

# Roots to Grow!

Name: \_\_\_\_\_



**HOLT**  **INTERNATIONAL**<sup>®</sup>  
Nutrition Program

# Welcome!

Roots to Grow! is a group of activities for exploring food, cooking and learning about personal hygiene. Together we will learn how certain foods help protect your body, help your body grow and help give you energy. We will also spend some time in the kitchen learning how to cook some new recipes. All of these skills are important to helping you lead a healthy and happy life!

## Rules for Participation

- Be kind and respectful to everyone
- No interrupting others
- No side conversations
- No cell phones or other distractions
- Listen to and follow safety instructions
- Ask questions
- Have fun

# ROOTS TO GROW!

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# Day One



# Lesson 1: Sanitation & Hygiene

## Handwashing

- Germs are small things you cannot see but are all over the place. Some germs make us sick. We need to be careful to remove germs from our hands and foods to make sure we stay healthy.
- The best way to keep from getting sick is by washing your hands often. Increase how often you wash your hands if someone in your home is sick.
- When you wash your hands, you wash away germs that you have picked up from other people, contaminated surfaces or from animals.
- Wash your hands ...
  - before, during and after preparing food
  - before you eat
  - after you use the bathroom
  - after handling animals, animal food or animal waste
  - after caring for a sick individual
  - before or after treating a cut or wound
  - after touching your face or hair
  - after blowing your nose, coughing or sneezing.

### ➤ Activity 1: How To Wash Your Hands

**Step 1:** Wet your hands with clean, running water (warm or cold).

**Step 2:** Apply soap.

**Step 3:** Rub your hands vigorously together for 20 seconds.

- Sing “Happy Birthday” as a guide.
- Make sure to get between your fingers and under fingernails.



**Step 4:** Rinse your hands well under clean, running water.

**Step 5:** Dry your hands using a clean towel or by air drying.

## ➤ Activity 2: Exploring How Germs Spread

How easily do you think germs can spread if you don't wash your hands? Let's find out!

### Keeping Utensils & Surfaces Safe and Clean

- Wash all surfaces that touch raw poultry, fish, meat or eggs before reusing.
- Clean all cutting boards with hot soapy water when changing between tasks.
- Wash plates and utensils with hot soapy water and rinse with hot water after each use.



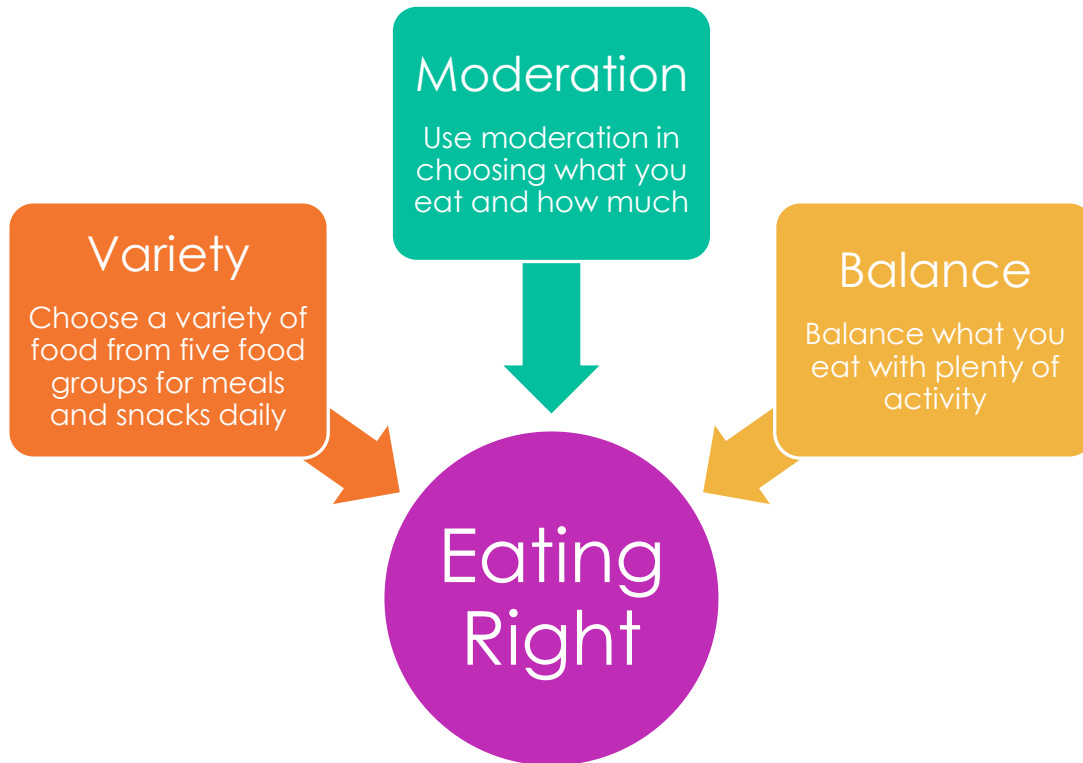
### Make Bleach Spray

- Sanitize with a bleach solution when possible
  - 2 cups water
  - ½ teaspoon bleach
  - Store in a spray bottle — **make sure bottle is labeled**



## Lesson 2: Introduction to Nutrition

### Eating Right Means ...



By using the concepts of variety, moderation and balance, it will ensure an adequate and balanced diet. A healthy diet promotes optimal function of the body and reduces an individual's risk of chronic disease.

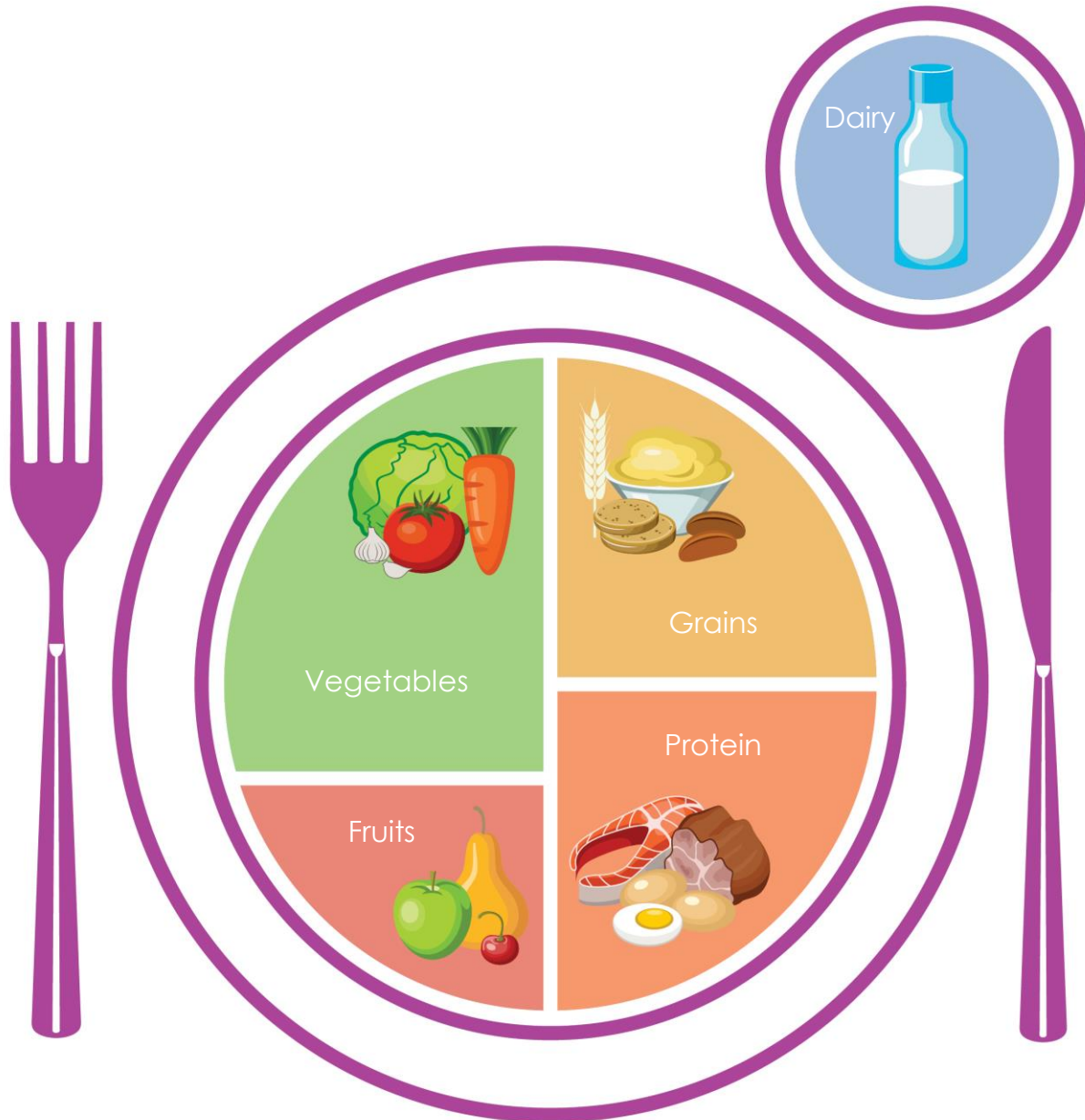
### Food Groups

Provide the essential nutrients for your body. There are five food groups:

- cereal grains, pasta, rice, bread and potatoes
- fruits
- vegetables
- milk, dairy and other calcium-rich foods
- meats, beans and legumes

