

Learning Guide #3:
Snacks and Light Meals

Name:
Course:
TA #

Important information:

*Keep the learning guide packages stapled together and hand the entire package in once completed on or before the due date provided: _____.

If you have any concerns about completing the work, please discuss with the teacher **before the learning guide due date.

***If you miss a Demo/Lab you are still responsible for completing the lab. Arrange an alternative day with the teacher immediately after the missed day

Check off the following assignments as they are read/completed:

Snacks and Light Meals LG#3 Package

- Questions or concerns on LG 3
- Demo:** Sweet Potato Fries & Theory
- Lab:** Sweet Potato Fries
 - ★ *Bring a container*
- Demo:** Egg Bites & Breakfast Reflection
- Lab:** Egg Bites
 - ★ *Bring a container*
- Demo:** Pasta Primavera
- Lab:** Pasta Primavera
 - ★ *Bring a container*
- Lab:** Easy Breakfast **OR** Pasta Design Challenge
 - ★ *Bring a container*
- Easy Breakfast **OR** Pasta Design Challenge Sheets
- Meet with teacher to **discuss** learning + photos (5 mins)

In the space below, write any questions, concerns or provide feedback/suggestions on anything regarding Learning Guide #3:

Meet with Teacher:

1. **Take photos** on your device of each recipe you prepare in learning guide #3.
 - a. Be prepared with your photos from LG #3 when you meet with the teacher
2. See the teacher at an appropriate time, after a demo or lab or make an appointment to discuss your learning in this rotation on or before _____.

Sweet Potato Questions:

/12

Read the information on sweet potatoes and answer the following:

1. Where did sweet potatoes originate?

2. What is the Glycemic Index for sweet potatoes?
 - a. What preparation method reduces the glycemic index of sweet potatoes?

3. With 100 grams of sweet potatoes, you can reach the full amount of daily recommended _____.
 - a. Name 3 other vitamins in sweet potatoes:
 - i.

 - ii.

 - iii.

4. Antioxidant activity of sweet potatoes increases with the _____ of the flesh.

5. What are 3 symptoms of vitamin A deficiency:
 - a.

 - b.

 - c.

6. What is the best way to store sweet potatoes?

Egg Bites 3 Ways

Base:

- ___ Eggs
- ___ Onion, minced
- ___ Salt
- ___ Pepper

Spinach, Tomato & Mozzarella

- ___ Spinach leaves, chopped
- ___ Cherry Tomatoes, halved
- ___ Mozzarella Cheese, ___

Garlic, Mushroom & Peppers

- ___ White Mushrooms, sliced
- ___ Bell Peppers, ___
- ___ Parsley, chopped
- ___ Fresh Garlic, ___

Bacon & Cheddar

- ___ cooked Bacon, chopped
- ___ Cheddar Cheese, grated



Preparation Method:

1. _____ oven to 350°F | 180°C.
2. Place muffin liners in 6-cup muffin tin
3. In a large bowl, whisk together _____ and _____ .
4. Season with salt and pepper.
5. Add egg mixture _____ up into each tin.
6. Divide the three topping combinations into 4 muffin cups each.
7. Bake for _____ minutes.
8. Serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.
9. Enjoy!

Storage:

Fridge

Store in airtight containers and keep them in the refrigerator for up to 5 days. Make a batch in advance and then heat them up in the microwave (usually 10-15 seconds in enough) when ready to eat!

Freezer:

Cool completely, then wrap individually in plastic wrap and pop them in a freezer-safe zip-lock bag. They will last for up to 2 months.

Breakfast Reflection:

1. Why should we eat breakfast to start our day?

2. Who usually prepares your breakfast?
 - a. How often is your breakfast homemade? Why?

3. How do you take time to enjoy your breakfast? Elaborate why or why not.

4. Do you usually eat breakfast alone or with others?
 - a. How do you feel eating alone vs eating with others changes the experience?

5. Do you pay attention to the nutritional value of your breakfasts (eg how much sugar, carbohydrates, fat, sodium, etc)? Why or why not?

6. How you make an effort to limit the amount of sodium, sugars or fats when eating breakfast?

7. If you request specific breakfast foods, what makes you want that specific food? Did you see an ad on Tv, in social media, or from word of mouth, for example?

