

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

## Station Set-Up: Breakfast Parfait

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	fresh or canned fruit	1 chef's/utility knife
1 small bowl		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		
<b>If using Fresh Fruit</b>		
1 cup measuring cup		
<b>If using Canned Fruit</b>		
1 can opener		
1 colander		
1 large bowl		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
3 plastic tasting spoons	<i>Cranberry Pecan Granola</i>	yogurt
3 ounce cups (1 for each participant)		

Station #3		
Equipment	Ingredients	Tasting supplies
1 serving tray	none	plastic spoons
		napkins

## Recipe Script for Preparing: Breakfast Parfait Lesson: *Plan, Shop, \$ave*

*Before we get started, I want to tell you about the granola for our **Breakfast Parfait**. For this recipe, we are using **Cranberry Pecan Granola**, which I prepared ahead of time.*

**Pass out a copy of the *Cranberry Pecan Granola* recipe, and have participants follow along as you tell them how you made the recipe.**

*The granola recipe is from the **Eating Smart • Being Active Let's Cook!** cookbook you will receive during our last lesson. Follow along on the recipe while I tell you how I made the granola.*

*First, I preheated the oven to 325°F and sprayed a large baking sheet with cooking spray. Next, I combined 3 cups of rolled oats and 1 cup of chopped pecans in a large bowl. Then, in a small sauce pan over low heat, I created a syrup by heating  $\frac{1}{3}$  cup of maple syrup,  $\frac{1}{4}$  cup of vegetable oil, and 1 tablespoon of cinnamon. Once the mixture became thin, I removed the sauce pan from the heat, added 2 teaspoons of vanilla extract, and mixed it again. I poured the warm syrup mixture over the oats and pecans and stirred everything together. Lastly, I spread the mixture onto the baking sheet and baked it for 25 minutes. After the granola had cooked and cooled, I put it into a large bowl and mixed in 1 cup of dried cranberries. Yum!*

**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.**

*Now, we have to chop the fresh fruit and/or drain and chop the canned fruit for our recipe. The yogurt we will use later in the recipe has been kept cold in my cooler with reusable freeze packs.*

**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 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.**

**As you assign each volunteer their tasks, demonstrate how to mince, dice or chop their ingredient and provide several pieces for the participant as an example on their cutting mat. 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 Breakfast Parfait 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 (if using fresh fruit):** 1 cutting mat, a 1 cup measuring cup, 1 small bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Equipment (if using canned fruit):** 1 can opener, 1 cutting mat, 1 colander, 1 large bowl, 1 small bowl, 1 medium bowl (placed in center of table)
- **Ingredients:** fresh or canned fruit
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

*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.*

**If using fresh fruit:** \_\_\_\_\_ *you will chop the fruit into ½ inch pieces until you have 2 cups. I have already washed the fruit.*

**Demonstrate how to chop the fresh fruit and provide several ½ inch pieces of fresh fruit as an example for the participant on their cutting mat.**

*Place the fruit in the small bowl and pass it to \_\_\_\_\_*

**If using canned fruit:** *When using canned food products, it is important to wash the tops of the cans before opening them. If there is dust, dirt, germs or other harmful particles on the can, these things may get into the food when we open the can with the can opener. I washed the top of the can of fruit before class.*

Name of Volunteer #1, please open the can of fruit. Place the colander on top of the large bowl and drain the fruit into the colander. You can save the juice to drink later. If the fruit is not already chopped, place it on the cutting mat and chop it into ½ inch pieces.

**Demonstrate how to chop the canned fruit and provide several ½ inch pieces of canned fruit as an example for the participant on their cutting mat.**

Place the fruit in the small bowl and pass it to Name of Volunteer #2.

**Station #2:**

- **Equipment:** 3 plastic tasting spoons, 3 ounce cups (1 for each participant)
- **Ingredients:** Cranberry Pecan Granola
- **Provide during *Let's Cook!*:** yogurt

Next, we are going to put together our **Breakfast Parfaits** by layering the fruit, yogurt, and granola.

Name of Volunteer #2, using a plastic tasting spoon, place 1 spoonful of fruit in the bottom of a cup for each participant.

Name of Volunteer #3, next, using a plastic tasting spoon, add 1 spoonful of yogurt on top of the fruit in each cup.

Name of Volunteer #4, last, using a plastic tasting spoon, add 1 spoonful of granola on top of the yogurt in each cup.

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

Try using your favorite whole grain cereal instead of granola.

**Station #3:**

- **Equipment:** 1 serving tray
- **Tasting supplies:** plastic spoons, napkins

Now, we are ready to taste the **Breakfast Parfait!** Names of Volunteers #1 and #2, using the serving tray and the tasting supplies, please serve everyone a taste of the recipe.

**Show participants the picture of the *Breakfast Parfait* in the *Eating Smart • Being Active Let's Cook!* cookbook.**

*When you make this at home, serve the parfaits in a clear plastic cup or glass, as a healthy and beautiful breakfast, snack, or dessert.*

**Ask the participants about the recipe while they are eating.**

*What do you think of this recipe? Do you think your family would like this dish? What other yogurt flavors would you like? What other fruits would you like to use?*

*Make sure to refrigerate any leftover fruit and yogurt within 2 hours. You'll want to store the fruit and the yogurt in separate containers and eat them within 3 to 5 days. Store the granola in a sealed container at room temperature, and eat it within 1 week.*