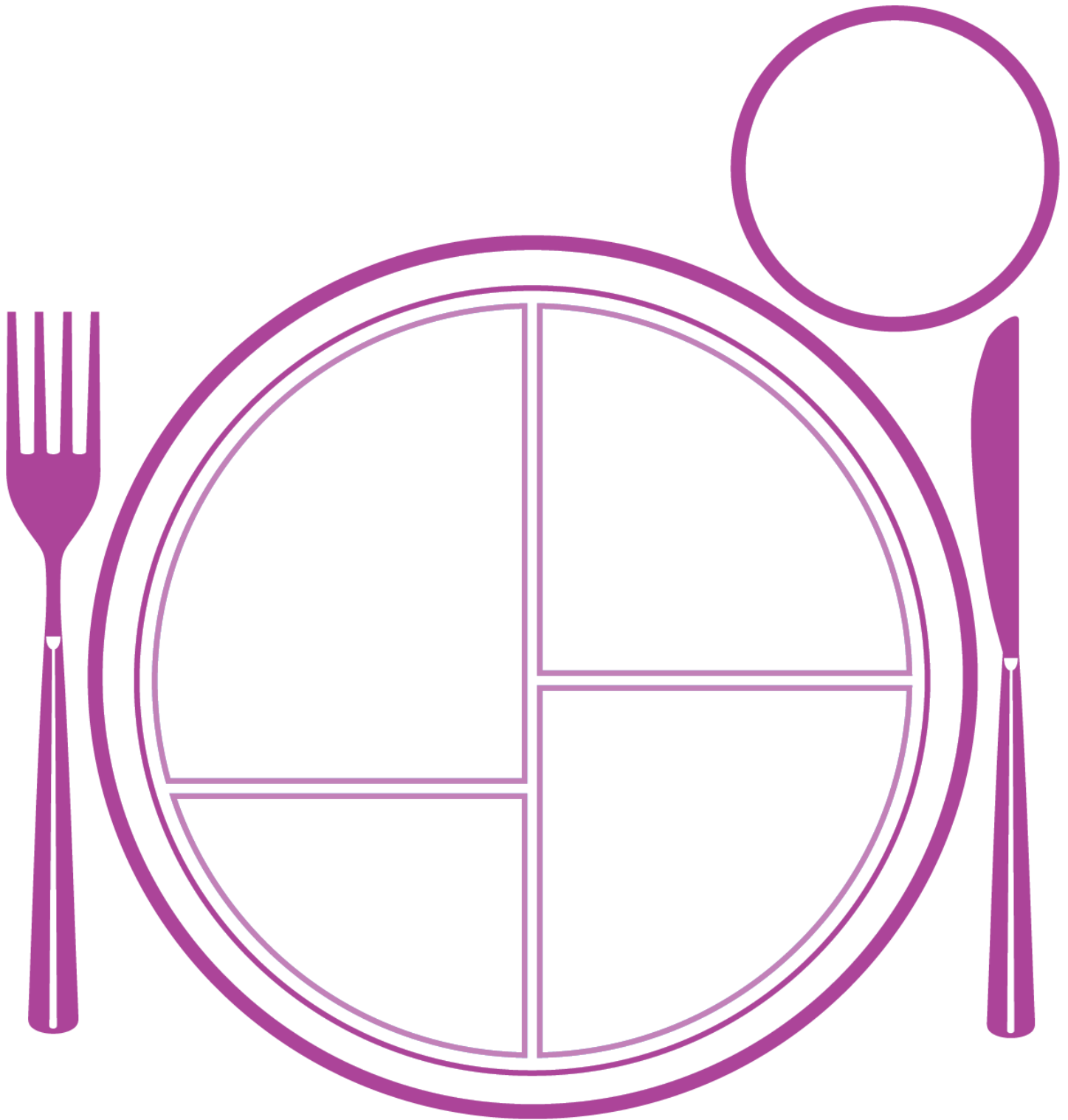
## Lesson 3: My Plate

This is a quick and easy guide to eating well balanced meals. Your plate should aim to look like this at each meal.



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➤ Activity 3: Fill in your own plate with a healthy meal.



## Lesson 4: Safe Knife Handling

### Do:

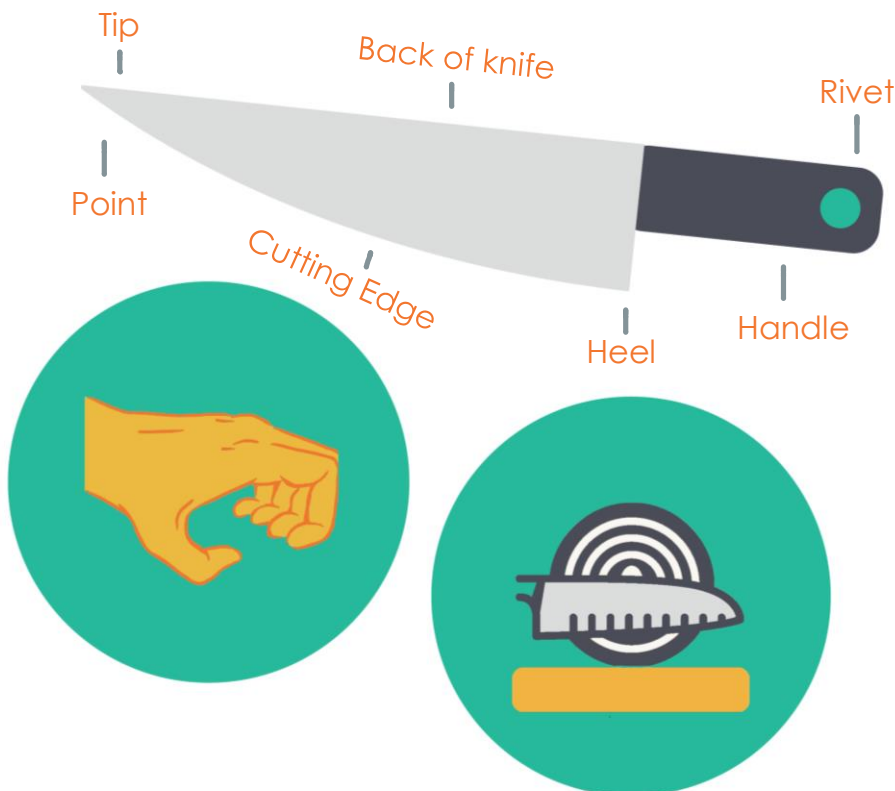
- keep knives sharp
- use a knife only for its intended purpose
- use the appropriate knife for the job
- carry knives alongside your leg and pointing toward the ground
- store knives properly

### Don't:

- touch knife blades
- try to catch a falling knife — let it fall
- hand a knife to someone — put it down on the counter and let them pick it up themselves
- leave a knife soaking in a sink of water
- talk to people while using a knife.

### ➤ Activity 4: Knife Skills

Let's practice how to safely handle a knife



## Lesson 5: Importance of Water & Water Safety

- Water is an essential nutrient, which means it must be obtained through the diet. Water can be obtained through consuming foods, such as fruits and vegetables and fluids such as milk or yogurt drink, meat and bone broth and fresh juice. Most daily water needs can be met by drinking clean water and other beverages.
- Water is essential to every cell, tissue and organ in the body because it:
  - carries nutrients throughout the body
  - helps regulate the body's temperature
  - cushions joints and protects sensitive tissues
  - cleanses the body of waste through sweat, urine and the bowels.
- It is a vital component in personal hygiene and optimal health.
- Make sure you know where your water is coming from and whether it is safe to use for drinking, food preparation or hygiene/sanitation.
- If you do not have access to clean water, you may be able to clean some through filtration, boiling or chemical agents.

### **To sterilize water with the boiling method, you must:**

**Step 1:** Bring cold tap water to a rolling boil.

**Step 2:** Boil for one minute (three minutes if you are at a higher altitude).

**Step 3:** Cool the water to room temperature.

**Step 4:** Store water in sterile containers with a tight lid.

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Water needs for children vary depending on age, diet, activity level and climate. It is important that children drink plenty of water every day to prevent dehydration, which is when the body does not have as much water as it needs. When severe, dehydration can be life threatening.

### The body has additional fluid needs when:

- living in a hot climate
- experiencing diarrhea or vomiting
- running a fever
- physically active



Drink 1.5 liters (4-6 cups) of clean, safe drinking water or other beverages such as fresh fruit or vegetable juice or yogurt drink daily.

*\*\* Recipes on the following pages sourced from "The Kimchi Chronicles: Korean Cooking for an American Kitchen" by Marja Vongerichten\*\**

# Lesson 6: How to Read a Recipe



## Step-by-step guide to understanding and reading a recipe

**Step 1:** Before prepping anything, carefully read the entire recipe. **Look up any unfamiliar cooking terms.**

**Step 2:** Read the recipe again and make notes of any process or step from that recipe that will affect the cooking timeline such as pre-soaking beans, pre-heating the oven, or letting dough sit and rise after mixing.

- Look for punctuation in recipes as it could cause a big difference. An example is A. 2 cups of cooked rice and B. 2 cups, rice cooked. These are different amounts and the ‘,’ in B. indicates that two cups of rice need to be cooked. Two cups of dry white rice becomes 6 cups of cooked white rice.

**Step 3:** Determine based on how many portions you need if you need to adjust the recipe to create more or fewer services.

- It is easier to multiply or divide a recipe by a whole number. Example: doubling a recipe vs. increasing by 1/3. Be sure to write down the new amounts and if you round up or round down a recipe, make note of it.
- Be careful when adjusting seasonings like salt or oil. When you're scaling up a recipe, don't increase the seasonings by the same factor. Instead, start with less seasoning and smaller amounts of spices, then adjust to taste. If you're doubling a recipe, try adding only 1 1/2 the amount of spices and seasonings. If you're halving a recipe, try a little less than half of the seasonings. You can always add more if necessary. When scaling up, you don't need to increase the amount of cooking oil by the same factor as the other ingredients. Instead, start with the single-batch amount, and adjust if necessary.
- Increasing or decreasing portions can also change the cooking time and cooking equipment needed. If recipes are larger or deeper, cooking and baking times will be longer, so you will need to lower the temperature a bit to ensure even doneness. If the recipe is reduced, it will cook faster, so decrease the cooking time instead.
- Use measurement conversions when needed. See list below for examples.

**Step 4:** Gather all cooking equipment and recipe ingredients together prior to starting the preparation. If you need to substitute ingredients in the recipe, be aware that cooking times or amounts needed may change.

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Example: Substituting brown rice for white rice in a recipe will require increased cooking time and increased water needed.

**Step 5:** Follow the order of the steps listed in the recipe. Be aware that some recipes include prep time and cooking time. Preparation time is time when you are preparing the recipe and cooking time is when the food is in the oven or on the stove top. Both times can change if portions or ingredients are adjusted.

**Step 6:** Don't only rely on time to determine if a food is ready to eat. You can also use your eyes and nose to see and smell if something is ready earlier or later than the recipe time. Use of thermometers can also help you to determine if the food is fully cooked, especially for meat.

