

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

## Station Set-Up: Energy Bites

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 large bowl	crispy rice cereal	none
½ cup measuring cup	creamy peanut butter	
1 cup measuring cup	honey	
1 dinner spoon	non-fat instant dry milk	
1 rubber spatula/scrapper	quick oatmeal	
disposable gloves		
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 large plate/platter	none	none
1 rubber spatula/scrapper		
disposable gloves		

Station #3		
Equipment	Ingredients	Tasting supplies
tongs	none	small paper plates
		napkins

## Recipe Script for Preparing: Energy Bites Lesson: *Celebrate!*

**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.**

*To prepare this recipe, we need to measure and mix our ingredients. Volunteers, please put on disposable gloves before starting this recipe. You'll be using your hands to mix the ingredients and shape the **Energy Bites**.*

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

*I need 4 volunteers to help with the preparation of the recipe. Who would like to help?*

**Note:** Recommended – 4 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work 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 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 **Energy Bites** 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:** 1 large bowl, a ½ cup measuring cup, a 1 cup measuring cup, 1 dinner spoon, 1 rubber spatula/scrapper, disposable gloves, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** crispy rice cereal, creamy peanut butter, honey, non-fat instant dry milk, quick oatmeal

*I placed a bowl in the center of the table. As you prepare the ingredient(s) at your station, 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 from your stations as we are cleaning up and put them in the cooler to keep these items cold.*

*Names of Volunteers #1 and #2, you will work together to measure and add all of the ingredients into the large bowl. Name of Volunteer #1, you'll measure the dry ingredients: rice cereal, the non-fat instant dry milk, and the quick oatmeal. Name of Volunteer #2, you'll measure the wet ingredients: the peanut butter and the honey.*

*Name of Volunteer #1, measure ½ cup of crispy rice cereal and place it in the large bowl. Then, measure 2 cups of dry milk and 1 cup of oatmeal and add them to the large bowl with the rice cereal.*

*Name of Volunteer #2, please measure ½ cup of peanut butter and ½ cup of honey and add them to the bowl of dry ingredients. You can use the rubber spatula/scrapper to get the peanut butter and honey out of the measuring cup. Mix all the ingredients together with your hands. You may need to use the rubber spatula/scrapper to scrape the sides of the bowl.*

**Note:** Be sure participant volunteers use disposable gloves.

*Once all ingredients are well combined, pass the large bowl to Names of Volunteers #3 and #4.*

### **Station #2:**

- **Equipment:** 1 large plate/platter, 1 rubber spatula/scrapper, disposable gloves

*Names of Volunteers #3 and #4, using your hands, shape the mixture into 1-inch balls. This recipe makes about 16 **Energy Bites** so you should have enough mix for 16, 1-inch balls. As you are forming the balls, you may need to continue incorporating the dry ingredients from the bottom of the bowl together with the other ingredients in the mixture.*

**Note:** Be sure participant volunteers use disposable gloves.

*When making this recipe, it is important to always use creamy peanut butter, not chunky peanut butter (the ingredients may not stick together as well using chunky peanut butter). Depending on the brand of peanut butter, you may have some loose dry ingredients remaining in the bowl because different peanut butters have different consistencies. Discard remaining loose ingredients that cannot be incorporated into the balls. Arrange the energy bites on the large plate/platter.*

**Share the *Be Creative!* tip with the participants.**

*When you make this at home, you may want to add in ½ teaspoon of cinnamon and/or a few drops of vanilla extract for added flavor. Be sure to refrigerate the leftovers within 2 hours and use within 3 to 5 days.*

**Station #3:**

- **Equipment:** tongs
- **Tasting supplies:** small paper plates, napkins

*We will leave the platter of **Energy Bites**, tongs, and the paper plates and napkins on the food preparation table until it is time for our celebration.*

**Note:** In this lesson we will serve each recipe on a large plate or platter instead of serving individual tastes. Allowing everyone to serve themselves and mingle as they eat will help create a party atmosphere!