

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

Breakfast Parfait served with Cranberry Pecan Granola

Ingredients for recipe

- Fresh fruit (2 cups chopped) or 1 (15 ounce) can fruit packed in juice
- 2 cups (any flavor) low-fat yogurt
- 2 cups *Cranberry Pecan Granola*
 - Nonstick cooking spray
 - 3 cups rolled oats
 - 1 cup chopped pecans
 - 1/3 cup maple syrup
 - 1/4 cup vegetable oil
 - 1 tablespoon ground cinnamon
 - 2 teaspoons vanilla extract
 - 1 cup dried cranberries

Ingredients for *Brand Comparison* activity

- Store brand low-fat yogurt*
- National brand low-fat yogurt*

* Amount of yogurt will depend on the size of group.

Prepare before class

- Make the *Cranberry Pecan Granola*.
- Wash the fruit (if using fresh fruit).
- Wash the top of the canned fruit (if using canned fruit).
- Print copies of the *Cranberry Pecan Granola* and *Breakfast Parfait* recipes (1 of each recipe for each participant).

At class location prepare *Brand Comparison* activity:

- Before the participants arrive, portion out a sample of each product for each participant. Put the store brand in the cups labeled "A" and the national brand in the cups labeled "B." Cover the samples with plastic wrap and refrigerate.
- If you don't have a refrigerator at the class location, keep the yogurt in the containers you labeled "A" and "B" cold in a cooler until the *Brand Comparison* activity. Right before you start the activity, portion out a sample of each product for each participant.

Equipment

- 1 cutting mat
- 1 chef's/utility knife
- 1 can opener (if using canned fruit)
- 1 colander (if using canned fruit)
- 1 large bowl (if using canned fruit)
- 1 medium bowl
- 1 small bowl
- 1 set of measuring cups (if using fresh fruit)
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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Disposable supplies for recipe

- 3 ounce cups (1 for each participant)
- Plastic spoons
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

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

Disposable supplies for *Brand comparison* activity

- 3 ounce cups (2 for each participant)
- Plastic spoons

Educator: _____
Group Name: _____
of participants in group: _____ Date of lesson: _____
Notes: _____
