

ALL ABOUT...

FOOD SCIENCE

HEY FAMILIES!

Learning about science is fun (and tasty). Kids can apply what they learn in the classroom at home in your kitchen by exploring these recipes with a grown-up.

CHEESY HAM & EGG TORTILLA CUPS

*Adult Supervision Needed
Yield: 12 CUPS

3 whole-wheat tortillas, quartered
6 eggs, beaten
1/2 cup finely diced ham
1 cup shredded Cheddar cheese
1/2 cup milk
1/2 cup red pepper, finely diced
2 green onions, finely sliced
1 clove garlic, minced
Salt and pepper, to taste



1. Preheat oven to 350 degrees. Spray a muffin tin pan with nonstick cooking spray and press one tortilla quarter into each tin to create cups.
2. In a medium bowl, add eggs, ham, cheese, milk, red pepper, green onion, garlic, salt and pepper, and whisk until combined. Divide egg mixture evenly among tortilla cups.
3. Loosely cover the pan with foil and bake for 18-20 minutes, or until egg cups are set. Cover and refrigerate leftovers up to 3 days; reheat in microwave.

ACTIVITY

ELEPHANT TOOTHPASTE EXPERIMENT

*Adult Supervision Needed

1 plastic bottle
1/2 cup hydrogen peroxide
2 drops food coloring
1 squirt liquid dish soap
2 tablespoons warm water
1 teaspoon yeast



Put on your safety glasses. Next, place plastic bottle in the middle of a baking sheet or large tub so that it catches the foam and is easy to clean up. Carefully add hydrogen peroxide, food coloring, and dish soap to the plastic bottle. In a small bowl, mix warm water and yeast; swirl together for about 60 seconds. Pour the yeast mixture into the plastic bottle and quickly step back. Watch what happens!

Hey Kids: Use your scientist-skills! Write down your observations while making your Cheesy Ham & Egg Tortilla Cup.

I SEE _____
I SMELL _____
I HEAR _____
I TASTE _____

What did you learn from this food science experiment?

pork

BAKED DONUTS

*Adult Supervision Needed

YIELD: 6 DONUTS

INGREDIENTS NEEDED:

Baking spray with flour

1 cup whole wheat flour

1 1/4 teaspoons baking powder

1/4 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/3 cup packed brown sugar

1 large egg

1/4 cup milk

1/4 cup plain Greek yogurt

1 teaspoon vanilla

1. Preheat the oven to 350. Spray donut pan with nonstick cooking spray.
2. In a medium bowl, sift together the flour, baking powder, salt, cinnamon and nutmeg.
3. In a small bowl, whisk together the brown sugar and egg until light and fluffy.
Add milk, Greek yogurt and vanilla and whisk until smooth.
4. Add the wet ingredients to the dry ingredients and stir to combine, but don't overmix.
5. You can spoon the mixture into the prepared donut pans add batter to a plastic bag, snip a corner and pipe it in.
6. Bake donuts at 350 for 8–10 minutes or until a toothpick comes out clean.
7. Meanwhile, melt butter in a small, shallow bowl. Combine sugar and cinnamon in a separate small, shallow bowl.
8. Remove donuts from oven and turn out onto a kitchen towel or parchment paper. Let cool for a minute or two, turning the donuts over once.



**ADD DESIRED TOPPING
AND ENJOY!**

ACTIVITY:

After you put your dough in the oven, turn on the oven light to watch as the raw dough turns into light, fluffy donuts. In science terms, this is the Maillard reaction — a reaction between the sugar and the protein in your dough that causes the browning you see and the wonderful aroma. Once your donuts are baked, get creative and customize your donut! What combinations will you choose? Circle your topping ideas below!

Cinnamon

Vanilla Glaze & Sprinkles

Maple Glaze & Bacon