

SHAKE A PUDDING--INDIVIDUAL SERVINGS

Kitchen # _____

1/2 cup cold low fat milk

2 tablespoons dry *instant* pudding (*I provide several flavor options for students to choose from: chocolate, vanilla, strawberry or lemon.*)

1 graham cracker square or a small handful of pretzels

Optional Ingredients

Fruit (sliced bananas, blueberries, sliced strawberries)

Whipped Cream

Wash and prepare your fruit if it is provided; set aside. Place your graham cracker or pretzels in a baggie, use a rolling pin to crush into fine pieces; set aside. Measure milk into a glass measuring cup and pour into a half-pint canning jar with a tight-fitting lid. Choose your pudding flavor, measure and add it to the milk. Tighten the lid and shake for 30 seconds. Pudding will set up after a few minutes. If using fruit, gently stir it into the pudding. Sprinkle the crushed graham crackers or pretzels over the pudding, top with whipped cream (*optional*) and enjoy!

Prep Jobs are performed INDIVIDUALLY

Clean-Up Jobs are performed as a TEAM

- _____ Wash dishes in hot, soapy water
- _____ Dry dishes & sink & place towel in laundry basket
- _____ Put dishes away & place recipe in basket
- _____ Wipe off counters, stove & microwave
- _____ Empty garbage & Sweep floors



SHAKE A PUDDING PRE-LAB QUESTIONS

1. What container do you place your measured milk and pudding mix into?
2. How many ounces does the container used in this recipe hold?
3. If we were doubling this recipe, what size container would you use?
4. How many ounces are in a 1/2 cup of milk?
5. How do you mix this recipe and for how long?
6. Name at least one other fruit you could add to this recipe besides what is suggested.
7. Can you eat this product immediately? Explain why or why not.
8. What food group and essential nutrient do the graham crackers and pretzels represent?
9. Suppose we added chia seeds to this recipe. What food group would they represent?
10. Identify the pudding flavor and fruit you would use in the preparation of this snack.