### Helpful Cooking Measurement Conversions

#### Volume

Imperial	Imperial	Metric
1 teaspoon (tsp)	.2 fl oz	5 ml
1 tablespoon (tbsp) or 4 tsp	.6 fl oz	20 ml
6 tsp or 1 ½ tbsp	1 fl oz	30 ml
½ cup or 8 tablespoons	4 fl oz	120ml
1 cup or 16 Tablespoons	8 fl oz	240 ml
1 pint or 2 cups	16 fl oz	480 ml
1 quart or 2 pints	32 fl oz	950 ml
1 liter or 4 cups	33 fl oz	1000 ml



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### Weight

Imperial	Metric
½ oz	15 g
1 oz	30 g
2 oz	60 g
3 oz	90 g
4 oz	120 g
5 oz	150 g
6 oz	180 g
7 oz	210 g
8 oz	240 g
9 oz	270 g
10 oz	300 g
11 oz	330 g
12 oz	360 g
13 oz	390 g
14 oz	420 g
15 oz	450 g
16 oz or 1 pound	480 g

Cooking Activity 1: Healthy Snack Recipes ➤

**Kale Chips**

*Yield: 4 to 6 servings*

**Ingredients**

Kale	1 bunch
Olive oil	1 tablespoon (15 ml)
Kosher salt	1 teaspoon (5 grams)
Black pepper	¼ teaspoon (1.42 grams)
Granulated garlic	½ teaspoon (2.5 grams)

**Instructions**

1. Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
2. Remove stem from kale and tear into bite sized pieces. Wash and thoroughly dry kale. Drizzle with olive oil and sprinkle with salt, pepper and garlic.
3. Bake until edges brown and are crisp, about 10 to 15 minutes. Cool and enjoy.

**Yogurt Ranch Dip**

*Yield: 1 cup dip*

**Ingredients**

Plain yogurt	1 cup (240 ml)
Garlic powder	¾ teaspoon (1.5 grams)
Onion powder	½ teaspoon (2.5 grams)
Dried dill	½ teaspoon (2.5 grams)
Kosher salt	¼ teaspoon (1.25 grams)
Worcestershire sauce	¼ teaspoon (1.25 grams)
Fresh chives	for garnish

**Instructions**

1. In a medium bowl, stir together yogurt, spices and Worcestershire sauce. Garnish with fresh chives. Serve with your favorite fresh vegetables and enjoy.

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### Fruit and Yogurt Parfaits

Yield: 4 servings

#### Ingredients

Yogurt	2 cups (480 ml)
Granola	1 cup (130 grams)
Fresh fruit	2 cups (480 ml)
Honey	to taste
Cinnamon	to taste

#### Instructions

1. Wash all fruit you plan to use. Peel (if needed) and dice fruit into small pieces.
2. Add a little honey and cinnamon to the fruit, until it tastes good. If the fruit is really sweet, you can skip adding the honey.
3. Divide the yogurt evenly into four cups. On top of the yogurt put a layer of fresh fruit and then top with some granola.
4. Serve immediately or put in the refrigerator for the next day.

### Fruit Smoothie

Yield: 4 servings

#### Ingredients

Yogurt	1 cup (240 ml)
100% fruit juice	1 cup (240 ml)
Banana	1 each
Fruit (any type)	1 cup (120 grams)
Honey	1 teaspoon (5 ml)

*\*If you use fresh or canned fruit, add ice cubes to the blender until desired consistency is reached or freeze the fruit before using it.\**

#### Instructions

1. Put yogurt, banana, honey and fruit juice in a blender.
2. Blend ingredients until smooth.
3. Add fresh, frozen or canned fruit into blender — a little bit at a time.
4. If you need ice, add a little bit at a time and blend until smooth
5. Serve immediately, refrigerate or freeze in ice cube tray.

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### ➤ Activity 5: Navigate the Healthy Food Maze

Wind your way through the maze by choosing the healthy foods. Move up, down or sideways.

Start



Finish

# Lesson 7: Foods for Energy

## Exploring Grains, Fats and Fiber

- Calories are the energy that is in all food.
- The body uses calories when you eat, work, play and even when resting.

### Carbohydrates

- Carbohydrates are the main source of immediate energy for our bodies
- Foods that are high in carbohydrates are breads, cereals, rice, grains and pasta. Fruits, vegetables and sugars (honey, juice) are also rich in carbohydrates.

### Fats

- Fats are also a good source of energy.
- They have twice as many calories as carbohydrates.
- Different foods have different kinds of fats:
  - saturated fats are the fats found in animal foods (meats and cheeses).
  - unsaturated fats are the fats found in plant foods and some fish (oils, nuts, avocados).

### Fiber

- Fiber keeps body feeling full and not hungry longer.
- It helps move food through the digestive tract.
- Fruits, vegetables and whole grains are good sources of fiber.

Cooking Activity 2: Soup, Salad & Bread Recipes ➤

**Pasta Fagoli**

*Yield: 4 to 6 servings*

**Ingredients**

Olive oil	2 tablespoons (30 ml)
Onion, diced	1 cup (150 grams)
Garlic, minced	2 cloves
Ground beef	1 pound (.45 kg)
Carrot, diced	½ cup (75grams75 grams)
Celery, diced	½ cup (75 grams)
Beef broth	2 to 3 cups (480 to 720 ml)
Crushed tomatoes	1 – 15 ounce can (445 ml)
Zucchini, diced	½ cup (75 grams)
Canned white beans	1- 15 ounce can (445 grams)
Dry pasta (small)	1 cup (130 grams)
Parmesan cheese	¼ cup (45 grams)
Salt and pepper	to taste
Italian seasoning	to taste

**Instructions**

1. In a large pot, heat the olive oil over medium heat. Sauté the onions, garlic, carrots and celery until soft.
2. Add ground beef and cook until done (no pink). Add salt, pepper and Italian seasoning.
3. Add the can of tomatoes, can of drained beans, zucchini and beef broth. Cook for a couple of minutes.
4. Add the dry pasta into the pot and cook for 20 to 30 minutes or until pasta is cooked thoroughly and flavors have developed.
5. Stir in shredded Parmesan cheese until melted.
6. Dish up the stew while hot and enjoy.

## Focaccia Bread

*Yield: 4 servings*

### Ingredients

#### *Dough*

Flour	2 ½ cups (330 grams)
Sugar	1 teaspoon (5 grams)
Salt	1 teaspoon (5 grams)
Olive oil	1 tablespoon (15 ml)
Yeast	2 ¼ teaspoon (30 grams)
Warm water	¾ cup (180 ml)

#### *Topping*

Olive oil	¼ cup (60 ml)
Salt and pepper	to taste
Granulated garlic	to taste
Italian seasoning	to taste
Parsley flakes	to taste

### Instructions

1. In a small bowl, dissolve yeast in the warm water. Let rest for 5 minutes.
2. Place flour, sugar and salt in a food processor. Pour in yeast water and mix until dough forms into a ball.
3. Add additional water if dough does not come together. Continue to blend for 1 minute.
4. Let dough rest in a warm place until it doubles in size.
5. Preheat oven to 375 degrees F (190 degrees C).
6. Flatten dough into big rectangle on an oiled baking sheet. Poke dents all over dough with finger tips.
7. Rub top of dough with olive oil and sprinkle with seasonings.
8. Place in oven and bake for 20 to 30 minutes or until crust look golden brown. Bread should bounce back when touched if baked thoroughly; it should not dent.

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### Salad

*Yield: 4 servings*

#### Ingredients

Lettuce, washed and chopped	1 head
Carrot, shredded	1 each
Cucumber, sliced	1 small
Celery, diced	1 stalk
Tomatoes, diced	1 each
Sunflower Seeds	½ cup (64 grams)

#### Instructions

1. Place the washed lettuce in a large salad bowl and pile all the other ingredients on top. Toss the salad until all ingredients are evenly mixed.
2. Serve immediately with your favorite dressing or vinaigrette.

### Garlic & Honey Vinaigrette

*Yield: 4 servings*

#### Ingredients

Garlic, minced	1 clove
Honey	1 teaspoon (5 ml)
Dijon mustard	1 teaspoon (5 ml)
Apple cider vinegar	1 tablespoon (15 ml)
Olive oil	3 tablespoons (45 ml)

#### Instructions

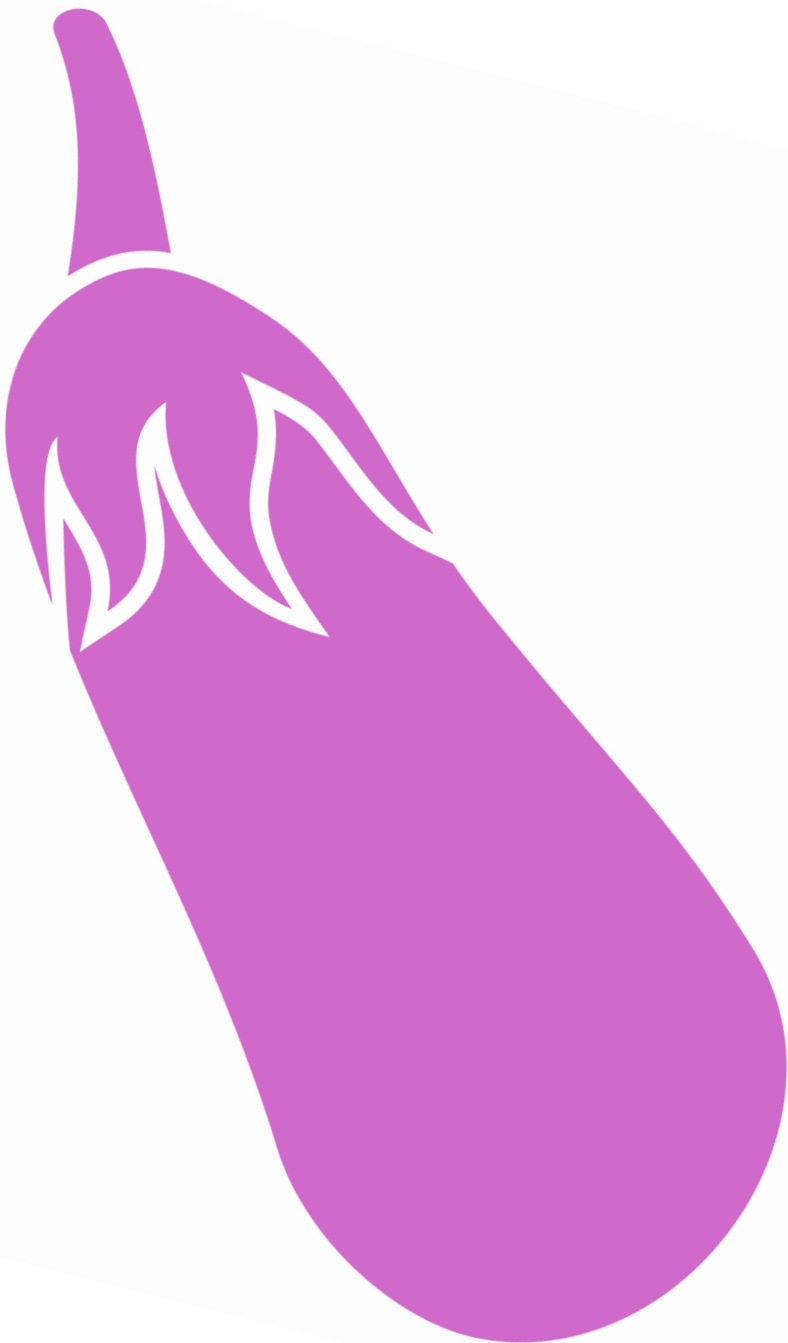
1. In a small bowl, mix together the garlic, honey and mustard.
2. Add the apple cider vinegar.
3. While whisking, slowly pour in the oil until the mixture comes together and emulsifies.
4. Serve with your favorite salad.



