

SAMPLE NUTRITION LESSON PLAN

Where the Fruit Trees Grow

Objective: Make a snack that offers nourishment, fun and variety.

Recipe: Cashew Mandarin Fig Cream (for drizzling and dipping)

Ingredients

- 1 cup raw cashews, soaked overnight, rinsed and drained
- 1 cup mandarin juice (oranges work but aren't as flavorful)
- 4 whole figs (fresh or dried)

1. Show kids the soaked cashews and discuss how this changes them to make them creamy for the recipe. Drain cashews.
2. Help kids juice the mandarins and discuss other fruits they like to juice and how they use the juices.
3. Kids place all ingredients in a food processor. Instructor purees mix until very smooth and creamy (a few minutes).
4. In this exercise, we will be dipping tree-based fruit such as apples and pears into the sauce. (You can also drizzle this sauce over fruits, cereal, or nut bars; add to cooked rice to make a quick rice pudding; dip kale leaves in it before drying to make a snack.)

Goals:

Encourage kids to think about where their food comes from in terms of both geography and what type of plant
Introduce the idea of using a single recipe for a variety of purposes

Food for Thought (Discussion):

- All of these ingredients come from trees.
- Which of these could you grow in your own yard?
- Which ones would be challenging to grow locally and why?
- What else do trees provide that would make this plant valuable beyond just food?
- What are the benefits of having a perennial plant as a food source, such as fruit and nut trees, over having annual plants as a food source? What are the drawbacks?