



Lesson Plan

The Culinary School of Easy Eats - Week 4: Desserts



Objectives:

- Learners will be able to apply the information in this workshop to successfully create the dessert
- Learners will be able to understand the benefits of using oats in a recipe
- Learners will be able to correctly identify what no-bake cookies are
- Learners will be able to effectively use materials required to make the recipe
- Learners will be able to correctly identify the health benefits of making this recipe



Recipe: No-Bake Chocolate Oat Cookies (Gluten Free/Vegan)



Materials:

- 1 medium sized pot
- Measuring Cups (1/2cup, 1cup)
- Measuring Spoons (1tsp)
- Spatula
- Cookie Sheets (2)
- Sifter



Ingredients:

- 1/2 cup oat milk
- 1/2 cup natural peanut butter
- 1/2 cup cocoa powder
- 1 tsp vanilla
- 1/2 cup sugar

- 2 1/2 cups quick-cooking oats
- 1/2 cup coconut oil

Directions:

1. Add almond milk, cocoa powder, sugar and coconut oil to a medium sauce pan.
2. Mix on medium-high heat and bring to boil and boil for 2 minutes.
3. Remove from heat and stir in the natural peanut butter and vanilla. Then, add oats and mix.
4. Place of teaspoon size balls on baking sheet lined with wax paper.
5. Let dough cool in refrigerator for 1 hour.

Pre Class Exercise:

(20 minutes or less)

Complete weekly safety quiz- must get 100% before one is able to cook

<https://docs.google.com/forms/d/1u8G-8uv6xWzJNHywv97IYgwsrAEQh8svA-OoXxmlT1E/edit>

Read Article Attached: <https://www.healthlinkbc.ca/healthlinkbc-files/fibre>

- Overview and Summary of the article:
 - Oats are a good source of fibre - they offer 3.2g per 3/4 cup so therefore, the recipe has 13g of fibre
 - Aligns with Canada's food guide- recommends eating whole grain foods in every meal
 - Eating high fibre foods such as oats lowers risk of type 2 diabetes, heart disease and colon cancer (Health Link, 2021)

Watch TikTok (1.5 mins): https://www.youtube.com/watch?time_continue=2&v=7JkTqQt0E60&feature=emb_logo

In Class Activity:

PowerPoint Presentation:

<https://docs.google.com/presentation/d/1eQ2OIQvfMHuSYx1GBpoel1UStPXd0DSDp0m0bwrrr-o/edit?usp=sharing>

Read over learning artefact (Refer to Appendix fig. 1)

Make recipe!



Post Class Assessment Mark Breakdown:

- ▼ Presentation of dessert 10%
- ▼ Quality of dessert 20%
- ▼ Taste 50%
- ▼ Ability to follow steps 20%



Appendix

Figure 1:

https://s3-us-west-2.amazonaws.com/secure.notion-static.com/6ebd564e-1376-48fc-ad8e-1061f5dad8f5/Easy_Eats_Recipe.pdf