# Day One Notes

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## Day Two



## Lesson 8: Breakfast

- Breakfast is the most important meal of the day.
- It helps refuel your body after sleeping.
- It starts your metabolism for the day (how body converts food to energy).
- Breakfast should include grains, proteins and fiber.
- People who eat breakfast tend to be healthier overall.
- Breakfast boosts your ability to concentrate, your attention span and your memory.
- Skipping breakfast will make you feel tired and irritable.



## Lesson 9: Oral Hygiene

- Taking care of your teeth and mouth (oral hygiene) are very important to your overall health.
- Brush and floss your teeth every day (if resources are available).

### ➤ Activity 6: Brushing Your Teeth

**Step 1:** Put a pea-sized amount of toothpaste on your toothbrush.

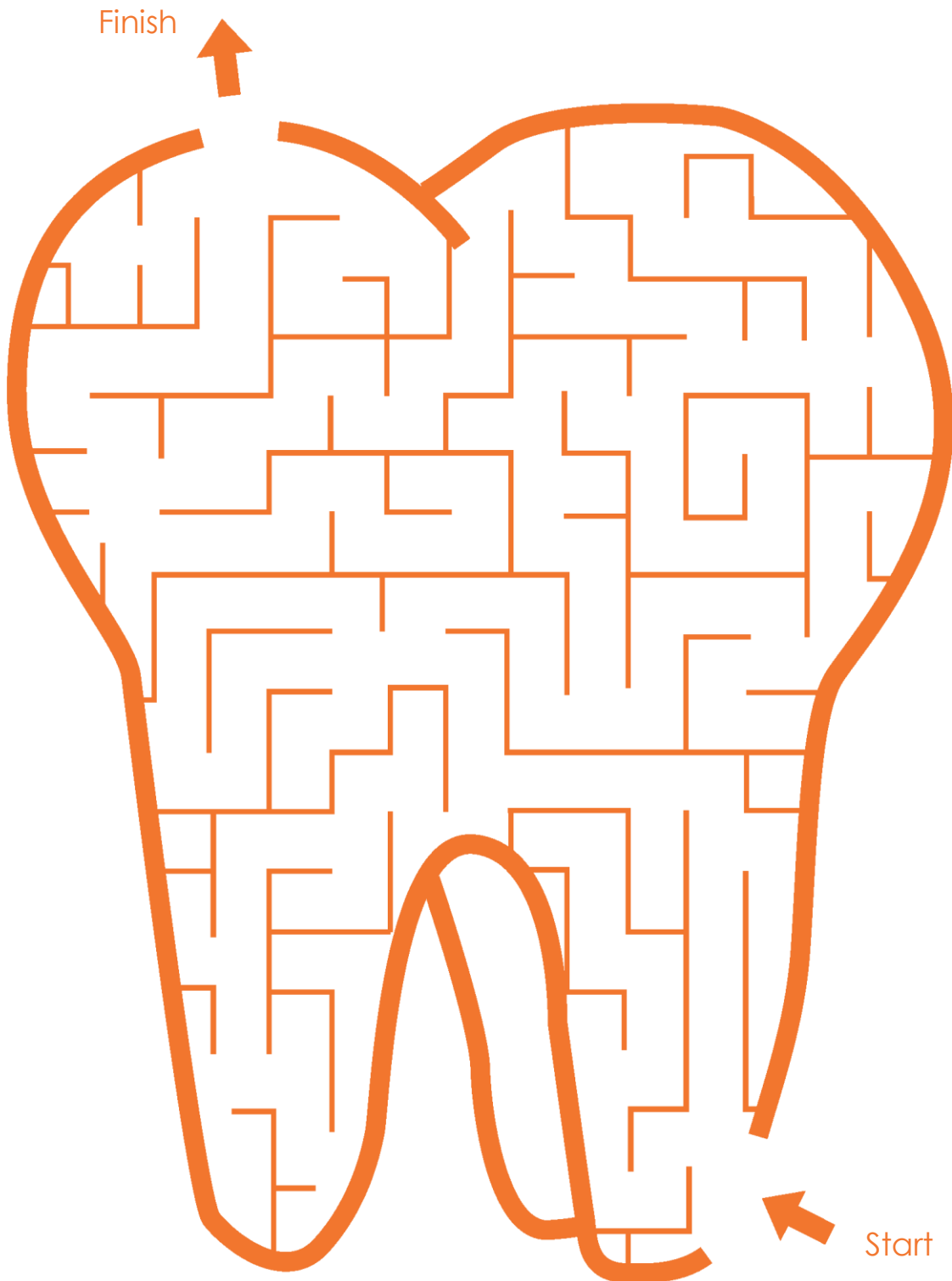
**Step 2:** Brush your teeth for at least 2 minutes. Make sure you get all sides of the teeth.

**Step 3:** Don't forget to get your back teeth, gum line and tongue.

**Step 4:** Spit out toothpaste and rinse mouth with clean water.



➤ Activity 7: Tooth Maze

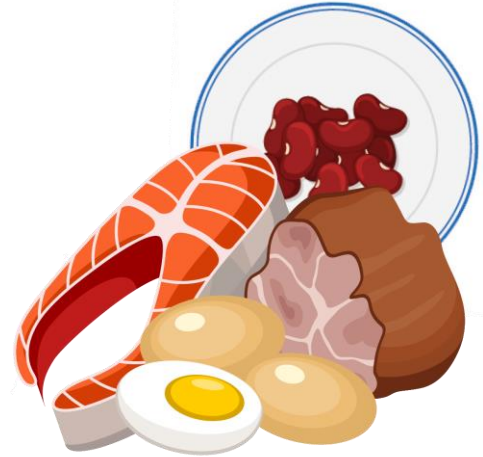


# Lesson 10: Foods for Growth

## Exploring Protein and Calcium

### Protein

- Protein is the building block for muscles.
- Protein is important for the immune system.
- There are two main groups of protein:
  - animal proteins
    - include meat, fish, poultry, eggs and dairy products
  - plant proteins
    - include dry beans, nuts and foods made of soy
    - Grains such as corn, rice and wheat also have small amounts of protein.
- Protein provides a longer lasting energy than carbohydrates



### Calcium

- Calcium is an important nutrient for strength.
- It strengthens and protects teeth and bones.
- Muscles and nerves also need calcium to work properly.
- Just like protein there are two main types of calcium:
  - from animals:
    - include dairy products, canned salmon and sardines
  - from plants
    - include dark leafy green vegetables, broccoli and tofu



