

LESSON PLAN

RUDOLPHS

KEY MESSAGES

Safety | discuss / demonstrate safety rules around:

- Hot baking dishes
- Using knives and graters

Nutrition | Hiding healthy food in treats

- Eating lots of fresh fruit and vegetables fuels a healthy mind and body.
- Everyone loves a treat, so including some healthy alternatives in your baking is a great way to increase its nutritional content while satisfying your sweet tooth.
- This recipe shows how you can transform a traditional recipe by substituting core ingredients for vegetables. See if you can fool your friends!

Fun / Creativity |

- What other Christmas characters can you create with chocolate and healthy muffin toppers? How could you create Olaf from the Frozen movie?
- What other healthy surprises could you add to the mixture?

LEARNING OUTCOMES / SKILLS LEARNED

- Peeling and cutting carrots
- Preparing baking dishes for baking
- Working with heat
- Measuring ingredients

NUT FREE 

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CLASS PREPARATION

1. Preheat oven to 175°C
2. Set up one table with equipment.
3. Set up a separate table to hold ingredients.
4. Gather ingredients:

For the Muffin Batter

- 3 eggs
- ½ cup Greek yogurt
- ½ cup maple syrup
- ¼ cup trim milk
- 1 tsp vanilla extract
- 2 carrots peeled, grated
- 1½ cups whole wheat flour
- 1¾ tsp baking powder
- 1½ tsp cinnamon

For Rudolph's face

- 2 bananas, sliced into banana rounds (Rudolph's eyes)
- 24 raisins (Rudolph's pupils)
- 12 glazed cherries (Rudolph's red nose)
- 24 pretzels (Rudolph's antlers)

EXTRAS

- Recommended serveware: standard plates
- Muffin cases for baking

For the icing

- 100g dark chocolate melts melted in the microwave.

COOKING EQUIPMENT

- 1 large mixing bowl
- 1 small mixing bowl
- 2 knives
- 1 mixing spoon
- 1 spatula
- 1 peeler
- 1 set measuring cups
- 1 set measuring spoons
- 2 cutting boards
- 1 grater
- Cutlery and crockery
- 1 12-hole muffin tin

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CLASS FORMAT

1. Have kids wash their hands, tie their hair back, put their aprons on and then gather around the food table.
2. Announce what the kids are cooking today, show them the recipe and talk through the instructions.
3. Reinforce health and safety rules and talk about any new risks associated with this recipe, e.g. knives, working with raw meat.
4. Show them the measuring cups, spoons and equipment they'll be using.
5. **Talk about the importance of hydration, and discuss what foods can help them stay hydrated.**
6. Give each group a pen so that they can mark off on the instructions what they have used / done.
7. Start cooking, following the recipe instructions.
8. Have kids clean up their space and do the dishes.
9. **GROUP HUDDLE: rediscuss the importance of hydration and talk about what they have learnt about hydration in this FoodStorm session.**