COACH ART connect

starlight children's foundation

In partnership with

Cooking Part 2 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!*

Word Game

Let the journey continue!

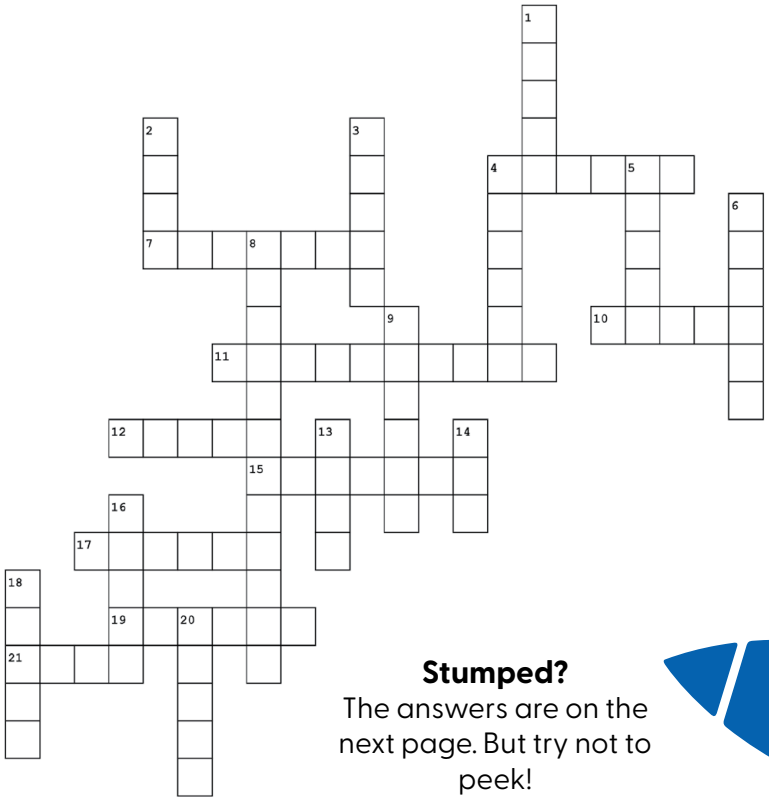
Captain Starlight has been SUPER impressed with your culinary skills so far. Keep up the good work!

Down

1. The ingredient that makes things sweet.
2. You pour it on cereal.
3. Crunchy things made from potatoes.
4. You can put it on your sandwich.
5. Some people like pepperoni on it.
6. A red vegetable.
8. Like 17 across with a slice of something.
9. A yellow fruit.
13. A fizzy brown drink.
14. A drink served hot or iced that rhymes with a letter in the alphabet.
16. A drink made from fruit.
18. Breakfast meat often eaten with eggs.
20. An apple or a banana for example.

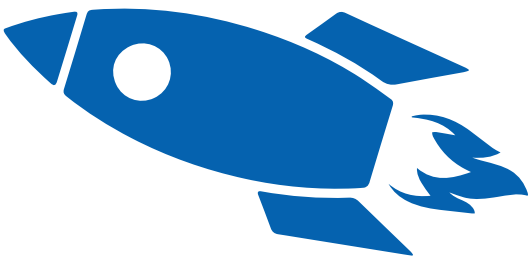
Across

4. What British people call potato chips.
7. Many people pour it on french fries.
10. You can eat it with tomato sauce.
11. You can grow them in a garden.
12. A kind of round fruit.
15. A chocolatey dessert cut into squares.
17. You can eat it in fast food restaurants.
19. A drink many adults like for breakfast.
21. You can bake it for a birthday.



Captain's Coaches Tip
If you dont have access to print out this puzzle, consider starting a fun conversation about some of the foods they have cooked themselves, or would like to try cooking.

Stumped?
The answers are on the next page. But try not to peek!



Fun With Food: Lesson 6

Cosmic Dust Cups

"Out of this world" flavor!

What you need:

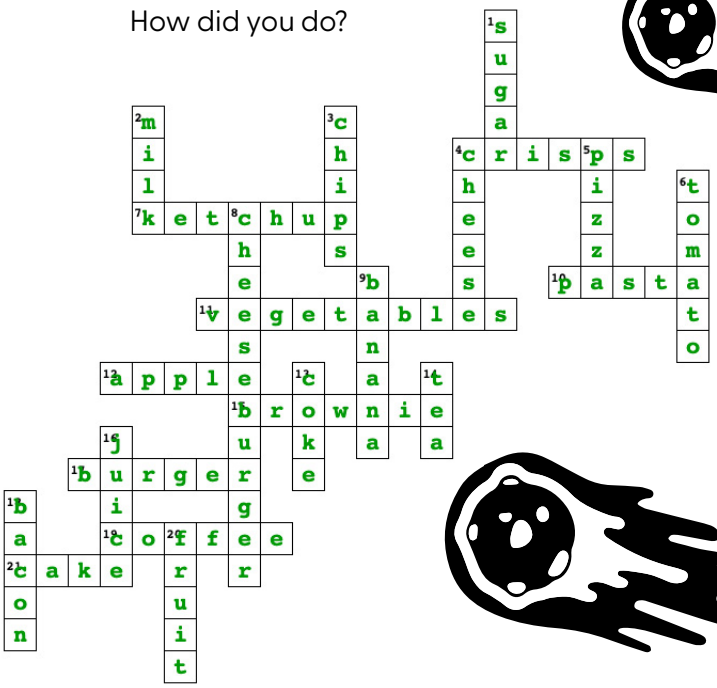
- 1 pkg. (3.9 oz.) chocolate flavor instant pudding
- 2 cups cold milk
- 15 Oreo cookies, finely crushed (about 1¼ cups), divided
- 10 worm-shaped chewy fruit snacks
- 1 tub (8 oz.) whipped topping, thawed

