



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lesson 4: Fruiterrific Dessert

## Quick Glance

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### In this lesson, campers will:

- ✓ Share what you have learned about healthy food
  - ✓ Explain the difference between whole and processed foods
  - ✓ Learn more about why fresh fruit is so good for you
  - ✓ Prepare a delicious dessert with fresh fruit
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### Tasks:

- ✓ Review of key healthy food concepts
- ✓ Exploration of fruit (whole food vs. processed food) nutritional benefits)
- ✓ Linking fruit colors to nutritional benefits
- ✓ Preparation of a fruit-based dessert

# Lesson 4: Fruiterrific Dessert

## About:

In this lesson, campers revisit key concepts they have learned during Incredible Edibles, furthering their understanding of the difference between whole and processed foods as they explore fruit's nutritional benefits.

As they did with vegetables, campers will examine the relationship between a fruit's color and nutritional value. Finally, campers prepare a fruit-centric dessert, which is the fourth dish of their Frost Valley meals.

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## Achievement-Based Objectives:

At the end of this lesson, campers will have:

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| Demonstrated their understanding of key healthy food concepts       |
| Demonstrated their understanding of whole and processed foods       |
| Determined the benefits of fresh fruit                              |
| Identified the nutritional value of fruits by their color groupings |
| Prepared a fruit-based healthy dessert                              |
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## Lesson Focus:

Review of whole food healthy benefits, compare/contrast whole foods with processed foods; point out how whole foods turn into processed foods, and the loss of nutrients as a result; exploration of fruit, its color groupings, and nutritional value

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Grade Level	Time	Menu Item
4-8	60 minutes	Dessert

## Materials and Prep:

- Make sure the following materials are prepared ahead of the class.
- Items to duplicate and/or enlarge are in **Lesson Docs** at the end of the lesson.
- Recipe ingredients and equipment/utensil materials are in the **Recipes** section at the end of the lesson.

Task	Items	Preparation
<b>Start</b>	<ul style="list-style-type: none"><li>✓ <b>Doc 1:</b> What campers will learn</li><li>✓ Self-adhesive chart paper</li><li>✓ Markers</li></ul>	<ul style="list-style-type: none"><li>✓ Write and post the camper-friendly objectives</li></ul>
<b>Eat Real</b>	<ul style="list-style-type: none"><li>✓ <b>Doc 2:</b> Fruit Chart</li></ul>	<ul style="list-style-type: none"><li>✓ Review. If desired, make copies for the campers.</li></ul>

## Procedures Part I

Time: 15 Min.

### What to Emphasize

When we eat whole foods, we benefit from all natural nutrients.

Processed foods start out with ingredients from plants and animals: they are sometimes changed, a little, sometimes a lot.

Processed foods are designed to taste good, but they are not good for long-term health.

Eating lots of plant food--veggies and fruit--gives the body many nutrients that benefit our health.

Step	Task 1: Lesson Starter
1	Welcome the campers back to Day 4 of <b><i>Incredible Edibles</i></b> . Ask campers whether they made any new food choices.
2	Share the camper-friendly objectives, listed on <b><i>Doc 1: What campers will learn.</i></b>
Step	Task 2: Eat Real
3	<p>As you and the campers prepare the kitchen, briefly revisit the following concepts by asking campers to share their understanding and reflect on what they have eaten, per concept, over the last few days (an opportunity for campers to share any small changes they might have made in their diets):</p> <ul style="list-style-type: none"> <li>• Whole food (<i>real foods that promote health to both our bodies</i>)</li> <li>• Protein (<i>prompt the group to remember the various protein sources</i>)</li> <li>• Whole grain (<i>what makes a whole grain whole and what types of whole grains are there?</i>)</li> <li>• Carbohydrate ("good" and "bad")(whole grains better; not so good items that have been refined: bread, cake, crackers, etc.)</li> <li>• Vegetable colors (<i>determine type of nutrient</i>)</li> <li>• Processed food (<i>foods that have been "changed" with the addition of fat, sugar, and/or salt. Some of the nutrients are removed during processing. These foods are less health-promoting than whole foods.</i>)</li> </ul>
4	<b>Ask:</b> <i>Why is it helpful to understand this information about the food we eat?</i>

Step	Task 3: Colorful Fruit
5	Ask what vegetables and fruit share (they might say whole food, nutritional benefits, color grouping, etc.). Validate contributions and note that like vegetables, fruit colors determine nutritional benefits. They are a recommended item on the <b>Healthy Eating Plate</b> .
6	Have campers cite a favorite and based on what they remember from veggie colors, describe the fruit's nutritional benefits. Distribute <b>Doc 4: Fruit Chart</b> OR, use it as a reference to affirm and add to camper contributions. Give them a few minutes to examine the list, add fruit not on the list, and name some of their favorite fruits.
8	Finally, ask campers to volunteer what a favorite dessert would be with their favorite fruit, in whole food form.

