

Let's cook! Station Set-Up and Recipe Script

Station Set-Up: Banana Swirl

Station #1		
Equipment	Ingredients	Provide during Let's cook!
blender	2 frozen bananas	milk
1 set of measuring spoons		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 rubber spatula/scrapper	none	none

Station #3		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	3 ounce cups
1 serving tray		plastic spoons
		napkins

Recipe Script for Preparing: Banana Swirl Lesson: *Make a Change*

Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.

For today's recipe, we will be using 2 bananas that I already peeled, chopped, and froze overnight. All we need to do to prepare for the recipe is measure the milk, which I have kept cold in my cooler with reusable freeze packs to transport and store it.

Ask for volunteers to help with the preparation of the recipe.

I need 3 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 3 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.

*Today we will be preparing **Banana Swirl** as a group. While you may be doing a specific task for the recipe, please listen and watch all the instructions for every task. This will help you be able to complete all of the steps of the recipe at home. Even those of you who are more experienced with cooking may pick up a new tip that could save you valuable time in the kitchen. Please wait to start your task until I give you your instructions.*

Station #1:

- **Equipment:** blender, 1 set of measuring spoons, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 2 frozen bananas
- **Provide during *Let's Cook!*:** milk

I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.

At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.

