

FAST-PACED ACTIVITIES

Three activities designed to provide an interactive way for students to understand where food comes from and to inspire them to make healthy choices. Each activity is quick and easy to complete and provides a foundational knowledge that will begin the path to understanding food's journey from Farm to School. Each activity should take approximately 15 minutes.

WHIP IT UP: COOKING LESSON

Students will gain understanding about how incorporating different ingredients creates a familiar food, and will take part in a cooking demonstration on one of two options:

- Ricotta Cheese
- Creamy Apple Butter Dip

Purpose: Illustrate how food is more than just something bought at a grocery store and emphasize the importance of knowing where food is from

Pre-assessment Questions:

- Where did each of the ingredients come from?
- What are some of the benefits of the ingredients?

Discussion Questions:

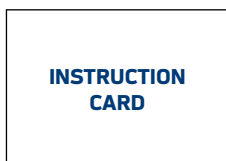
- What are the benefits of using local foods?
- How can we encourage the use of local foods in our schools?
- Why is it important to know where your food comes from?

Facilitator Tips:

- Plan in advance.
- Ask students to help bring in ingredients.
- Talk to school staff and follow all school procedures.

What's Included:

- Instruction Card
- 2 Sample Recipe Cards
- Coffee Filters



x1



x2



A Few!

Whip It Up: Cooking Lesson – Instruction Card

Overview: Students will gain understanding about how incorporating different ingredients creates a familiar food.

Cooking demonstration on one of two options:

- Ricotta Cheese
- Creamy Apple Butter Dip

Directions:

- Read over the recipe cards and choose which recipe you want to try.
- Students and teachers can plan ahead and decide what supplies and ingredients are needed and who will be bringing them in.
- Try to get ingredients from local markets.
- Choose a day to conduct the cooking activity.
- Follow the recipe cards and enjoy!
- Remember to wear gloves when cooking.

What's Included:

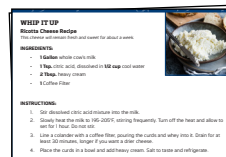
- This Instruction Card
- Coffee Filters
- 2 Sample Recipe Cards



x1



A Few!



x2



WHIP IT UP: COOKING LESSON
INSTRUCTION CARD

WHIP IT UP

Ricotta Cheese Recipe

This cheese will remain fresh and sweet for about a week.

INGREDIENTS:

- **1 Gallon** whole cow's milk
- **1 Tsp.** citric acid, dissolved in **1/2 cup** cool water
- **2 Tbsp.** heavy cream
- **1** Coffee Filter



INSTRUCTIONS:

1. Stir dissolved citric acid mixture into the milk.
2. Slowly heat the milk to 195-205°F, stirring frequently. Turn off the heat and allow to set for 1 hour. Do not stir.
3. Line a colander with a coffee filter, pouring the curds and whey into it. Drain for at least 30 minutes, longer if you want a drier cheese.
4. Place the curds in a bowl and add heavy cream. Salt to taste and refrigerate.



WHIP IT UP
SAMPLE RECIPE CARD

WHIP IT UP

Creamy Apple Butter Dip Recipe

For those with a peanut allergy, substitute the peanut butter for soy butter or sun butter!

INGREDIENTS:

- **1 8-ounce** package of cream cheese, softened
- **1 cup** apple butter
- **1 cup** creamy peanut butter
- Apple slices, sliced bananas, pear slices and/or graham crackers

INSTRUCTIONS:

1. Beat the cream cheese, apple butter and peanut butter with an electric mixer on medium speed in a medium bowl until smooth.
2. Cover with plastic wrap and refrigerate for 1 to 4 hours before serving.
3. Serve with an array of fruit sliced and/or graham crackers for dipping.





WHIP IT UP
SAMPLE RECIPE CARD