

Week 2: Cottage Cheese

Cottage Cheese Dip with Fruit Dippers



Purpose To increase children's knowledge of and confidence to try new dairy foods.

Goals By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of eating cottage cheese.
2. Make a dairy snack.
3. Students will be able to state the catchphrase of the day to share with family and friends.

This lesson will be evaluated by student responses to "When you eat vitamin B, it will set your energy free"

Ingredients 2.5 cups low-fat cottage cheese
 (For 20 students=4 groups of 5 students & plus one demo) 5 tablespoons orange juice
 10 tablespoons skim milk
 7.5 cups assorted cut up fruit and berries (such as apple, pineapple, melon, strawberries and banana)
 10 tablespoons honey

Materials **For Chef Prep**

- 1 cutting board
- 1 chef's knife
- 1 portion scoop (=1/4 cup)
- 2-3 bus tubs for dirty dishes
- foodservice gloves
- marker
- food processor or blender
- tablespoon measure

For Kids' Cooking Demo

- 25 plastic cocktail cups (1 per student plus demo)
- 25 plastic forks
- 15 prep bowls w/lids (5 per group of 5 plus demo)
- 5 salad tongs
- napkins or paper towels
- sanitary wipes
- student handouts and crayons
- 25 plastic spoons
- 5 mixing bowls
- 5 whisks

Assembly **Ahead of time: Chef Prep**

Blend the cottage cheese in a food processor or blender until smooth. Using a ¼ cup portion scoop, measure 2 scoops blended cottage cheese into 5 prep bowls each; 1 tablespoon of orange juice into 5 prep bowls each; 2 tablespoons milk into 5 prep bowls each; 2 tablespoons honey into 5 prep bowls each and 6 scoops of fruit (1.5 cups) into 5 prep bowls each. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

During Kids' Cooking Demo

Set up (before kids arrive): Each station (1 for you, and 4 groups of 5 students each) needs: 1 mixing bowl, 1 whisk, 5 plastic cocktail cups, 5 forks; 5 spoons; 1 pair of salad tongs and each one of the 5 different prep bowls (1 with cottage cheese, 1 with orange juice, 1 with skim milk; 1 with honey and 1 with fruit). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

Demo: Whisk together the blended cottage cheese, orange juice, skim milk and honey until smooth. Put the dip in a cup with a spoon and serve with assorted cut up fruit and berries for dipping with a fork.



Nutrition Lesson Script

Estimated Time 15 minutes

Lesson *Facilitators will introduce themselves and introduce the topic.*

(2 min) *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Cottage cheese is a good source of riboflavin.
2. Inform students that there are low-fat options.
3. So why eat cottage cheese?

Cottage cheese has riboflavin (B2), which releases the energy we get from food.

Ri-bo-fla-vin (clap out syllables with students)

4. Say catchphrase.

“When you eat vitamin B, it will set your energy free!”

(7 min) *Demonstration and Hands-on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the “helper” to assist in the culinary activity.
3. Read the instructions step by step and have the “helper” demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

(4 min) *Coloring Activity (Do this while students are eating their dip cups.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Complete the maze and color in bike and energy burst.
4. Remind students to throw away trash, recycle disposables when possible, and put dirty dishes into the bus tubs.

(2 min) *Review the following information with the students:*

1. Cottage cheese is a good source of riboflavin.
2. So why eat cottage cheese?

Cottage cheese has riboflavin (B2), which releases the energy we get from food.

Ri-bo-fla-vin (clap out syllables with students)

3. Say catchphrase.

“When you eat vitamin B, it will set your energy free!”