COACH ART connect

starlight children's foundation

In partnership with

Cooking Part 1 of 2

ages 5-10

Captain Starlight, here!

I just landed on Earth with some exciting news:

Starlight Children's Foundation has partnered with the organization **CoachArt** to work together to add fun STEAM (Science, Technology, Engineering, Art, Math) lessons into all the activities! How cool is that?!

Over the next few weeks, I will lead you and your student through four action-packed lessons using these nifty curriculum guides!

Did you know kids learn best when they are having fun? That's why I have thoughtfully sprinkled in a **STEAM** learning moment into each exciting lesson. Make sure you highlight those as you work your way through this curriculum guide.

If you have any questions throughout your mission, check out the Coach Corner website or email ***match@coachart.org.***

Now, buckle up and get ready to blast off in *3...2...1!*

Introductory Lesson

INTRODUCE YOURSELVES!

Connect with your student's parent or guardian. Discover your student's abilities and experience.

YOUR COMMITMENT

Communication is critical. Be reliable and respectful. Show up on time.

SHARE YOUR EXPERIENCE

Enjoy your time together, and email your photos & stories to: photos@coachart.org

The Captain Needs Your Help!

Something mysterious is happening in Captain Starlight's galaxy. The food is disappearing! Help the captain solve the case!

Mission: Food Finder

CEREAL
MACARONI
TV DINNER
CASSEROLE
BREAD
PORK
NOODLES
LETTUCE
ROLLS
STEAK
BURGERS
ONION
BUTTER
HOTDOGS
VEGETABLES
TUNA
RADISH
SALAD
FRUIT
HAM
GRAVY

T O R H O T D O G S O E
N T O E D A E R B A E
S A L A D V P O R K R R
L S H S I D A R G L A
O L E C U T T E L R E D
V E G E T A B L E S A
S E L S R E G R U B E K
G R A V Y H O N I O N
T C T V D I N N E R B G
H C O R L N I A N U T
F R U I T H E N B T T U
D C A S S E R O L E R
A C B V B L A E R E C N
A S E L D O O N A D E
G S T E A K S I A C R E
O R R E T T U B E A E
H A M R T R O L L S M S

Captain's Coaches Tip
If you can't print out the puzzle, have a conversation about these foods instead. Have you tried them all? Which do you like?

Budget and Reimbursment

Contact your assigned program manager for your FREE supplies.

Fun With Food: Lesson 1

- Skill Level: Beginner
- STEAM: Science and Math
- Adult Helper Required: Yes, ages 5-7. Recommended, ages 7-10.

Galactic Gloop!

The Gooiest substance in the galaxy!

What you need:

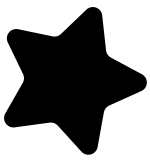
- 2 cups of cornflour
- 1 cup of water
- Food coloring
- A large container or bowl

Place the cornflour into a large container and place a few drops of coloring into the center. Pour the water into the container. Mix the water into the cornflour and coloring.

Solid or Liquid: Cornflour is made of lots of long, stringy particles. When water is added, the particles do not dissolve in water, but they do spread themselves out. This allows the gloop to act both like a solid and a liquid. When you roll the mixture in your hands or apply pressure to it, the particles join together and the mixture feels solid. But if it is left to rest or is held up and allowed to dribble, the particles slide over each other and it feels like a liquid.

Mission:

Oh no! Someone has stolen all of the most colorful foods from Captain Starlight's galaxy! Help the captain restore fun to the galaxy by coloring in these planets. Then draw and color your own planets!



Snack Time: Lesson 2

Creamy Hummus

- Skill Level: Beginner
- STEAM: Science and Math
- Adult Helper Required: Yes, ages 5-7.
- Recommended, ages 7-10.

Prep Time: 15 minutes / Cooking Time: 2 minutes / Lesson Length: 15 minutes

Today we are going to learn about **Viscosity**. Viscosity is a measure of a liquid's resistance to flow. Can you name one food that has a lot of viscosity (pours out slowly)? What about one that does not have a lot of viscosity (pours out quickly)? Do you like either of those foods? How much viscosity do you think hummus is going to have? Let's find out....

Ingredients:

- 1 15-ounce can of chickpeas or garbanzo beans
- ¼ cup of lemon or lime juice
- ¼ cup tahini
- 1 small clove garlic, peeled
- 4 tablespoons olive oil
- ½ teaspoon cumin
- Salt to taste
- Paprika or sumac to taste

Tools:

- Can opener
- Lemon squeezer
- Measuring cups
- Measuring spoons
- Paring knife
- Potato masher or large spoon
- Serving bowl
- Small bowl
- Strainer/colander
- Spatula
- Spoon

What to do:

Adult Helper:

- Open can of chickpeas and remove lid. Drain chickpeas and reserve liquid. Assist your student with the draining process.
- Wash hands. Pre-slice lemon in half.
- Student will be adding ingredients to blender. Please make sure the blender is off and unplugged PRIOR to adding ingredients to it.