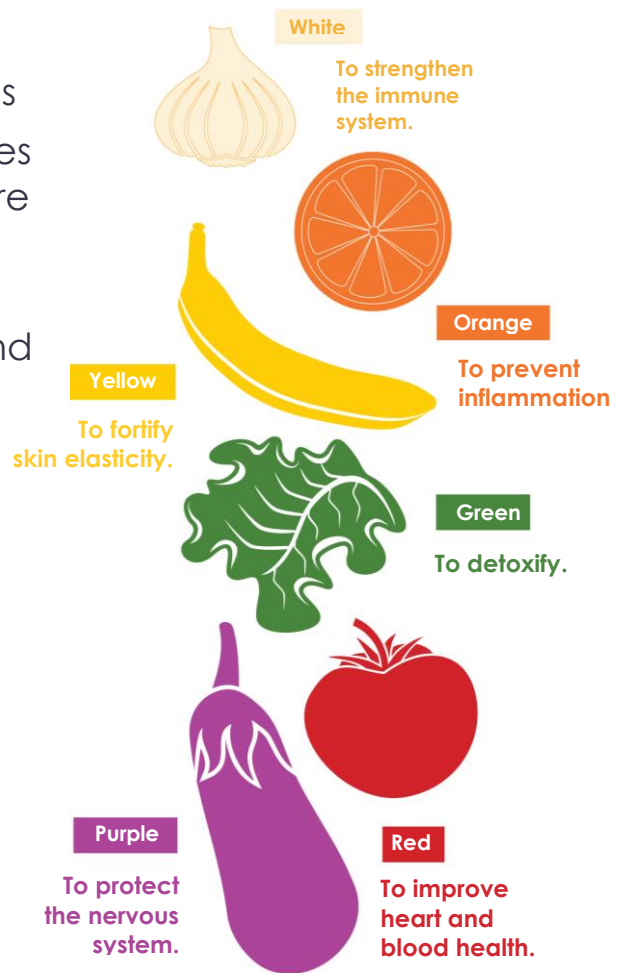
# Lesson 11: Foods for Protection

## Our Immune System

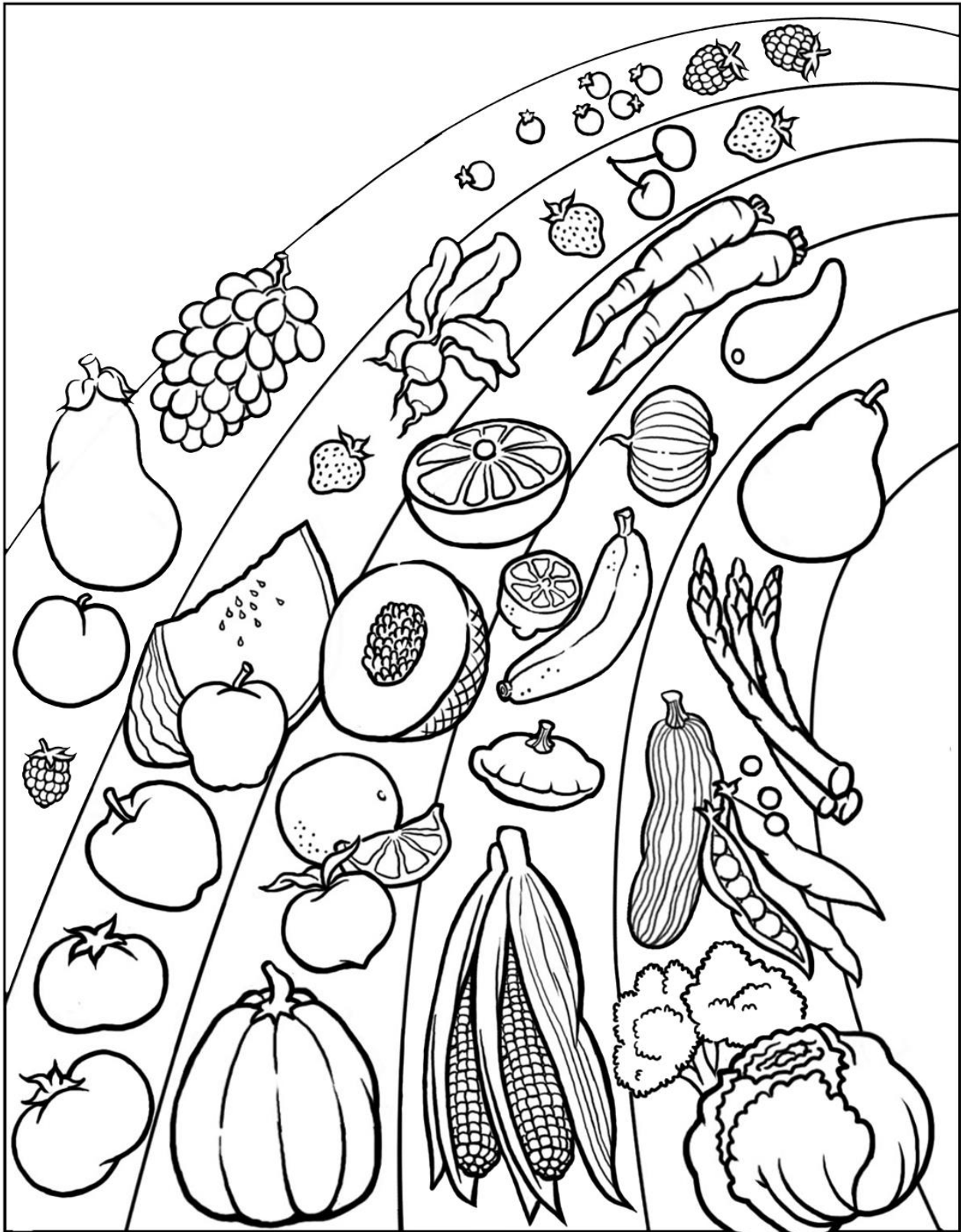
- The immune system is the body's defense against infection.
- Immunity is the ability to resist infection.
- The immune system uses a lot of energy when fighting off infections.
- The immune system reacts to invading germs and creates antibodies to kill the germs and heal your body.

## Fruits & Vegetables

- Your body needs fruits and vegetables
- Fruits and vegetables are good sources of fiber, vitamins and minerals. They are important in providing protection against illness and chronic diseases.
- The immune system needs vitamins and minerals to work properly.
- Many foods we eat have specific health benefits to boost your immune system and prevent illness.
- There are some barriers to consuming fruits and vegetables:
  - Can be expensive → buy fruits and vegetables in season.
  - Easy to spoil → buy fruits and vegetables without bruises or damage.
  - Dried, canned or frozen fruits and vegetables are a good alternative when fresh produce is too expensive or not available.
- Aim to eat five fruits and vegetables a day
- It is important to eat fruits and vegetables of all colors — “eat the rainbow”



➤ Activity 8: Eat the Rainbow Coloring Page



### Exploring Vitamins & Minerals

- Vitamins and minerals do not provide calories like carbohydrates and fats, but our bodies need them to stay alive.
- Some of these vitamins and minerals are essential, meaning the body needs them, but cannot make enough for itself.
- Each vitamin and mineral play a unique role in the body.
- Some key vitamins and minerals to focus on are:
  - vitamin A
  - vitamin D
  - iron
  - folate

### Vitamin A

- Vitamin A is a fat-soluble vitamin that plays a significant role in
  - immunity
  - vision
  - bone and teeth growth
  - skin health
- Found in its active form in animal foods such as:
  - eggs
  - liver
  - milk and butter
  - fish such as herring, tuna and sardines
- Also found in its inactive form, beta carotene, in many fruits and vegetables which the body then converts to vitamin A when consumed
  - dark and leafy vegetables such as broccoli and spinach
  - yellow and deep orange fruits and vegetables such as oranges, mango, carrots and sweet potatoes.





## ROOTS TO GROW!

### Vitamin D

- Vitamin D is a fat-soluble vitamin that is essential to the absorption of calcium for proper bone development and function.
- The body produces Vitamin D when the skin is exposed to sunlight. Some of the body's vitamin D needs are met this way. The remainder must be obtained from dietary sources, such as:
  - fatty fish and their oils, such as cod and cod liver oil, salmon and sardines
  - shrimp
  - beef liver
  - egg yolks
  - fortified milk and butter
  - fortified cereals

### Folate

- Folate is a water-soluble B vitamin that is naturally present in some foods and added to others.
- Folate is critical for:
  - formation and maintenance of new cells
  - periods of rapid growth and development, such as during pregnancy and infancy
  - red blood cell formation and anemia prevention.
- Folate naturally occurs in foods such as:
  - beef liver
  - beans and peas
  - asparagus
  - spinach
  - Brussels sprouts
  - fruit and fruit juices
- It also is fortified in many foods:
  - fortified flour
  - fortified cereals
  - fortified breads
  - enriched rice and pasta



## ROOTS TO GROW!

### Iron

- Iron is a mineral that plays important roles in:
  - blood
  - key component of red blood cells, which carry oxygen in the blood to all parts of the body
  - early Brain Development
  - essential for healthy brain and nerve tissue development
  - immune function
  - muscle function
- Iron is found in two forms in food: heme and non-heme.
  - Heme iron is found in animal sources and more easily absorbed by the body. Examples of foods containing heme iron include:
    - meat (beef, lamb, mutton)
    - fish and shellfish
    - poultry (chicken, turkey)
  - Non-heme iron is found mainly in plant sources and is more difficult for the body to absorb. Examples of foods containing non-heme iron include:
    - iron-fortified cereal
    - soybeans and tofu
    - spinach
    - legumes (beans, lentils)

## Practical Nutrition

### Vitamin A

- Eat foods high in Vitamin A at least three times per week.

### Vitamin D

- Make sure to get 15 minutes of sunshine exposure a few times per week and eat vitamin D rich foods.

### Iron

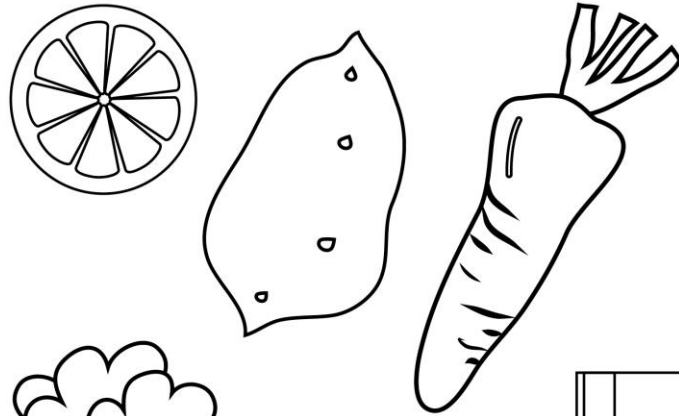
- Eat foods high in iron at least once a day.

## ROOTS TO GROW!

### ➤ Activity 9: Match the Food and Vitamins

Color the foods below and match the vitamins to the foods. Foods can have more than one micronutrient.

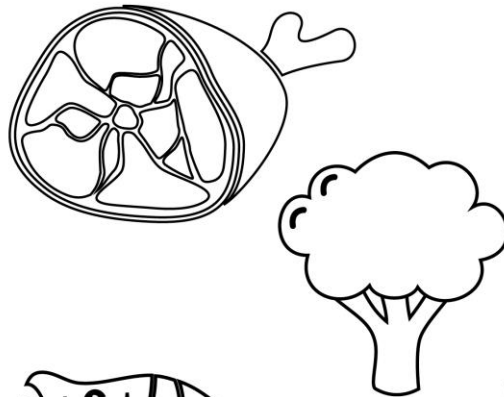
**Vitamin A**



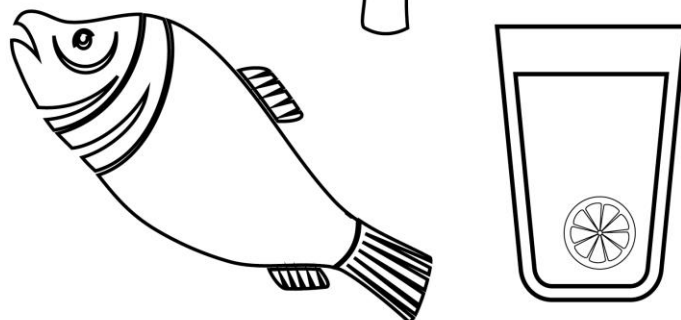
**Vitamin B**



**Vitamin C**



**Folate**



**Iron**

## ROOTS TO GROW!

### Vitamin Table

<u>Vitamin</u>	<u>Benefit</u>	<u>Good Food Sources</u>
B Vitamins	<ul style="list-style-type: none"> <li>- Aid metabolism, growth and development</li> <li>- Needed for stress management</li> <li>-Anti- inflammatory</li> </ul>	Dairy products, eggs, liver, nuts and seeds, whole grains
Folate	<ul style="list-style-type: none"> <li>- Needed for brain development and healthy nerve growth especially during pregnancy, infancy and adolescence</li> <li>- Needed for red blood cell production and metabolism</li> </ul>	Legumes, eggs, leafy greens, liver, broccoli, almonds and flaxseeds
Vitamin A	<ul style="list-style-type: none"> <li>- Keeps vision healthy</li> <li>- Protects skin</li> </ul>	Butter, liver, eggs, oily fish and whole milk
Vitamin C	<ul style="list-style-type: none"> <li>- Improves wound healing</li> <li>- Antibacterial, antihistamine, anti-inflammatory, antioxidant and antiviral</li> </ul>	Broccoli, citrus fruits, green bell pepper, kale and parsley
Vitamin D	<ul style="list-style-type: none"> <li>- Needed for strong bones and teeth</li> </ul>	Eggs, herring, sardine, shiitake mushroom
Vitamin E	<ul style="list-style-type: none"> <li>- Helps to protect skin, circulation, brain and hormones against pollution</li> <li>- Needed for antibody response to infection</li> </ul>	Almonds, avocado, oatmeal and sweet potato

