



Summer 2020 Lesson

Class: Cooking,

Teacher: Mrs. Stuart

Grade Band: 2nd -5th

Objective: To make a fresh, light summer dessert

Lesson: English Trifle

Tools needed:

2 Mixing bowls, clear bowl or indiv cups, mixing spoon, knife, cutting board

Ingredients: Strawberries or other berries, bananas, large vanilla (or any flavor) pudding mix, milk, pound cake or angel food cake, cool whip, whipped cream or Greek yogurt, orange juice or sugar if desired

Process:

- 1) Choose the fruit you will use, Defrost cool- whip if using
- 2) Wash and dry berries. Slice strawberries and bananas, soak in orange juice or sprinkle with sugar
- 3) Follow directions on the box to make pudding
- 4) Cut cake into cubes
- 5) Put one third of the fruit in the bottom of the bowl
- 6) Layer half of the pudding. Smooth with a spoon
- 7) Add half the cake cubes
- 8) Top with half of the whipped cream, topping or yogurt
- 9) Repeat steps 5-8
- 10) Top with the remaining fruit but not bananas. They will brown. Chill for at least 2 hours before serving. Note: these can be made in individual cups or bowls.

Vocabulary: Layer, whip, slice, chop, remaining