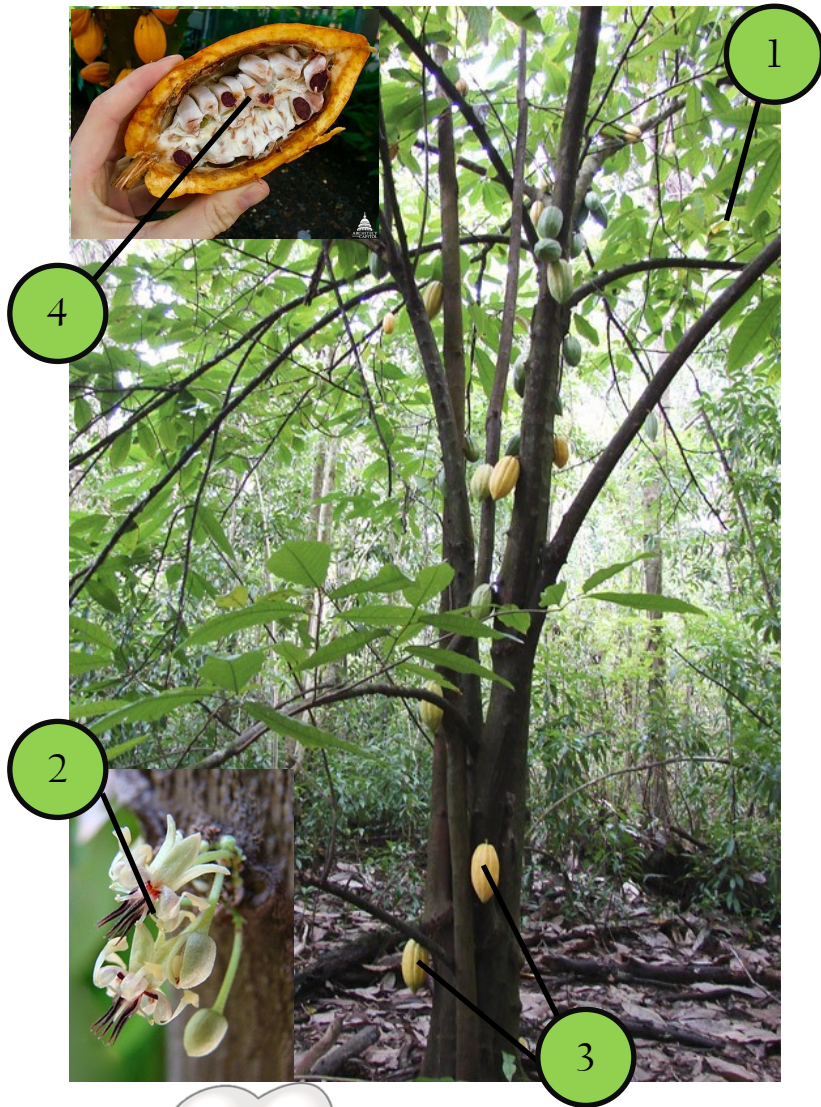
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GROW

DID YOU KNOW?

- Chocolate is derived from cacao beans which are grown in pods on trees, primarily in warm equatorial climates. Nearly all cacao trees grow within 20 degrees of the equator, and 75% grow within 8 degrees of either side of it.
- All chocolate comes from the same beans. Different colors and tastes occur as a result of how it's processed.
- Native, South, and Central Americans would chew cocoa leaves for energy.
- The inventor of the chocolate chip cookie sold the idea to Nestle Toll House in return for a lifetime supply of chocolate.
- M & Ms were created in 1941 as a means for soldiers to enjoy chocolate without it melting.
- The World's Largest Chocolate Bar weighed 12,770 lb or more than an elephant!
- 100 pounds of chocolate are eaten in the U.S. every second.
- Chocolate has evolved into a massive industry that employs between 40 and 50 million people.
- The Latin name for cacao trees is Theobroma Cacao, or “food of the gods.”
- Dark chocolate has been shown to have health benefits, but other varieties of chocolate do not. For chocolate to be beneficial, cacao or chocolate liquor should be the first ingredient listed, not sugar.



1. The cocoa leaves fall to the forest floor and provide food for the “midges” (tiny insects) which pollinate the cocoa flowers.
2. The flowers grow on the trunk and lower part of the tree so the midges are able to reach & pollinate them. Cocoa trees flower continuously.
3. The cocoa Pods hang from the trunk of the tree. They are the fruits of the tree. They turn from green to yellow to orange when ripe. There are about 20 pods per tree. Each pod has about 20-60 beans inside.
4. Cocoa beans are inside the white pulp of the pods. The pulp is sweet so animals eat the pulp and spit the bitter seeds out, thus making more cocoa trees.



