

## **Lesson 4A Happy Hearty Breakfast Wrap**

### Materials Required:

- Plates 1 per student
- Mixing spoons
- Mixing bowls
- Napkins
- Cleaning supplies

### 1) Wash hands, ensure *mise en place*, and start recipe

#### Recipe:

- Ingredients: WG 10” tortilla per student, cooked scrambled eggs, precooked seasoned potato wedges, frozen mixed veggies, shredded cheese, turkey bacon slice

Note: Recipe will be cooked together as a group and should yield 6 large wraps: 1 wrap can serve 2-3 students.

1. Cut potato wedges into small pieces-you will need 3-4 wedges per wrap or about 24 for entire recipe. Heat until hot.

2. Empty 1 bag of eggs in microwave safe dish and heat for 5 minutes, stir halfway through

Note: If you receive egg patties, use 1 patty per wrap or 6 for entire recipe and heat them all together in a microwave-safe dish for 1-3 minutes or until brought to proper temperature

3. Heat 1.5 cup of frozen mixed veggies in microwave for 60 seconds

4. Heat 6 turkey bacon slices in microwave for about 1-2 minutes and crumble cooked bacon

5. Warm up individual tortillas in microwave for 10 seconds

6. Lay tortilla flat and layer eggs, potato, crumbled turkey bacon, veggies, and shredded cheese and roll into a wrap. Cut into halves or thirds to share

### 2) Quick Review: Breakfast (Promote school breakfast-it is free for all students at all CCSD schools)

- Do you feel hungry when you wake up? What do you usually eat for breakfast? Which breakfast foods are healthy and which ones should you not eat so often?
- Eating school Breakfast every morning can help you focus on your schoolwork better and keep up with your sports and activities.

### 3) Clean Up

### Optional Recommendations for this lesson (see back of booklet):

- Video: A Brie(f) History of Cheese