## ROOTS TO GROW!

### Mineral Table

<u>Mineral</u>	<u>Benefit</u>	<u>Good Food Source</u>
Calcium	- Builds healthy bones	Almonds, green leafy vegetables and yogurt
Iron	- Needed to carry oxygen around the body - Needed to produce white blood cells and antibodies	Egg yolk, mutton, green leafy vegetables, lentils, liver and red meat
Magnesium	- Needed for antibody production, metabolism - Needed for bone growth and development	Dried fruits, fish, green leafy vegetables, nuts and seeds and whole grains
Potassium	- Boosts energy and strength	Avocado, banana, citrus fruits, lentil, nuts, spinach and whole grains
Selenium	- Helps produce antibodies, antioxidant	Celery, garlic, mushroom, onion and sesame seeds
Zinc	- Needed for metabolism & wound healing	Mutton, poultry and whole grains

Cooking Activity 3: Breakfast Recipes ➤

**Morning Glory Muffins**

*Yield: 18 muffins*

**Ingredients**

Flour	2 cups (240 grams)
Sugar	1 ¼ cups (250 grams)
Ground cinnamon	1 tablespoon (14 grams)
Baking powder	2 teaspoons (8.5 grams)
Baking soda	½ teaspoon (2 grams)
Salt	½ teaspoon (2 grams)
Carrots, grated	2 cups (680 grams)
Apple, diced	1 cup (340 grams)
Raisins	1 cup (165 grams)
Eggs	2 each
Applesauce	½ cup (120 ml)
Vegetable oil	¼ cup (60 ml)
Vanilla extract	1 tablespoon (15 ml)

**Instructions**

1. Preheat oven to 375 degrees F (190 degrees C). Spray a muffin pan with nonstick cooking spray. Set muffin pan aside.
2. In a medium bowl, whisk together eggs, applesauce, oil and vanilla.
3. In a large bowl, whisk together flour, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins.
4. Stir the applesauce mixture into the bowl with dry ingredients until it forms a batter.
5. Spoon the batter into the prepared muffin pan, filling them about ¾ full.
6. Bake for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.

## ROOTS TO GROW!

### Cheese Omelet

*Yield: 1 large omelet*

#### Ingredients

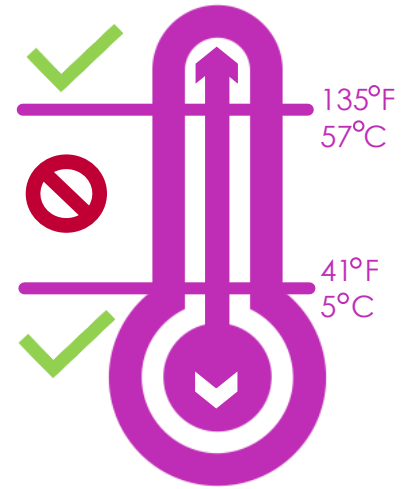
Eggs	3 each
Water	1 tablespoon (15 ml)
Salt and pepper	to taste
Cheese	as needed
Butter	1 tablespoon (15 grams)

#### Instructions

1. In a small mixing bowl, whisk together eggs and water. Season with salt and pepper to your taste. Set aside.
2. Heat a frying pan over medium low heat. Melt butter in pan and pour egg mixture into the butter frying pan.
3. Cook over medium low heat. Press cooked eggs from edges toward the middle and swirl the uncooked egg to the edges of the pan. Do this until a circular dish of cooked egg coats and fills the bottom of the pan.
4. Sprinkle cheese and any other fillings onto one half of the omelet.
5. Tilt the pan at an angle and using a spatula flip omelet in half, forming a half circle.
6. Remove from pan onto a plate and enjoy immediately.

## Lesson 12: Food Safety

- Rinse all fresh produce before use.
- Keep cold foods cold.
- Keep hot foods hot.
- Refrigerate leftovers promptly.
- Keep cold and hot foods at room temperature for no more than two hours (one hour during hot weather).
- In most cases, food poisoning can be avoided by proper food preparation.
- Strictly follow cooking/storage times and temperatures.
- Avoid cross contamination → use separate cutting boards for meat, poultry and fruits and vegetables.
- Clean hands and work surfaces often.
- Limit time food is in temperature danger zone.
- The only way to correctly determine whether a food is cooked enough is with a food thermometer.



**Foods that are stored or handled improperly can make you sick**

Symptoms may include ...



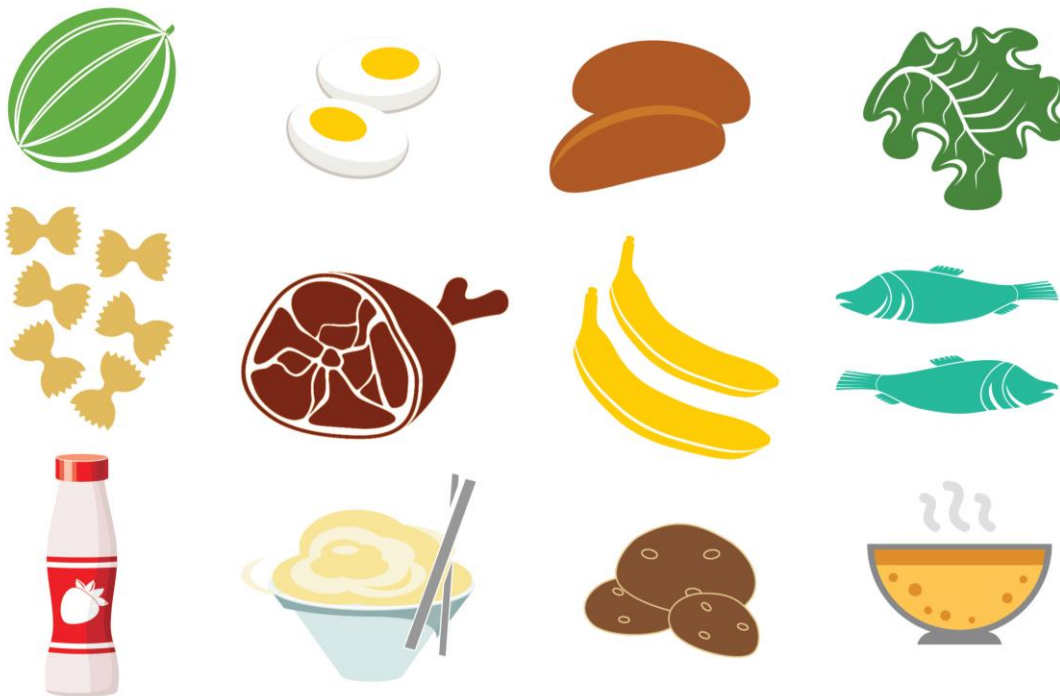


## Foodborne Illness

- Foodborne illness is a disease that is carried or transmitted to people by food.
- Any food can become contaminated and unsafe, if stored or handle improperly.
- Foods that commonly become unsafe are called potentially hazardous foods. Potentially hazardous foods are foods that lead to quick bacterial growth and include foods that are:
  - high in protein
  - low in acid
  - contains moisture
  - cooked starches
- Foodborne illness is preventable, if you take the right precautions.

### ➤ Activity 10: Identify the Potentially Hazardous Foods

Circle the foods that are considered Potentially Hazardous Foods



Cooking Activity 4: Main Dish Recipes ➤

**Bibimbap (“Mixed Rice”)**

*Yield: 1 large serving*

**Ingredients**

Gochujang	2 tablespoons (28 grams)
Toasted sesame oil	5 tablespoons (75 ml)
Rice vinegar	2 teaspoons (10 ml)
Sesame seeds	1 teaspoon (4 grams)
Dried seaweed	1 handful
Dried Shiitake mushrooms	2 each
Baby spinach	2 handfuls
Zucchini, cut into matchsticks	½ cup (64 grams)
Salt	to taste
Bean sprouts	small handful
Cooked rice	1 ½ cups (237 grams)
Egg	1 each
Leftover bulgogi	¼ cup (32 grams)
Seasoned radish	¼ cup (32 grams)

**Instructions**

1. Whisk together the red pepper paste (gochujang), 1 tablespoon of the season oil, the vinegar, and sesame seeds in a small bowl. Set the sauce aside until serving (it will keep, covered, in the fridge for one week).
2. Cover the seaweed with cold water and let it sit for at least 10 minutes.
3. Meanwhile, bring 4 cups of water to a boil in a small saucepan. Place the shiitakes in a small heatproof bowl, ladle ½ cup of the boiling water over them, and set aside for 10 minutes to soften.
4. Add the spinach to the boiling water and cook until bright green and completely wilted, not more than 1 minute. Drain the spinach and rinse with cold water to stop it from cooking any further. Squeeze the spinach to remove as much of the water as possible and set aside.
5. Drain the mushrooms, slice off and discard the stems, thinly slice the caps and set aside.
6. Heat 1 tablespoon of the sesame oil in a small nonstick skillet over medium heat. Add the zucchini and a pinch of salt and cook, stirring now and then, until the zucchini is just tender, 3 to 4 minutes. Set the zucchini aside.
7. Heat another tablespoon of sesame oil in the same skillet, add the bean sprouts and a pinch of salt, and cook, stirring now and then, until the bean sprouts are lightly browned and a bit limp, about 3 minutes. Set the bean sprouts aside.
8. Drain the seaweed and roughly chop it. Heat another tablespoon of sesame oil in the same skillet, add the seaweed and cook until it wilts, stirring now and then, about 4 to 5 minutes. Set the seaweed aside.
9. Meanwhile, heat a small cast iron skillet over high heat for at least 5 minutes. Pack the rice into the hot pot or skillet and leave it over the flame for 2 minutes. Carefully take it off the heat, cover, and let sit for 5 minutes (this will help it develop its signature crust).
10. While the rice is resting, heat the remaining 1 tablespoon of sesame oil in the same small skillet. Add the egg and cook until it's cooked to your preference. Uncover the rice and place the fried egg on top and then arrange the seaweed, mushrooms, spinach, zucchini, bean sprouts, bulgogi, and seasoned radish in small piles around the egg.
11. Eat by adding as much of the reserved sauce as you'd like and mixing everything together.

