

Lesson 2A Peach Parfaits

Materials Required:

- Clear plastic cups
- Large serving spoon
- Spoons and napkins
- Can opener
- Cleaning supplies
- Measuring cups

1) Discuss Lesson 2A Culinary Skill: Making a Mise en Place

- *Mise en place*- a French culinary phrase which means "putting in place" or "everything in its place" which refers to the setup required before cooking -often used in professional kitchens to refer to organizing/arranging of the ingredients that a chef will require for the dishes they are preparing.
- Classes will check their *mise en place* every time they meet
- Following are the steps for *mise en place*:
 - a. Read through recipe to become familiar with steps and ingredients.
 - b. Gather all ingredients and cooking tools you will need.
 - c. Measure and prep all ingredients as listed on the recipe.

2) Wash hands and start recipe

Recipe:

Ingredients: Greek yogurt cups 1 per student, Graham Crackers 1 bag per student, Canned peaches

1. Add $\frac{1}{2}$ of the Greek yogurt cup into a clear plastic cup
2. Add about $\frac{1}{4}$ cup of canned peaches on top of yogurt
3. Add rest of yogurt on top of peaches
4. Crush bag of graham crackers before opening to crumble them
5. Add about 4 TBSP of crumbles to top parfait

3) Clean Up

4) Quick Review: What do our bones and teeth need to stay strong and healthy? Ask what foods are rich in calcium?

Optional activities for this lesson (see back of booklet):

- Bone Bank Activity
- Video: Where Does Yogurt Come From?