

Module 3 — The Problem Three

Ingredient Order Form

The classroom blend workshop plus both lab dishes. Quantities are for the full class of 24, in four groups of six.

STUDENTS	GROUPS	RECIPES	PREPARED BY
24	4 groups of 6	3	Isaac Floyd • FG Kids • 407-813-4080

RECIPE 1 • CLASSROOM • 4 BATCHES

JERK SEASONING BLEND

Onion powder	½ cup
Dark brown sugar	½ cup
Allspice	¼ cup
Black pepper	¼ cup
Salt	¼ cup
Dry thyme	8 tsp
Curry powder	8 tsp
Cayenne pepper	4 tsp
Nutmeg	4 tsp
Cinnamon	4 tsp
Garlic powder	2 tsp
Ground ginger	2 tsp
Small jars or tins	24

CLASSROOM ACTIVITY • PROPS

HIDDEN SUGAR HUNT

Packaged juice	1
Flavored yogurt	1
Breakfast cereal	1
A condiment	1
A savory snack	1

LAB • ×6

JERK CHICKEN SATAY

Chicken breast or thigh	9 lb
Olive oil	¾ cup
Limes	6
Scallions	1 bunch
Bamboo skewers	48

RECIPE 10 • LAB • ×6

CHOCOLATE AVOCADO MOUSSE

Ripe avocados	12
Cacao powder, not cocoa	2 cups
Honey	2 cups
Almond milk	3 cups (24 oz)
Fresh strawberries	6 packs (1 lb each)
Lemons	3
Two-ounce shooter cups	48

Jerk blend is not a separate order. The ¾ cup the satay needs comes from the jars the students filled in the classroom session.

Mousse scales as full desserts. Served as two-ounce shooters, the same order stretches to roughly 48 — half this amount would also work.

Before you order: The five packages for the Hidden Sugar Hunt are props, not food for the lab. Anything with a nutrition label works — pick things students actually buy.