## ROOTS TO GROW!

### Bulgogi (“Fire Meat”)

*Yield: 4 servings*

#### Ingredients

Dried Shiitake mushrooms	3 each
Rib-eye steak, thinly sliced	1 ½ pounds (.68 kg)
Sesame oil	2 tablespoons (30 ml)
Onion, thinly sliced	1 each
Sesame seeds, toasted	1 tablespoon (14 grams)

#### *Marinade*

Soy Sauce	¼ cup (60 ml)
Soju	¼ cup (60 ml)
Cola	¼ cup (60 ml)
Sugar	3 tablespoons (42 grams)
Asian pear, peeled and diced	¼ cup (32 grams)
Onion, diced	¼ cup (32 grams)
Garlic	6 cloves
Black pepper	teaspoon (2 grams)
Sesame oil	2 tablespoons (30 ml)

#### Instructions

1. Combine the dried mushrooms and hot water to cover in a small bowl and set aside until softened, about 10 minutes. Drain, discard the tough stems and thinly slice the caps.
2. Combine the soy sauce, soju, soda, sugar, pear, chopped onions, garlic, black pepper and 2 tablespoons of the sesame oil in a blender and puree until smooth.
3. Transfer the puree to a large bowl and stir in the sesame seeds, mushrooms, sliced onion and steak slices. Cover tightly with plastic wrap and marinate in the fridge for at least 30 minutes or up to 4 hours.
4. When you are ready to eat, heat the remaining 2 tablespoons sesame oil in your largest skillet over high heat.
5. Working in batches (so as to not crowd the pan and so the meat develops delicious, caramelized edges), add the beef and marinade and cook, stirring now and then, until cooked through, about 4 to 5 minutes.

**Note:** Pre-sliced ribeye steak can be found in some stores as “bulgogi” or ask your butcher to slice it for you. If neither of those is an option, put the steak in the freezer for 30 minutes (to make it easier to cut) and then slice it as thinly as possible with your sharpest knife.

## ROOTS TO GROW!

### Cold Broccoli Salad

*Yield: 4 servings*

#### Ingredients

Broccoli florets	4 cups (352 grams)
Olive oil	3 tablespoons (45 ml)
Garlic, thinly sliced	1 clove
Toasted sesame oil	1 teaspoon (5 ml)
Rice vinegar	1 tablespoon (15 ml)
Soy sauce	1 teaspoon (5 ml)
Sugar	pinch

#### Instructions

1. Bring a pot of water to a boil. Add the broccoli and cook just until bright green, less than a minute. Drain the broccoli and chill in a bowl of ice water or rinse under cold running water to stop the cooking process.
2. Meanwhile, heat the olive oil and garlic in a small pan over medium heat. Cook just until the garlic is golden brown, 1 minute, and use a slotted spoon to transfer the garlic slices to a paper towel-lined plate.
3. Whisk the warm garlic oil together with the sesame oil, vinegar, soy sauce and sugar in a large mixing bowl. Add the blanched broccoli and stir to combine. Serve garnished with the garlic chips. Serve cold.

### Fresh Bean Sprout Salad

*Yield: 2 cups*

#### Ingredients

Fresh bean sprouts	2 cups (200 grams)
Vegetable oil	2 teaspoons (10 ml)
Toasted sesame oil	2 teaspoons (10 ml)
Rice Vinegar	2 teaspoons (10 ml)
Gochugaru (red pepper powder)	¼ teaspoon (1 gram)
Sugar	pinch
Salt	pinch
Roasted sesame seeds	½ teaspoon (2 grams)

#### Instructions

1. Bring a pot of water to a boil, add the sprouts and cook just until beginning to soften, less than a minute. Drain the sprouts in a colander and place in a bowl of ice water or rinse under cold running water to stop them from cooking.
2. Meanwhile, whisk together the vegetable oil, sesame oil, vinegar, red pepper powder, sugar and salt in a bowl. Add the sprouts to the bowl and stir to coat with the dressing. Taste for seasoning and sprinkle with the sesame seeds. Serve the salad cold.

# ROOTS TO GROW!

## Food Preparation Reference



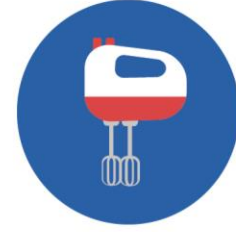
Add



Bake



Barbecue



Mix



Boil



Break



Chop



Steam



Cut



Fry



Roast



Beat



Peel



Grate



Sauté



Slice



Simmer



Pour



Combine



Stir

# Day Two Notes

ROOTS TO GROW!

## Day Three



## Lesson 13: Sense of Taste & Smell

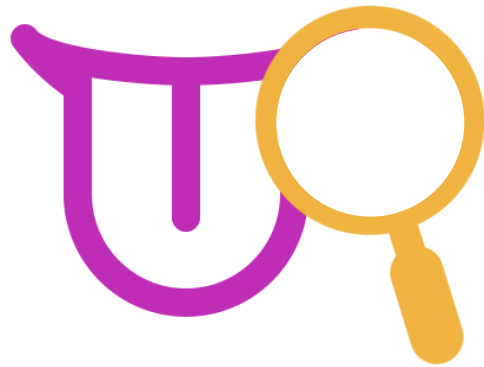
- Taste buds are what enable us to receive and detect various flavors in our mouth; flavors including sweet, sour, salty and bitter.
- Found mostly on the tongue, but also can be found in other parts of the body, such as the gums, roof of the mouth and digestive tract.
- Big bumps on your tongue are not actually the taste buds, but they house the taste buds/ taste receptors.
- Estimated each bump contains five to 15 taste buds and receptors.
- The number of taste buds you have will determine how well you taste food.
- Sense of smell works with the sense of taste to create flavors.
- Pregnant women and children taste bitter in foods more intensely. This is thought to have been a way to protect ourselves from ingesting poisonous items. This is why most children do not like bitter vegetables.

### ➤ Activity 11: Are You a Super Taster?

Let's find out how well you can detect flavors in food!

#### You will need the following supplies:

- piece of thick paper (note card or construction paper)
- 7mm hole punch
- blue food coloring
- cotton swab
- mirror
- magnifying glass





## ROOTS TO GROW!

**Step 1:** Punch a hole in the piece of paper (should be about 7mm).

**Step 2:** Using the cotton swab rub some blue food coloring onto your tongue. You will notice your tongue will be blue with pink bumps (these pink bumps are the “taste bud houses”).

**Step 3:** Place the hole in the piece of paper over the part of your tongue with food coloring on it (the tip of the tongue is generally the easiest place to count). Press paper gently onto the area of tongue you want to count taste buds, so the paper does not move.

**Step 4:** Using the magnifying glass and mirror count how many pink bumps you see on your tongue through the hole in the paper.

**It's that easy! You are done.**

- If you counted 35 or more, you are a super taster
- If you counted between 15 and 35, you are an average taster
- If you counted less than 15, you are a non-taster

The more taste buds you counted, the stronger flavors will be to you. The amount of taste buds you have will affect your food choices and what you prefer to eat.

- Super tasters will often avoid bitter foods; they may avoid spicy foods, black coffee and dark green vegetables
- Non-tasters will often find food tastes bland; they often seek out bold flavors such as spicy food and dark coffee

## Lesson 14: Food Storage

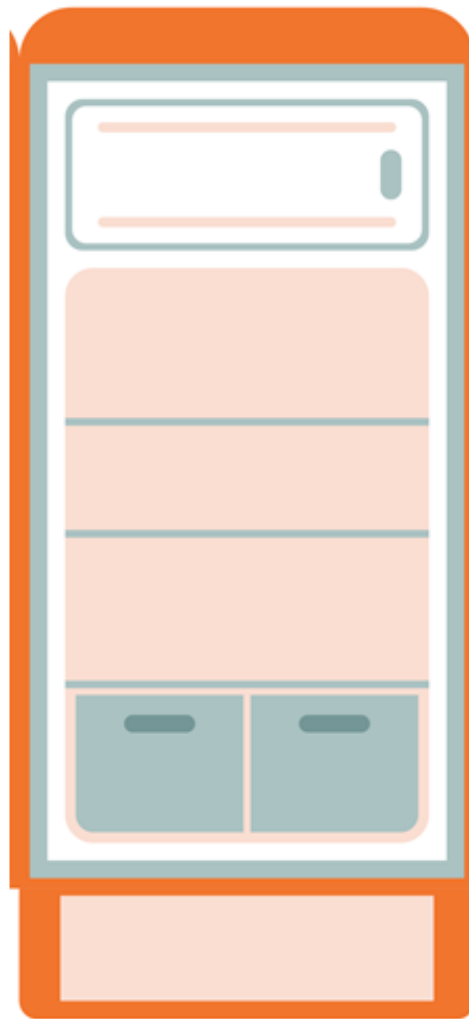
- Fully enclose meats before storing them in the refrigerator.
- Store raw meats and eggs below all other products.
- Keeping foods stored separately prevents cross-contamination.
- Some foods such as dry goods, produce and canned foods can be left unrefrigerated, but make sure to read the packaging carefully.
- Label food items, so you know what it is, how long you have to eat it before you need to throw it out.
- First in, first out means eat or cook the older food first and eat newer items later.
- When in doubt, throw it out.

### Labeling Your Food For Storage

- When storing your food in the refrigerator or freezer, it is important to mark each item with the date it was prepared or opened, as well as what is in it.
- A piece of tape and a marker work well or you can write directly on the plastic wrap or foil.
- Food labels help indicate how old the food is and if the food is safe to eat and what ingredients may be in it.
- Use the date on the labels to rotate items into your menus to avoid food waste or rotated out of your refrigerator if they are past the expiration date.

➤ Activity 12: Organize Your Refrigerator

Draw an arrow from the food to the correct shelf it should be stored on in the refrigerator for the best food safety.