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## Procedures Part II

**Time: 45 Min.**

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Step	Task 3: Cooking
9	<b>Note:</b> You might divide the campers into groups of four to make all four desserts. Introduce the selected recipe(s) to the campers. If you prepared a sample dish, show it to the campers. Point out serving size. Use the <b>Serving Size</b> diagram from the overview packet.
10	Focus on the key ingredient, referring to the nutritional items noted in the recipe. Follow the <b>Cook n' Chat</b> to probe with campers what they know about the ingredient. Provide basic background.
11	Ask students to match the recipe item to the <b>Healthy Eating Plate</b> .
12	Show campers how to properly use a knife. Refer to the knife tips in the overview packet. Begin cooking, continually modeling tasks where appropriate.
13	After the cooking is done, and the dish is ready to go, campers try it out (they can also assist in clean up if there is time) and then "critique" it using the <b>Doc 6: Critique Cards</b> . Ask students to raise the card that best represents their take on the recipe. If time permits, they can discuss their choices and offer suggestions for making the dish more to their liking.
14	<b>CLOSING:</b> Ask campers: <i>How can you encourage people you know to eat more fruit or whole foods in general?</i>

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# RECIPES

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## Homemade Granola

A simple, relatively quick granola recipe using whole oats.

## Core Values Fruit Salad

A fruit salad that campers design, matching fruit to the first letter of each Frost Valley core value. There are ideas for embellishing the salad, as well as two recipes for dressing.

## Pita Apple Turnovers

A quick, easy variation of the traditional turnover. (Good for young campers.)

## Fruit Smoothies

A basic recipe that campers can use with any fruit. They can also experiment with veggie/fruit smoothies. And even a smoothie with a bean base. (Good for young campers.)

## Cook 'n' Chat

### About granola

Granola is versatile food, great for breakfast, as a snack, or for dessert. You can bake granola from scratch or buy it at the store. If buying granola, look for varieties that use all natural, whole ingredients and are low in fat and sugar. The basic ingredients of granola are oats, nuts & seeds (allergy alert), dried fruit, and honey or maple syrup to help sweeten and hold everything together.

### What's healthy about it?

All of the ingredients in granola should be whole, minimally processed foods like oats, nuts, dried fruit, honey, and spices. The oats and dried fruit provide fiber and energy from carbohydrates and the nuts and seeds provide protein and healthy fats. Oats can also reduce the risk of heart disease. Altogether, granola is a nutrient and calorie dense food, so you don't need to eat a lot of it to help fill you up.

### Healthy Eating Plate

The oats in granola meet the whole grain requirement of the Harvard Healthy Eating Plate.

### Trivia

Granola was invented by an upstate New York doctor as a healthy food. Originally called Granula, it was the first manufactured cold breakfast cereal in the world.

**Source:** Mark Bittman recipe: <http://markbittman.com/recipe/granola/>

## Homemade Granola

### Ingredients

4 Tablespoons honey (**see sidebar for selecting honey!**)  
2 Tablespoons canola oil  
½ teaspoon ground cinnamon  
2 cups old-fashioned rolled oats  
4 Tablespoons sliced or roasted chopped almonds (**do not include almonds if there are concerns about food allergies; add more dried fruit instead**)  
Non-stick cooking spray  
½ cup dried fruit (raisins, cranberries, apricots, dates, or prunes; **see sidebar for selecting dried fruit**)

### Directions

1. Preheat oven to 350°F.
2. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
3. Add oats and almonds. Stir until well-coated with honey mixture.
4. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
5. Bake until lightly browned, about 10–15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
6. Transfer cooled granola to a medium bowl. Stir in dried fruit.