8. When you are eating, what else are you usually doing?

Learning Guide #3 Resource Package

- **Sweet Potato Fries Recipe**
- **Sweet Potato Theory**
- **Egg Bite Recipe**
- **Pasta Primavera Recipe**
- **Foods 8 Reflection Guide**

Sweet Potato Fries

Servings: 2 people

Ingredients:

- ½ large sweet potato
- 15ml cornstarch
- 2.5ml salt
- 30ml olive oil
- 2ml spices (optional)



Preparation Method:

1. Preheat oven to 425F
2. Ensure racks are in the middle for 1 baking sheet or one near the top and one near the bottom if using two baking sheets
3. Line baking sheets with parchment paper to prevent sticking
4. Wash and peel sweet potatoes
5. Cut sweet potatoes into fry-shape using batonette technique (think julienne but thicker)
6. Place fry pieces into a medium bowl and sprinkle with cornstarch, salt, and oil
7. Toss the fries to coat evenly, with no powdery spots remaining
8. Spread the pieces out in a single layer on the baking sheets. Ensure fries are not on top of one another and have space between each piece (keeps them crispy)
9. Bake for 20 minutes
10. Flip the fries
11. Bake another 15-20 minutes-watch them carefully, they will burn fast!
12. When ready, fries will no longer be shiny and orange but be a matte, puffed texture
13. Toss in desired spices at the end and serve

Choose **one** dip:

Combine all ingredients in a small dish

Sriracha Dipping Sauce	80ml mayonnaise 15ml sriracha sauce
Lemon Garlic Dipping Sauce	80ml mayonnaise ½ garlic clove, minced 5ml lemon juice

Nutritional Information: The Sweet Potato

Originated in central or South America

The main components are complex carbohydrates called starches, which make up 53% of the carbohydrate content.

Simple sugars, such as glucose, fructose, sucrose and maltose then make up another 32% of the carb content

The glycemic index is a measure of how fast blood sugar values rise after a meal.

Sweet potatoes have a medium to high glycemic index, varying from 44-96. Given the relatively high glycemic index of sweet potatoes, large amounts in a single meal may be unsuitable for diabetics. Boiling seems to be associated with lower glycemic index values than baking, frying or roasting

Listed below are the most abundant vitamins and minerals in sweet potatoes.

- Vitamin A: Sweet potatoes are rich in beta-carotene, which is transformed into vitamin A in the body. The recommended daily amount of vitamin A can be achieved with only 100 grams of sweet potatoes.
- Vitamin C: An antioxidant, which may decrease the duration of common colds and improve skin health.
- Potassium: Important for blood pressure control, this mineral may decrease the risk of heart disease.
- Manganese: A trace mineral that is important for growth, development and metabolism.
- Vitamin B6: Plays an important role in the conversion of food into energy.
- Vitamin B5: Also known as pantothenic acid, this vitamin is found to some extent in nearly all foods.
- Vitamin E: A powerful fat-soluble antioxidant that may help protect the body against oxidative damage.

The antioxidant activity of sweet potatoes increases with the color intensity of the flesh. It is highest in colored varieties, such as purple, deep orange and red sweet potatoes. Sweet potatoes have mainly been studied in association with vitamin A deficiency, blood sugar regulation and antioxidant activity.

Prevention of Vitamin A Deficiency

Vitamin A plays an important role in our body, and deficiency in this essential nutrient is a major public health issue in many developing countries.

Deficiency can cause both temporary and permanent damage to the eyes and even lead to blindness. It can also suppress immune function and increase mortality, especially among children and pregnant and lactating women.

Sweet potatoes are an excellent source of highly bioavailable beta-carotene that is transformed into vitamin A in our bodies. The intensity of the yellow or orange color of the sweet potato is directly linked to the beta-carotene content. Orange sweet potatoes have been shown to have a superior ability to increase blood levels of vitamin A compared to other beta-carotene sources, as they contain the "trans" variety of beta-carotene, which is highly bioavailable.

This makes the consumption of sweet potatoes an excellent strategy against vitamin A deficiency in developing countries.

Source: <https://www.healthline.com/nutrition/foods/sweet-potatoes#section8>

Storage:

- *If handled gently, unwashed sweet potatoes can store well for weeks or even months in a dry, cool (55-60 F) location.
- * Fresh sweet potatoes stored in a modern refrigerator develop an off-taste and a hard core in the center.
- * Sweet potatoes are only washed right before cooking because moisture promotes spoilage.