## Lesson 15: Shopping with Sense

Food choices are determined by ...

- personal preferences
- habits
- values
- beliefs
- emotional needs
- ethnic heritage
- availability
- convenience
- economy.

All of these items make you a unique individual and affect your food choices.

### Menu Planning

- Plan weekly menus based on the five food groups, your personal tastes and your food budget.
- Learn to comparison shop by looking at the price per kilogram.
- Make a list of items to buy before you leave home.

### Shopping Tips

- Buy fresh fruit and vegetables in season.
- Buy items in bulk, larger packs or quantities when possible.
- Make sure to check sell-by or expiration dates.
- Stockpile the pantry with nonperishables at the lowest prices.
- Be willing to try other brands to save.
- Look for items on sale.

### Avoid Food Waste

- Use as much of the food item as possible per meal.
- Find creative uses for parts of the food that you would not typically use.
- Learn new ways to cut or prepare food items to use more.
- Make lists before going shopping and do not buy more food than can be eaten before it expires.
- Make sure to pay attention to expiration dates.
- Remember, first in, first out.

## ROOTS TO GROW!

### ➤ Activity 13: Menu Planning & Shopping List Practice

#### Meal Planner

<u>Meal Planner</u>			
Appetizer	Main Dish	Side Dish Vegetable	Dessert
<u>Shopping List</u>			
Item		Quantity	

# ROOTS TO GROW!

## Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b><u>Breakfast</u></b>							
<b><u>Lunch</u></b>							
<b><u>Dinner</u></b>							
<b><u>Snacks</u></b>							
<p>Use the check boxes as a guide to planning and eating the recommended daily servings of each food group.</p>	<p>Cereal grains, pasta, rice and bread</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Fruits</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Vegetables</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Milk, dairy and calcium-rich foods</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Meats, beans and legumes</p> <p><input type="checkbox"/><input type="checkbox"/></p>	<p>Cereal grains, pasta, rice and bread</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Fruits</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Vegetables</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Milk, dairy and calcium-rich foods</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Meats, beans and legumes</p> <p><input type="checkbox"/><input type="checkbox"/></p>	<p>Cereal grains, pasta, rice and bread</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Fruits</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Vegetables</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Milk, dairy and calcium-rich foods</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Meats, beans and legumes</p> <p><input type="checkbox"/><input type="checkbox"/></p>	<p>Cereal grains, pasta, rice and bread</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Fruits</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Vegetables</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Milk, dairy and calcium-rich foods</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Meats, beans and legumes</p> <p><input type="checkbox"/><input type="checkbox"/></p>	<p>Cereal grains, pasta, rice and bread</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Fruits</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Vegetables</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Milk, dairy and calcium-rich foods</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Meats, beans and legumes</p> <p><input type="checkbox"/><input type="checkbox"/></p>	<p>Cereal grains, pasta, rice and bread</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Fruits</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Vegetables</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Milk, dairy and calcium-rich foods</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Meats, beans and legumes</p> <p><input type="checkbox"/><input type="checkbox"/></p>	<p>Cereal grains, pasta, rice and bread</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Fruits</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Vegetables</p> <p><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>Milk, dairy and calcium-rich foods</p> <p><input type="checkbox"/><input type="checkbox"/></p> <p>Meats, beans and legumes</p> <p><input type="checkbox"/><input type="checkbox"/></p>

## ROOTS TO GROW!

### ➤ Activity 14: Cooking Supplies Matching Game

How well do you know the items that live in your kitchen? Match up the cooking item with the correct picture.

	Apron	
	Baking Pans	
	Muffin Tin	
	Grater	
	Measuring Cup	
	Soup Pot	
	Potato Peeler	
	Oven Mitts	
	Rolling Pin	
	Soup Ladle	
	Spatula	
	Strainer	
	Whisk	

Cooking Activity 5: Celebration Meal Recipes 

**Pear & Fennel Salad**

*Yield: 4 servings*

**Ingredients**

Green lettuce	4 cups (220 grams)
Fennel, thinly sliced	½ bulb
Pear, thinly sliced	2 each
Walnuts, chopped	½ cup (60 grams)
Sugar	2 tablespoons (28 grams)
Shallot, minced	1 tablespoon (14 grams)
Fresh orange juice	1/3 cup (80 ml)
Dijon mustard	1 teaspoon (5 ml)
Olive oil	2/3 cup (160 ml)

**Instructions**

1. In a bowl, toss the lettuce, pear and fennel slices. Set aside.
2. In a small sauté pan, add walnuts. Over medium heat toast the walnuts. Sprinkle the sugar over the walnuts and heat just until sugar melts and caramelizes on the walnuts. Be careful not to burn the sugar. Immediately pull off heat and set aside.
3. In a small bowl, whisk together the shallot, fresh-squeezed orange juice and mustard. Slowly drizzle in olive oil while whisking continually to emulsify the vinaigrette.
4. Season with salt and pepper to taste.
5. Add the candied walnuts and vinaigrette to the salad and toss gently just to coat.
6. Serve immediately.



## ROOTS TO GROW!

### Squash Soup

*Yield: 15 servings*

#### **Ingredients**

Butternut squash	6 pounds (2.7 kg)
Olive oil	2 tablespoons (30 ml)
Onion, diced	½ cup (80 grams)
Salt	2 teaspoons (10 grams)
Garlic, minced	8 cloves
Maple syrup	2 tablespoons (30 ml)
Ground nutmeg	¼ teaspoon (1 gram)
Black pepper	to taste
Vegetable stock	2 quarts (2 liters)
Butter	2 tablespoons (28 grams)

**Note:** If butternut squash is not available, most other large squash (pumpkin) will work.

#### **Instructions**

1. Preheat the oven to 425 degrees F/218 degrees C and line a baking sheet with parchment paper. Meanwhile, halve the squash and scoop out the seeds. Set the seeds aside.
2. Place the butternut squash on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about 1 teaspoon each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
3. Turn the squash face down and roast until it is tender and completely cooked through, about 45 to 50 minutes. Set the squash aside until it's cool enough to handle, about 10 minutes. Then use a large spoon to scoop the butternut squash flesh into a bowl and discard the tough skin.
4. For the seeds, clean off the fibrous insides off the seeds. Rinse and toss with oil, sugar, salt and paprika. Roast in the oven at 225 degrees F (107 C) until crisp, about 30 minutes.
5. Meanwhile, in a small pan warm 1 tablespoon olive oil over medium heat. Add the chopped onion. Cook, stirring often, until the onion has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently.
6. Add the cooked onion, garlic, squash, maple syrup, nutmeg and a few twists of freshly ground black pepper to a blender. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line (you can stir in any remaining broth later). Secure the lid and blend until a smooth.
7. Once thoroughly blended, remove mixture from blender and into in a large soup pot. Over medium heat warm up the soup.
8. If you would like to thin out your soup a bit more, add the remaining cup of broth. Add 1 to 2 tablespoons butter or olive oil, to taste, and stir well. Adjust seasonings if needed.
9. Serve soup hot and topped with roasted squash seeds.

## ROOTS TO GROW!

### Pot Pie

*Yield: 6 to 8 servings*

#### **Ingredients**

Flour	2 cups (250 grams)
Salt	1 teaspoon (5 grams)
Lard, cold	$\frac{1}{3}$ cup (80 grams)
Butter, cold	$\frac{1}{3}$ cup (80 grams)
Ice Cold Water	5 to 7 tablespoons (75 to 105 ml)
Olive Oil	1 tablespoon (15 ml)
Onion, diced	$\frac{1}{2}$ each
Garlic, minced	2 cloves
Chicken, diced	$\frac{1}{2}$ pound (.23 kilograms)
Flour	$\frac{1}{4}$ cup (30 grams)
Chicken broth	2 cups (480 ml)
Carrots, diced	$\frac{1}{2}$ cup (64 grams)
Potatoes, diced	2 each
Peas	$\frac{1}{2}$ cup (72 grams)
Salt and pepper	to taste

#### **Instructions**

1. In a small bowl, combine the flour and salt for the pie dough. Add the lard and butter gently into the flour until the mixture resembles coarse crumbs. Do not over mix — there should be lumps.
2. Add the cold water to the mix and combine with hands, just until it comes together into a dough. Do not over mix. Wrap in plastic wrap and chill in refrigerator while you make the filling.
3. Preheat oven to 375 degrees F.
4. In a sauté pan, heat olive oil and sauté onions until translucent. Add garlic and chicken and sauté until chicken is thoroughly cooked.
5. Sprinkle flour over chicken and add chicken broth. Simmer until sauce reaches desired consistency.
6. Add potatoes and carrots and simmer until fork tender. Add peas and season with salt and pepper. Set aside mixture and cool.
7. Meanwhile, divide pie dough in half. Roll out half of dough to  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thickness and then layer the dough into a pie pan.
8. Fill pie with the cooled filling and then roll out the second half of the pie dough. Place the pie dough on top of the filling and trim any overhanging dough, leaving enough of an edge to crimp the two layers of dough together to seal in the filling.
9. Crimp edges together, brush with an egg wash and cut a few slits in top layer of crust for steam to escape.
10. Bake 45 minutes to 1 hour until golden brown on top and bottom of crust. Cool a few minutes but enjoy while still hot.

### Apple Crisp

*Yield: 4 servings*

#### **Ingredients**

Apples, sliced	4 large
Lemon, zest and juice	1 each
Apple juice or cider	¼ cup (60 ml)
Brown sugar	½ cup (110 grams)
Flour	½ cup (60 grams)
Sugar	½ cup (100 grams)
Brown sugar	½ cup (100 grams)
Rollled oats	½ cup (42 grams)
Ground cinnamon	to taste
Butter, softened	8 tablespoons (120 grams)

#### **Instructions**

1. Preheat the oven to 350 degrees F (177 C).
2. In a large bowl, combine sliced apples, lemon zest, lemon juice, apple juice and brown sugar. Stir to combine. Pour into a baking dish and spread out evenly.
3. In a medium bowl, mix together the flour, sugar, brown sugar, rolled oats, cinnamon and softened butter. Combine until it comes together into a crumble mixture.
4. Sprinkle crumble mixture evenly over the top of the apples.
5. Bake until fruit layer bubbles and crumble mixture is golden brown, about 30 to 40 minutes.
6. Remove from oven and cool.
7. Enjoy apple crisp warm or cold.

# Day Three

## Notes and Review

