

Let's cook! Plan, Shop, Pack List: Fruit Sorbet

Ingredients (pick one flavor)

- Peach: 2 (15 ounce) cans sliced peaches in 100% fruit juice
- Pineapple: 1 (20 ounce) can crushed pineapple in 100% fruit juice
- Pineapple banana: 1 (20 ounce) can crushed pineapple in 100% fruit juice and 1 banana

Disposable Supplies

- 3 ounce cups
- Plastic spoons
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Choose a flavor of sorbet.
- Wash the tops of the canned fruits.
- Freeze the cans of fruit ahead of time, and keep cold during transport.
- Print copies of the recipe (1 for each participant).

Note: Set frozen can(s) of fruit out at the beginning of class to begin to thaw.

Equipment

- 1 can opener
- 1 cutting mat
- 1 chef's/utility knife
- Blender
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 2 medium bowls
- 1 dinner spoon
- 1 rubber spatula/scrapper
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