<https://cookieandkate.com/2018/baked-sweet-potato-fries/>

Egg Bites 3 Ways

Base:

- 6** Eggs
- 30ml** Onion, minced
- 2ml** Salt
- 1ml** Pepper

Spinach, Tomato & Mozzarella

- 3** Spinach leaves, chopped
- 2** Cherry Tomatoes, halved
- 50ml** Mozzarella Cheese, **grated**

Garlic, Mushroom & Peppers

- 50ml** White Mushrooms, sliced
- 50ml** Bell Peppers, **diced**
- 15ml** Parsley, chopped
- 1ml** Fresh Garlic, **minced**

Bacon & Cheddar

- 50ml** cooked Bacon, chopped
- 50ml** Cheddar Cheese, grated



Preparation Method:

1. **Preheat** oven to 350°F | 180°C.
2. Place muffin liners in 6-cup **muffin tin**
3. In a large bowl, whisk together **eggs** and **onion**.
4. Season with salt and pepper.
5. Add egg mixture **halfway** up into each tin.
6. Divide the three topping combinations into 4 muffin cups each.
7. Bake for **20-25** minutes.
8. Serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.
9. Enjoy!

Storage:

Fridge

Store in airtight containers and keep them in the refrigerator for up to 5 days. Make a batch in advance and then heat them up in the microwave (usually 10-15 seconds in enough) when ready to eat!

Freezer:

Cool completely, then wrap individually in plastic wrap and pop them in a freezer-safe zip-lock bag. They will last for up to 2 months.

Pasta Primavera



Makes 4 portions

<p><u>Vegetables:</u> ½ carrot, <u>julienned</u> 125 ml <u>cauliflower</u> florets 125 ml broccoli florets 1 clove garlic, <u>minced</u> 30 ml oil</p>	<ol style="list-style-type: none"> 1. Wash and julienne the carrots 2. Wash broccoli and cauliflower and chop into florets 3. Mince garlic 4. In a medium frying pan, heat the oil 5. Add prepared vegetables 6. <u>Sauté</u> for 5-6 minutes until tender
<p><u>Sauce:</u> 300ml water 20ml chicken broth powder 25ml flour 75ml <u>light cream cheese</u></p>	<ol style="list-style-type: none"> 1. Combine broth and flour in medium pot, using a <u>whisk</u> to blend 2. Whisk in cream cheese 3. Cook for 2 mins, stirring constantly until mixture simmers and <u>thickens</u> 4. Add in cooked vegetables, keep warm
<p><u>Pasta:</u> 500ml uncooked pasta 10ml salt</p>	<ol style="list-style-type: none"> 1. In a large pot, full ¾ full with water 2. Add <u>salt</u> to water, cover with lid 3. Bring water to a boil 4. Add pasta to pot & stir to keep pasta from <u>sticking</u> 5. Cook until tender or <u>al dente</u>, about 7-12 minutes 6. Use a colander to drain the water from the pot 7. Add sauce to noodles and ½ the Parmesan, tossing to coat noodles
<p><u>Garnish:</u> 50ml Parmesan 30ml <u>parsley</u>, chopped</p>	<ol style="list-style-type: none"> 1. Serve pasta in bowls 2. Sprinkle each serving with <u>remaining</u> Parmesan 3. <u>Garnish</u> with parsley

Reflection Guide for Meeting

Use the following to guide you in your reflection & provide specific examples from class. Describe the knowledge and skills you learned this rotation. Describe your strengths and areas for improvement.

Cleanliness

- ❖ I am respectful of the kitchen environment and keep my area clean and tidy
- ❖ I properly wash and dry my dishes
- ❖ I put away dishes and ingredients in the correct place
- ❖ I follow safety and sanitation best practices

Communication

- ❖ I can connect and engage with others
- ❖ I ask and respond to questions
- ❖ I am an active listener; i support and encourage my partners
- ❖ I recognize that there are different points of view and i can disagree respectfully

Community

- ❖ I can work with others to achieve a common goal
- ❖ I do my share
- ❖ I can take on roles and responsibilities in a group
- ❖ I encourage and promote positivity within my group
- ❖ I offer to help the teacher without being asked

Critical Thinking

- ❖ I give, receive and act on feedback
- ❖ I can reflect on and express my strengths, obstacles and areas for improvement
- ❖ I can determine how my learning connects to my experiences and efforts

Creativity/Challenge

- ❖ I generate new ideas and build on other people's ideas
- ❖ I can innovate within given variables to pursue my interests
- ❖ I can develop creativity over time in an area I am interested in or passionate about
- ❖ I can challenge myself and maintain a growth mindset in order to try new techniques and build on skills