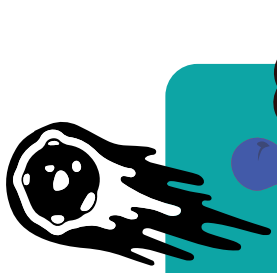
STEP 1. Wash hands. Beat pudding mix & milk in large bowl with a whisk for 2 minutes. Let stand for 5 minutes. Stir in whipped topping and 1/2 cup cookie crumbs. Spoon into 10 (6- to 7-oz.) paper or plastic cups; top with remaining cookie crumbs.

STEP 2. Refrigerate 1 hour. Top with fruit snacks before serving.

Check out the video tutorial: https://www.my-foodandfamily.com/recipe/057763/dirt-cups

Puzzle Answers
How did you do?





Did you know?

Cosmic dust, also called extraterrestrial dust or space dust, is dust which exists in outer space, or has fallen onto Earth. Most cosmic dust particles are tiny. Larger particles are called meteoroids.

Lunch Time: Lesson 7

Cheese and Stars

- 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

Have a conversation with your student about the amazing meal they just made! Did you know a chemical reaction just took place!? When cheese is heated, the calcium "glue" dissolves, and the casein molecules separate. During aging, the casein molecules get attacked by ripening enzymes, which break the casein into small pieces. When an aged cheese like Cheddar melts, these little pieces of casein flow without tangling, and the cheese melts smoothly.

Ingredients:

- 1 cup (6 oz) stelline (star-shaped) pasta
- 4 tablespoons freshly grated Parmesan cheese
- 2 tablespoons butter
- 6 cups boiling water

Tools:

- Boiling pot
- Measuring cups
- Spoon

What to do:

Adult helper:

- Wash and dry hands.

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook until it's tender but still firm to the bite (about 8 minutes), stirring often to prevent the pasta from sticking together. Drain.
2. In a large bowl, toss the freshly cooked hot pasta with 2 tablespoons of the cheese until the cheese coats the pasta completely.
3. Add the butter and the remaining 2 tablespoons of cheese. Toss again to coat. Season to taste with salt. (And if you are like Captain Starlight, try adding freshly ground black pepper too). Spoon the pasta into small serving bowls and serve immediately.

Dinner Time: Lesson 8

Pizza! Pizza!

- 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

Waking the Giant

Today we are going to learn about yeast. Yeast is something that is found in all kinds of baking doughs. What is your favorite type of doughnut or bread? Yeast is sold in small packets at the grocery store. Hard to believe that inside the little packet of yeast is a sleeping single-celled living organism. Let's go wake up the sleeping giant!

Ingredients:

- 2½ cups bread flour
- 1 (.25 ounce) package active dry yeast
- 1 cup warm water (110 degrees F/45 degrees C)
- 2 tablespoons olive oil
- 1 teaspoon sugar
- The Toppings:
- 1 cup mozzarella cheese
- ½ cup pizza sauce (pasta sauce works well too!)

- **Additional Pizza Topping suggestions:**
- Pepperoni
- Cooked meatballs, chicken, or sausage, sliced
- Bell peppers, mushrooms, olives
- Cooked broccoli, yellow squash, or zucchini, sliced
- Fresh herbs, such as basil, oregano, rosemary, or thyme
- Shredded Monterey Jack or Cheddar cheese

Tools:

- Kitchen thermometer
- Large bowl
- Liquid measuring cup
- Measuring spoons
- Pizza cutter
- Wooden spoon
- Sheet pan

What to do:

Adult helper:

- Wash and dry hands.
- Preheat oven to 450 degrees F.

