

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

Station Set-Up: Fruit and Peanut Butter Dip

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ of the fresh fruit	1 chef's/utility knife
1 cup measuring cup		
1 large plate/platter		
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 cutting mat	½ of the fresh fruit	1 chef's/utility knife
1 cup measuring cup		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 small bowl	vanilla	plain yogurt
1 rubber spatula/scrapper	peanut butter	
2 dinner spoons		
1 set of measuring cups		
1 set of measuring spoons		

Station #4		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	small paper plates
tongs		napkins

Recipe Script for Preparing: Fruit and Peanut Butter Dip 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 slice the fresh fruit and measure the rest of the ingredients. I have already washed the fruit. I kept the yogurt 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 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.

As each volunteer begins their tasks, use the script to review how to mince, dice or chop their ingredients. Follow up with the participants once they have completed their task to be sure each ingredient was cut to the indicated size. If the food pieces are too large, ask the participant to cut any large pieces in half.

*Today we will be preparing **Fruit and Peanut Butter Dip** 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.*

Stations #1 and #2:

- **Equipment:** 2 cutting mats (1 per station), 2- 1 cup measuring cups (1 per station), , 1 large plate/platter, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** fresh fruit (at both stations)
- **Provide during *Let's Cook!*** 2 chef's/utility knives (1 per station)

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.

Names of Volunteers #1 and #2, please slice the fresh fruit. As a reminder, slicing means to cut the fruit into pieces about $\frac{1}{4}$ inch in thickness. We'll need 6 cups of fruit total.

Arrange the sliced fruit on the large plate/platter, leaving a hole in the center for the bowl of peanut butter dip.

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!

Station #3:

- **Equipment:** 1 small bowl, 1 rubber spatula/scrapper, 2 dinner spoons, 1 set of measuring cups, 1 set of measuring spoons
- **Ingredients:** vanilla, peanut butter
- **Provide during *Let's Cook!*:** plain yogurt

Name of Volunteer #3, please measure $\frac{1}{2}$ cup of plain yogurt and place it in the bowl. Then, measure $\frac{1}{3}$ cup of peanut butter and add it to the bowl with the yogurt. Last, measure $\frac{1}{2}$ teaspoon of vanilla to the bowl and mix all the ingredients together with the rubber spatula/scrapper.

Place the bowl of peanut butter dip in the center of the large plate/platter.

When you make this at home, be sure to refrigerate the leftovers within 2 hours and use within 3 to 5 days.

Station #4:

- **Equipment:** 1 dinner spoon, tongs
- **Tasting supplies:** small paper plates, napkins

*We will leave the **Fruit and Peanut Butter Dip**, the tongs, the paper plates, and napkins on the food preparation table until it is time for our celebration.*