1. Place garlic clove in your blender container, place lid on top, puree for 5 seconds, then remove lid.
2. Measure ¼ cup of tahini, then pour into the blender container.
3. Add drained chickpeas to the blender container.
4. Squeeze half a lemon into a small bowl.
5. Measure 1 tablespoon of olive oil and add to the small bowl.
6. Measure ½ teaspoon cumin and a pinch of salt and add to the small bowl.
7. Stir the lemon mixture in the small bowl, then pour into the blender container.
8. Place lid on top. Adult Helper Assistance Required: Please plug in blender. Puree mixture for 30 seconds, then turn off blender. Adult Helper Assistance Required: Please unplug the blender and remove the lid.
9. If your mixture is too thick, add 1 tablespoon of the reserved chickpea/garbanzo bean liquid and blend for 15 seconds. The hummus viscosity should be that of yogurt.
10. Once the desired viscosity is reached, use a spatula to place it into a serving bowl. (Adult Help Assistance required for ages 5-7, and recommended for ages 7-10.)
11. Drizzle 2 tablespoons of olive oil on top. Sprinkle a dash of paprika/sumac on top.
12. Serve with your favorite vegetables or whole-grain crackers.

Coaches Notes – We Ate a Mixture!

Learning Term of the Week: Mixture

Lesson: What is a mixture? A mixture is both a science term and a cooking term. In cooking, for example, when you made the hummus, you combined chickpeas, olive oil, lemon juice and other ingredients. Anytime you combine two or more items, you form a mixture. In science, a mixture is a substance in which two or more substances are combined and no chemical reaction takes place.

Cooking Term of the Week:
Puree: A smooth, creamy substance made of liquified or crushed fruit or vegetables.

STEAM Science Word of the Week:
Viscosity: A measure of a fluid's resistance to flow.

Breakfast on the Go: Lesson 3

Pancake Bites

- Skill Level: Moderate
- STEAM: Science and Math
- Adult Helper Required: Yes, ages 5-7.
- Recommended, ages 7-10.

Prep Time: 20 minutes / Cooking Time: 15-20 minutes / Lesson Length: 10 -15 minutes

The Sleeping Giant...

Did you know there is a "secret" ingredient that can make baked goods and dough rise? Have you ever wondered why cakes and pancakes rise? Read on to learn!

Ingredients:

- 1 ½ cup of flour
- 3 ½ teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 ¼ cup milk
- 1 egg
- 3 tablespoons of melted butter
- Pancake topping suggestions:
- Sliced strawberries
- Blueberries (toss blueberries in a little flour first, which prevents them from sinking when baked)
- Chocolate chips
- Pecans, walnuts, almonds
- Sprinkles
- Cooked and crumbled bacon, sausage, or ham

Tools:

- Large bowl
- Liquid measuring cup
- Measuring spoons
- Large spoon
- Mini muffin pan
- Nonstick spray

What to do:

Adult helper:

- Preheat oven to 350 degrees F.
- Wash and dry your hands.

1. Spray a mini muffin pan with nonstick spray and set aside.
2. Measure flour, baking powder, salt, and sugar and place in a large mixing bowl.
3. Make a "well" in the center of the flour (use a spoon to make a hole).
4. Measure one cup of milk and pour into the well.
5. Crack the egg into the measuring cup. Pick out and throw away any bits of shell.
6. Pour the egg and melted butter into the well, and mix until smooth.
7. Using a spoon, fill each muffin tin a little over half full.
8. Add your favorite toppings to each mini muffin.
9. Bake in a pre-heated 350-degree oven for 15-20 minutes. Adult helper: Test for doneness by gently inserting a toothpick. When you remove it, if it comes out clean, the pancake bites are ready.
10. Let cool, then enjoy!

Coaches Notes – We Ate a Giant!

Learning Term of the Week: Baking Powder

Lesson: Why did the pancakes rise? The magic of baking powder! Baking powder, like yeast, is a sleeping giant that must be activated. It's activated when you combine it with both an acidic ingredient and a liquid. When it is activated, carbon dioxide is produced, which allows baked goods to rise and become light and fluffy. The advantage of baking powder is that it works instantly!

Cooking Term of the Week:
Well: A method in which a crater or well is formed in flour that is large enough to hold wet ingredients for dough.

STEAM Science Word of the Week:
Chemical Reaction: When two substances, such as an acid and a base, form a different substance.

Lunch Time: Lesson 4

Quesadillas

- Skill Level: Moderate
- STEAM: Science and Math
- Adult Helper Required: Yes, ages 5-7.
- Recommended, ages 7-10.