1. Lightly grease a sheet pan and set aside.
2. Heat water to 110 degrees F/45 degrees C (test it using a kitchen thermometer). If the water is too hot, the dough will not rise.
3. Add 1 cup of the warm water to the mixing bowl.
4. Add 1 packet of dry active yeast and 1 teaspoon of sugar to the warm water, and mix. Let stand until creamy, about 10 minutes. This is called "proofing the yeast."
5. While you wait, measure 1 cup of cheese and ½ cup of pizza sauce, and set aside.
6. Once the yeast mixture is ready, stir in the flour, salt, and oil. Beat the dough until it's smooth. Let it rest for 5 minutes. This is called "proofing the dough."
7. Lightly flour your work surface, place the dough on it, and begin to pat or roll the dough.
8. Transfer the dough to the lightly greased sheet pan. Use your hands to gently pat and stretch the dough out to the corners of the baking sheet and set aside.
9. Spoon the sauce over the dough, then use the back of a spoon to evenly spread the sauce around, leaving a ½-inch border around the edges.
10. Sprinkle the mozzarella cheese evenly over the top of the pizza sauce.
11. Evenly place your favorite pizza toppings on the top of the cheese.
12. Adult Helper Assistance Required: Bake in preheated oven for 15 to 20 minutes, or until golden brown. Let the baked pizza cool for 5 minutes before serving.

Coaches Notes – We Ate a Giant!

Learning Term of the Week: Yeast

Lesson: How does yeast make dough rise?
The yeast is "sleeping." When you mix the yeast with a liquid (usually water, but sometimes milk) it "wakes up" the yeast so it can turn flour into bread dough. Yeast feeds on the starches in the flour and produces carbon dioxide in the process. Carbon dioxide causes the dough to rise, much like blowing air into chewing gum to make a bubble. If you have ever noticed "holes" in a piece of bread, that is the yeast doing its job. Always check the date on your yeast package – old yeast won't rise.

Cooking Terms of the Week:
Beat: Stir rapidly to blend ingredients into a smooth mixture while also adding a bit of air to the mixture.
Proofing the yeast: The act of testing to see if the yeast is alive.
Proofing the dough: The act of letting the dough rest and rise.

STEAM Science Word of the Week:
Microorganisms: Living things that are too small to be seen with the naked eye, like

Let's Celebrate: Lesson 9

Cake Pops

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

20 minutes / Cooking Time: 1 minute /Freezer Time: 10 Minutes/ Lesson Length: 10 minutes

Congratulations, you completed a whole session of cooking! It is time to show off your culinary skills with a great easy dessert that is fun to make. "Culinary" means the art of preparing, cooking, presenting, and serving food. Culinary is also a science when you blend it with food science. Food science is when you take basic science and apply it to food. What dish that we made together was your favorite?

Ingredients:

- ½ of a premade or store-made cake
- 1 16-ounce container of buttercream icing
- 10 ounce package of milk chocolate melting wafers
- 10 ounce package of white chocolate melting wafers

Cake Pop toppings

- Sprinkles
- Cocoa powder
- Crushed nuts
- Mini chocolate chips
- Cookie crumbs

Tools:

- Large bowl
- Teaspoon
- Fork
- Small bowls for cake toppings
- Microwave-safe container
- Cookie sheet
- Wax paper or parchment paper
- Uncooked rice or beans
- Plastic drinking cups
- 1 package Lollipop sticks or popsicle sticks

What to do:

Adult helper:

- Wash and dry hands.
- Cut the half of the cake into sections and put the sections in the large bowl.

1. Half-fill the plastic drinking cups with the uncooked rice or beans.
2. Put your cake pop toppings in the small bowls.
3. Using the fork and your hands, crumble the cake completely.
4. Add frosting to the bowl and mix it into the cake crumbs until all the crumbs are moistened. But don't add too much, or the mixture will get too heavy and fall off the lollipop sticks!
5. Cover your cookie sheet with wax paper or parchment paper.
6. Use the teaspoon to scoop out a blob of this mixture, and form it into a lollipop-size ball.
7. Place the ball on the cookie sheet. Repeat until you have used up all the mixture.
8. Put the cookie sheet with the balls in the freezer until the balls get firm – about 15 minutes. After that, if you're not ready to use them yet, move them to the refrigerator.
9. Adult helper: Put the melting wafers in a microwave-safe container, then heat for 20 seconds, then check. Keep doing this until they start to melt. Stir them and repeat until they're evenly melted with no lumps. The chocolate should be melted enough to drip off a spoon.
10. Remove your cake balls from the cold, five at a time (keep the others cold while you work). Dip a lollipop stick in the melted chocolate, then poke it into a cake ball, then coat the cake ball with melted chocolate (if the chocolate hardens while you work, microwave it more).
11. Before the chocolate hardens, sprinkle some topping on the cake pop. Then place the cake pop in a cup of rice or beans, stick side down, to dry. Each cup can hold several cake pops.
12. Repeat until all cake pops are completed. If you want to be fancy, wrap each in plastic and tie with a ribbon! Want to save some? Keep them in the freezer, then thaw for 2 hours to eat.

Coaches Notes – I'm Melting!

Learning Terms of the Week: Chocolate

Lesson: What happens if I add water to chocolate? Chocolate is a mixture of cocoa, sugar, and fat from cocoa butter. When it is melted, the ingredients break down evenly and have a smooth consistency. But when water is added, the particles of cocoa and sugar stick together and the mixture becomes gritty like sand.

Cooking Term of the Week:
Dip: A mixture of ingredients that complements other foods, which are dipped into.

STEAM Science Word of the Week:
Melting: Occurs when a solid changes into a liquid when heat is applied.

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

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