Chocolate absorbs odors so store it in an air tight container, in a cool dry space. Chocolate does not contain preservatives so use it up right away.

Why is dark chocolate good for you?



Besides the emotional happiness, cocoa and dark chocolate can improve blood flow and lower blood pressure, which may lower the risk of cardiovascular disease.

Dark chocolate is rich in Fiber, Iron, Magnesium, Copper, Manganese, and a few other trace minerals which your body needs to be it's best.

Some studies have suggested chocolate could lower cholesterol levels and prevent memory decline.

Chocolate has a high calorie count, containing large amounts of sugar. If an individual is trying to slim down or maintain their weight, it may be a good idea to set a limit on how much chocolate is eaten.

The higher the cocoa content, the more health benefits that are present and the less sugar content, which is better for overall health. Chocolate that has at least 70% cocoa is what is beneficial for you.

Types of Chocolate?

The Food and Drug Administration (FDA) defines what can be labeled unsweetened, bittersweet, semisweet, sweet, milk, and white chocolate. The rest is up to the manufacturer and can get a bit confusing since they can make these choices and they are not consistent. Chocolate liquor is the basis for all types of chocolate. It is made by grinding cacao beans into a smooth, liquid paste. Nothing is added, and despite its name, it does not contain alcohol. It naturally contains about 53% cocoa butter (fat).

Unsweetened chocolate is made when the liquor has been allowed to cool and harden. It is used for baking and to make other types of chocolate. Bakers prefer this type of chocolate for baking because they have control over the flavor and sweetness.

Bittersweet chocolate, aka semi sweet/dark chocolate, contains at least 35% chocolate liquor. There is no technical difference between bittersweet and semisweet types of chocolate, and they are often referred to as “dark”.

Sweet chocolate is made with at least 15% chocolate liquor, plus cocoa butter and sugar in varying amounts. Some people mistakenly refer to this as “bittersweet.”

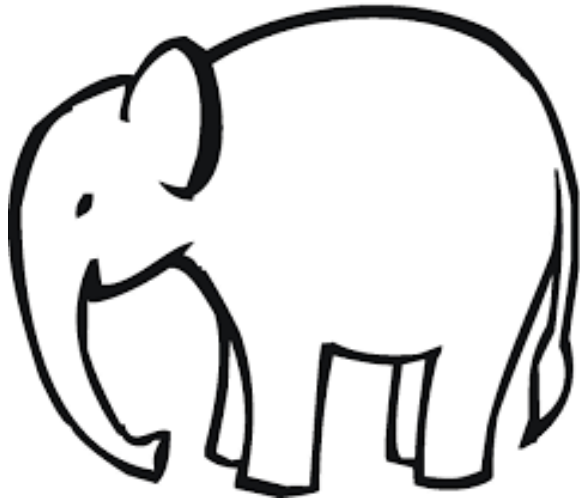
Milk chocolate contains at least 10% chocolate liquor, plus cocoa butter and sugar and at least 12% milk, cream or milk powder.

White chocolate is not actually chocolate because it does not contain any chocolate liquor. It must contain at least 20% cocoa butter and 14% milk, plus sugar.

Cocoa powder is made by crushing chocolate liquor with a hydraulic press to expel the cocoa butter. What's left is allowed to harden, and it's crushed into a powder.

WHAT DO WE KNOW ABOUT THIS DECADENT CONFECTION?

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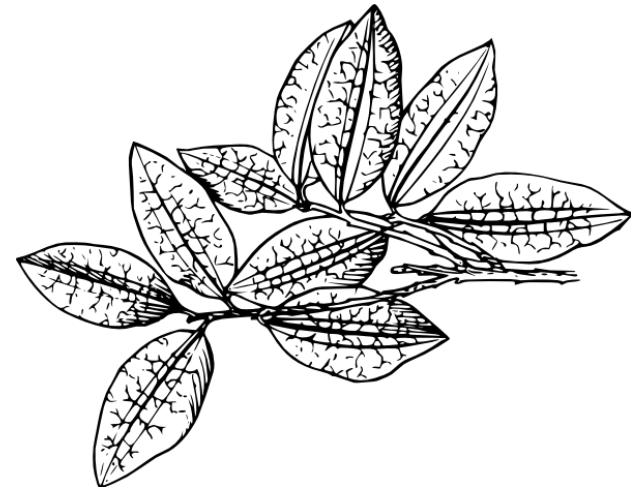
The worlds largest chocolate bar weighed more than an elephant.



Chocolate can sicken cats and dogs.