Prep Time: 20 minutes / Cooking Time: 15-20 minutes / Lesson Length: 10-15 minutes

Ingredients:

- 1¼ cup cooked black beans (no salt added)
- 2 tablespoon cooking oil
- 1 packet of taco seasoning
- 1 handful of fresh cilantro
- A pack of large flour tortillas
- 1 cup shredded cheddar or Monterey Jack cheese
- 2 tablespoon mild salsa
- Optional: Serve with sliced avocado, sour cream, or diced tomato

Tools:

- Skillet
- Spatula
- Knife
- Fork

What to do:

Adult helper:

- Preheat oven to 350 degrees F.
- Wash and dry hands.

1. To prepare the bean mixture, combine black beans and taco seasoning in a medium mixing bowl. Mash with the back of a fork until beans become spreadable. Set aside.
2. Meanwhile, heat a non-stick pan over medium heat and add half of your oil.
3. Gather the remaining ingredients to assemble quesadillas. Spread one side of your tortilla with 2–3 tablespoons of the smashed bean mix (enough to cover the tortilla in a thin layer). Sprinkle 1/4 cup shredded cheese over the bean layer. Add one tablespoon of corn, one tablespoon of salsa, and a few cilantro leaves. Fold tortilla over.
4. Carefully transfer assembled quesadillas into the pan, pressing down lightly with your spatula.
5. Cook until the tortilla is lightly brown and starts to become crispy on the bottom layer (about 2 minutes) and then flip and continue cooking until the other side is crispy and cheese is melted (1-2 minutes). Lower heat as necessary if the oil starts to smoke or the tortilla begins to burn.
6. Transfer to a cutting board. Cut each quesadilla into four wedges and serve while warm. Enjoy!

The variations for kid-friendly cheese quesadillas are endless. You can replace the black beans with another type of protein such as cooked ground beef or cooked chicken. Or replace the cheese with a non-dairy shredded cheese to make it vegan or lactose-free.

Coaches Notes – Let's Eat Fractions!

Learning Terms of the Week: Half and Whole

Lesson: What is half and whole?
When we cut the quesadilla into two equal parts, each part is one half. When both parts are joined back together, we have a whole quesadilla.

Cooking Term of the Week:
Melt: Use heat to change something from a solid to a liquid state.

STEAM Math Word of the Week:
Fraction: Part of a whole. Half is a fraction.

SHARE YOUR EXPERIENCE
Enjoy your time together, and email your photos & stories to photos@coachart.org at "original" (maximum) size.

Movie Time: Lesson 5

Popcorn and a movie

- Skill Level: Easy
- STEAM: Science and Math
- Adult Helper Required: Yes, ages 5-7.
- Recommended, ages 7-10.

Prep Time: 2 minutes / Cooking Time: 1.5 minutes / Lesson Length: Movie duration

Did you know

Inside each kernel (solid) of popcorn is a small drop of water (liquid) that is stored within the soft starch. Each kernel needs the right combination of moisture content and heat from an external source like a microwave to produce the awesome popping sounds.

Steam (gas) builds up inside the kernel and eventually bursts the kernel when it becomes too much for the hull to hold. The soft starch spills out into the unique shape you get to see and taste! That is why popcorn kernels pop!

Ingredients:

- 1 bag popcorn kernels
- Optional: salt and melted butter

Tools:

- 1 package of brown paper lunch bags
- Your favorite foodie film

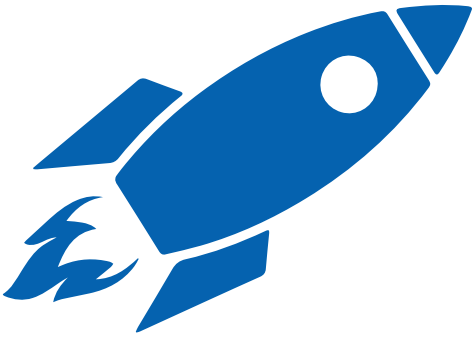
What to do:

- Wash and dry hands.
- Open a brown paper bag and pour in 1/3 cup popcorn kernels.
- Fold the top of the bag down twice.
- Place the bag in the microwave and cook on high for about 1-1/2 minutes.
- If you hear the popping slow down, stop the microwave so popcorn doesn't burn.
- Be careful when you open the bag, as the kernels might still be popping and hot.
- Add melted butter and salt to your heart's desire!

Pick a foodie film

Grab your delicious popcorn and pick your favorite food-themed movie!

Captain's Tip: Be sure to check with parents or guardians first to make sure the movie is age and subject appropriate!



Mission:

See how many food ingredients you can spot in the movie you selected and write them down below. Now use these ingredients and come up with your own recipe!

Mission.... ACCOMPLISHED!

Captain Starlight thanks you for your service! You have helped bring fun back to the galaxy!

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