Serves 9, 1/3 cup per serving

**Source, with permission:** No Kid Hungry Cooking Matters  
<http://cookingmatters.org/recipes/homemade-granola>

## Cook 'n' Chat

### **About fruit salad**

Fruit salad is a light and healthy way to end a meal. Squeeze some fresh lemon or lime juice over the fruit as "dressing" to help keep it fresh. You can also mix in herbs like mint or basil for added flavor.

### **What's healthy about it?**

Fruit salad made with fresh, seasonal fruits is rich in vitamins, essential minerals and antioxidants to help keep our bodies healthy and fight disease. Fruit salad made fresh is healthier than store-bought fruit packaged in plastic cups or cans (these often contain added sugary syrup). A yogurt topping is also a healthier, lower-fat alternative to whip cream.

### **Healthy Eating Plate**

Fresh or frozen fruit meets the fruit requirement of the Harvard Healthy Eating plate.

### **Fruit salad trivia**

Fruit salad may also be served as an appetizer or a side-salad, known as a fruit cocktail or a fruit cup. Another type of fruit salad, compote, is a dessert of stewed fruit cooked in water with spices that originated in France in the 17th century.

## **Core Values Fruit Salad**

Campers make a fruit salad using a variety of fruit from each of the fruit color groups. They select one fruit for each of the first letters of each Frost Valley core value.

Provide a variety of fresh seasonal fruit listed on ***Doc Fruit Colors***. Add some out-of-the ordinary fruit to the mix like mango, papaya, star fruit, persimmon, figs, and pomegranate. They can add dried fruit, granola, healthy grains like wheat berries, mint leaves, toasted unsweetened coconut, etc. They can add the juice of a lemon, lime, orange, or other citrus.

They can also make a dressing or topping. See below for recipes. They can build on these recipes using similar ingredients to create an original dressing.

## **OPTIONAL: Honey Pineapple**

Juice from 1 15 oz. can of unsweetened pineapple and 1 tablespoon healthy honey (see granola recipe for selecting honey)

In a small pot over medium heat, add pineapple juice and honey. Stir until the honey melts into the juice, about 5 minutes. Cool for 5-10 minutes.

**Source, with permission:** No Kid Hungry Cooking Matters  
[www.cookingmatters.org/recipes/fruit-salad](http://www.cookingmatters.org/recipes/fruit-salad)

## **OPTIONAL: Honey Vanilla Yogurt**

2 cups plain low fat or fat free yogurt  
2 tablespoons healthy honey  
½ teaspoon pure vanilla extract  
Optional: Seeds scraped from ½ vanilla bean

Combine yogurt, honey, and vanilla extract (and vanilla bean seeds, if available).

**Source:** Food Network [www.foodnetwork.com/recipes/ina-garten/fresh-fruit-salad-with-honey-vanilla-yogurt-recipe.html](http://www.foodnetwork.com/recipes/ina-garten/fresh-fruit-salad-with-honey-vanilla-yogurt-recipe.html)

## Cook 'n' Chat

### **About Apples**

An apple is a type of fruit that is grown on an apple tree. It is called a pomaceous fruit because the plant that it grows on flowers. The flowers on an apple tree are pink or white.

### **What's healthy about them?**

Apples not only taste great but they also provide essential vitamins (such as vitamin C), minerals and fiber that help to protect from chronic diseases.

### **Healthy Eating Plate**

Fresh apples fulfill a portion of the recommended fruit serving of the Harvard Healthy Eating Plate diet.

### **Apple trivia**

- There are more than 7,000 varieties of apples grown in the world today and about 2,500 in the United States, but the crabapple is the only apple native to North America.  
**Source:** Kids Connect  
<http://www.kidskonnnect.com/subjectindex/24-fun-games/fun-and-informational/218-apples.html>
- Apples have existed for the length of recorded history, believed to have originated in the Caucasus, a mountainous area between what is now the Black and Caspian Seas.  
**Source:** US Apple Association  
[http://usapple.org/index.php?option=com\\_content&view=article&id=35&Itemid=25](http://usapple.org/index.php?option=com_content&view=article&id=35&Itemid=25)

## **Pita Apple Turnover**

This recipe, as written, is for one serving. Multiply ingredients by number of campers. It also calls for a microwave. The ingredients, however, can also be prepared in a skillet on the hot plate.