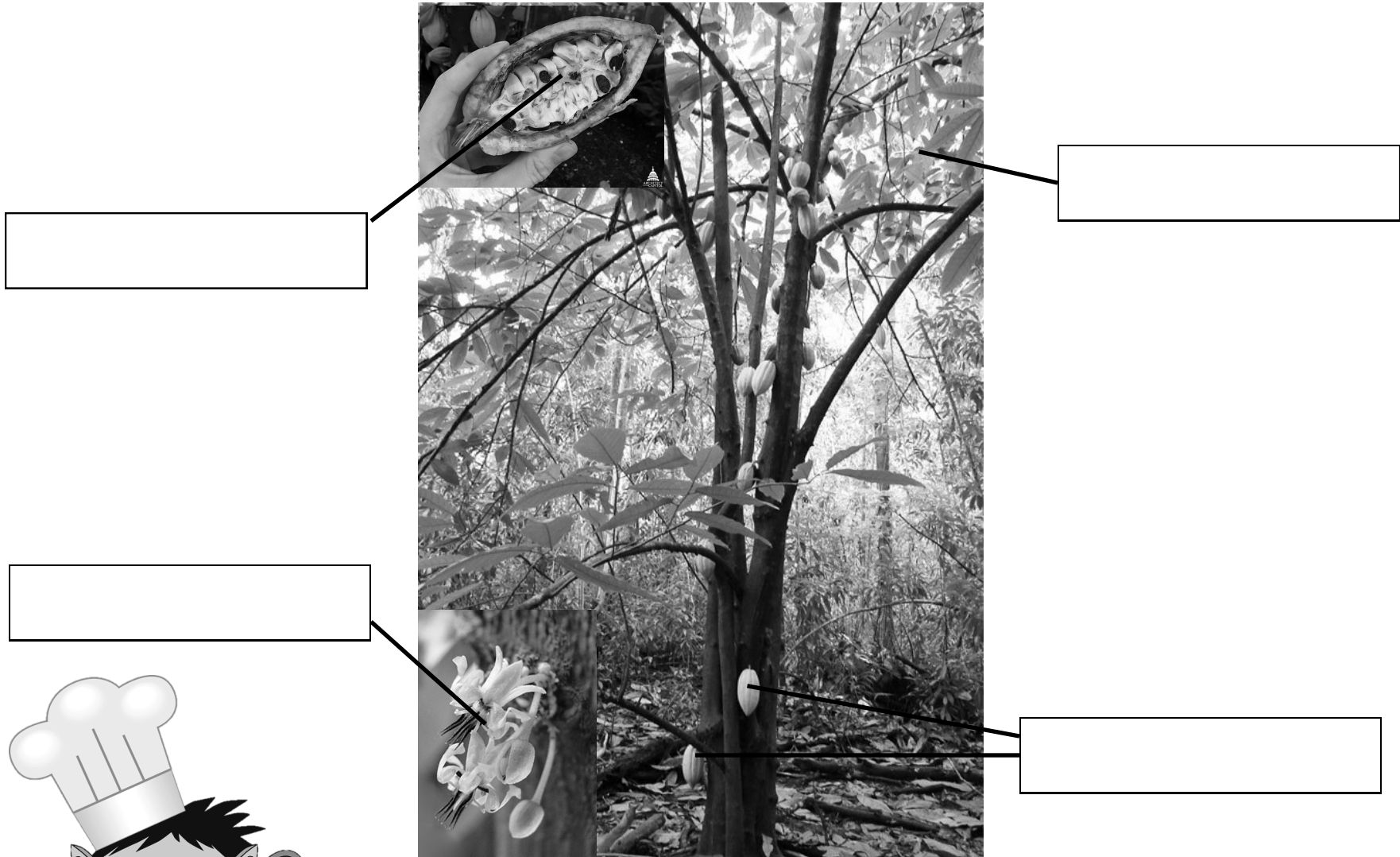
Chocolate absorbs odors so keep it in an air tight container and use it up asap.



Native, Central & South Americans chew cocoa leaves for energy.

Parts of a Cocoa Plant

Label the parts of the cocoa plant using the key word below.



- ☐ Cocoa leaves
- ☐ Cocoa beans
- ☐ Flowers
- ☐ Cocoa pods

CHEF TIPS/REFERENCE TO PREPARING RECIPES IN THIS SECTION



Tempering Chocolate

Bring 1/2 cup water to a simmer in a small pot. Keep water below a boil or the chocolate will scorch. Place chocolate in stainless bowl and place over top of simmering water and cook until chocolate melts, stirring frequently.

Remove from heat when melted. Be sure not to get any water into the chocolate or it will seize up.

A speedier method is to microwave chocolate in 30 second bursts until melted.

Baking 101

Baking is exact. Be sure to level the ingredients before adding.

Stirring/Flipping 101

To prevent burns, instruct the children to stir/flip foods with their elbow pointed toward the ceiling. If they keep their arm elevated, injuries should be avoided.

Egg Cracking 101

Crack eggs on a flat surface instead of on the side of a bowl. This will minimize bits of shell from being in your recipe.