### **Ingredients**

1 Small Apple Peeled and Sliced or Diced  
1 tsp Natural, healthy sweetener of choice  
1/4 tsp Cinnamon  
1 tsp Vanilla  
1 tsp Margarine  
1/2 - 6" Whole Wheat Pita Bread

### **Instructions**

1. Place the apple, sweetener, cinnamon, vanilla, and margarine in a microwave safe bowl and cook for one minute at medium heat, 2 minutes if you like your apples firm.
2. While the apple is cooking toast the pita bread on medium to high until hot and toasty.
3. Once the apple is done fill the pita bread.

**Adapted from:** SparkPeople.com  
<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=353919>

## Cook 'n' Chat

### **About fruit smoothies**

Fruit smoothies are an easy way to get essential nutrients and a great way to use some slightly overripe fruit instead of throwing it away). Smoothies are easy to make with fresh or frozen fruit and water, plain low-fat yogurt or low-fat milk.

### **What's healthy about it?**

Fruit smoothies made with fresh, seasonal fruits are rich in vitamins, essential minerals, and antioxidants to help keep our bodies healthy and fight disease. The calcium in yogurt and milk helps build strong bones. Fruit smoothies made fresh are healthier than store-bought fruit packaged in plastic cups or cans, which often contain syrups with a lot of added sugar.

### **Healthy Eating Plate**

Fresh or frozen fruit meets the fruit requirement of the Healthy Eating plate.

### **Fruit smoothie trivia**

- Many types of fruit smoothies are found in Mediterranean and Middle Eastern cuisine (sharbat), typically using yogurt and honey as well as a range of fresh fruit.
- Smoothies can be dated back to the 1920 when Julius Freed and Bill Hamlin invented the "Orange Julius.

### **Source:**

[www.smartslerpsmoothies.com/history.html](http://www.smartslerpsmoothies.com/history.html)

## **Fruit Smoothies**

### **Basic ingredients**

2 cups of fresh or frozen fruit (strawberries, banana, orange, blueberries, mango, pineapple, peaches, nectarines, etc.)  
½ cup plain low-fat yogurt  
¼ milk or water

### **Directions**

Blend all ingredients until liquefied

### **Options**

- Experiment with ingredients to make a thicker or more liquefied drink.
- Bananas make for a great base flavor for any smoothies and give the smoothie a creamy texture.
- Frozen fruit (fresh or bagged) gives smoothies a nice chill so ice won't have to be added.
- Get creative; Add spices like cinnamon, grated nutmeg or vanilla essence. Add some whole oats for texture (and this will keep you fuller longer, too!)
- Try a mix of fruit and veggies: Orange fruits like pumpkin, carrots, butternut squash and sweet potatoes are excellent choices because they add color, texture and sweetness. Spinach, Swiss chard, kale, and green peppers-partnered with a sweet fruit-add greens to a diet.

You can even use a small amount of beans, like white beans, as a smoothie base, partnered with sweet fruit.

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## **LESSON DOCS**

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**Doc 1: What campers will learn**

**Doc 2: Fruit Chart**

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## Doc 1: What campers will learn

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Reproduce the following on a sheet of self-adhesive chart paper. Post so campers can see the list. Modify accordingly.

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You will:

- ✓ Share what you have learned about healthy food
- ✓ Explain the difference between whole and processed foods
- ✓ Learn more about why fresh fruit is so good for you
- ✓ Prepare a delicious dessert with fresh fruit

## Doc 2: Fruit Chart

<b>Beautiful Blues for a good memory &amp; healthy aging</b>	<b>Gorgeous Greens for good vision, strong bones and strong teeth</b>	<b>Wonderful Whites for a healthy heart and lower cholesterol</b>	<b>Youthful Yellows &amp; Oranges for a healthy heart, good vision &amp; powerful immune system</b>	<b>Raving Reds for a healthy heart and good memory</b>
Fruits:  Blackberries Blueberries Dried Plums Pitted Prunes Purple grapes Plums	Fruits:  Green Apples Green Grapes Green Pears Honeydew	Fruits:  Brown Pears White Nectarines White Peaches	Fruits:  Apricots Cantaloupe Mango Nectarines Peaches Pineapple Yellow Apples Yellow Pears Yellow Watermelon	Fruits:  Cherries Red Apples Red Grapes Red Pears Raspberries Strawberries Watermelon

**Adapted from:** Kaiser Permanente's Thrive Program, found at <http://virginiafarmtotable.org/health/a-palette-of-healthy-fruits-and-vegetables/>