



# LESSON PLAN # 3

A CLASSROOM TOOL TO HELP PROMOTE THE MESSAGE OF HEALTHY EATING



# THIRD COURSE READY, SET, COOK.



## “NOW YOU’RE COOKING”

### FOCUS

Prepare in advance a blank flip chart and write a recipe such as, Hands-Off Pasta Sauce. Omit random words, leaving space to “fill in the blank” later. During class have the flip chart turned away from the students. Ask students to suggest a food-related word to fill in the first blank, leading them toward the appropriate type of word, noun or adjective, but without revealing the recipe. Fill in the blank with the selected word. Continue to the next blank space and ask for another word from the students. Continue until all words are completed. Turn the flip chart around for all students to view and read the silly recipe aloud. Discuss the importance of the descriptive language in the recipe. What makes the recipe sound good?

### OBJECTIVES

- » To educate students about the importance of following a recipe.
- » To introduce students to a variety of new flavors and food combinations.
- » To further engage students in healthy eating and cooking.

### EXPLANATION/MODELING

Prepare a cooking demo with a chosen recipe. Students will be asked to take out a pen and paper in order to follow along as a recipe is demonstrated. While preparing the dish, the students will observe, listen, and write down the exact amount needed, as well as the ingredient itself. The idea is to follow along as closely as possible while the cooking demonstration is happening, so the recipe is fully documented. Ultimately, the take-away from the lesson will be their paper (recipe) to share with their parents. Discuss why ingredients are used, why quantities are important, variations on a recipe, etc.

### MONITORING KNOWLEDGE

At the end of the demonstration, the students will partner up and share their recipes with each other. In their small groups, they can help each other clarify some of the ingredients, amounts, cooking time, cooking temp, servings, etc. Circulate around the room to ensure each student has the entire recipe fully documented.

### CLOSURE

Urge the students to take home their recipes and share with their parents. If this recipe is not something that they would like to eat, then remind the students that there are other places to look for recipes. They can look at home until they find one that is to their liking. Inspire them to cook and have a say about meals at home.

### MATERIALS

Large Chart

A recipe written on a chart with blank spaces

Marker

Pens

Paper

Materials for a cooking demonstration (food, spoons, bowls, measuring spoons, etc)

## PREPARATION

Pick a simple, healthy recipe and write it out on a large chart (certain blanks will be left on the chart to be filled in by the student's responses). Pre-select a helper to write the responses from the class. Also, prep all the items for the cooking demonstration.

**IS THIS LESSON TOO COMPLICATED?** Skip the **FOCUS** and move directly to the Lesson. Have a simple recipe in mind. Make up cards for the class, with pictures of the ingredients on each card. As a class, students can go over each ingredient as they follow the recipe together. Lead, and the class can be following along by hearing the recipe and seeing the image of the ingredient that is being added.

**Is this lesson too easy?** Keep the **FOCUS** the same, but for the lesson have the students break into groups. Each group will need to find a recipe for the same dish. Example: Everyone needs to find a recipe for "Roasted Chicken" or "Hamburgers" or "Pizza". Each group will then have time to research their recipe and find one that resonates with them. Time will be given so that the recipe can be written down. Finally, they must come up with a way for everyone in the group to be involved in the cooking demonstration (other items can be substituted for food items). Each group will have a chance to present their demonstration. At the end, the class can vote for the best presentation (recipe, directions, etc).

## Are your students fired up for more healthy cooking lessons? Here are some additional ways to **EXTEND THE LESSON**:

- Invite a student chef/local chef to come to the classroom to demonstrate cooking skills. Invite them to talk about a **DAY IN THE LIFE OF A CHEF**.
- Create your own recipe using some favorite ingredients. Share it with family and friends.
- Visit a cooking website and try one of the recipes. Post feedback after completing the recipe to help future visitors.
- Write a song about baking, cooking, grilling, etc.
- Take photographs for a cookbook of a finished dish or meal.
- Write a review for a local paper about food at your favorite restaurant.
- Visit a restaurant. Take a tour of the kitchen.
- Give a talk/lecture on how to make a favorite recipe.
- Find different recipes for the same dish and compare findings.



# COORDINATING RECIPE FOR LESSON PLAN #3

## BAKED BASIL PENNE PASTA WITH TOMATOES AND SAUSAGE

You can find so many different types of sausage in the grocery stores. Use chicken sausage one day and then turkey the next. I like to use pork sausage with fennel. I think the fennel in the mixture really complements the flavor of the overall dish.

### Ingredients

- » 2 tablespoons olive oil
- » 1 cup white onion, finely chopped
- » 1 tablespoon creamed, fresh garlic
- » 1 pound Italian sausage, casing remove, meat crumbled
- » Salt and fresh ground pepper to taste
- » 3 cups whole Italian canned tomatoes, chopped with the juice
- » ¼ cup fresh basil, chopped
- » 1 cup ricotta cheese, part skim
- » ¾ cup grated Parmigiano Reggiano cheese
- » ½ cup finely chopped fresh Italian parsley
- » 1 pound penne pasta
- » ½ pound fresh mozzarella, cut into cubes

Makes 8 servings

Sample Recipes (from Jennifer Bushman, Kitchen Coach)

### Directions

Preheat the oven to 400° F. Lightly oil a large baking dish.

Bring a pot of water to a boil, add the pasta and cook until tender, about 9 or 10 minutes.

In a large sauté pan, heat the olive oil over medium high heat. Add the onion and sauté until soft. Add the garlic and the sausage and sauté until the sausage is browned. If the sausage has given off a lot of fat, pour it off before you continue.

Add the tomatoes with all of the juice and let it simmer uncovered until it thickens. Add the basil and season with salt and pepper.

In a large bowl, mix the ricotta, half of the Parmigiano cheese, and the parsley. Season with salt and pepper.

Drain the pasta well and toss in the Parmigiano mixture. Add the sausage mixture and mix again. Toss in the Mozzarella and pour into the prepared dish.

Sprinkle with the remaining Parmigiano and bake uncovered until lightly browned, about 20 minutes. Serve immediately.

Recipe Nutrient Analysis:	
Nutrient	Single Serving
Calories	490.7
Protein (g)	28.0
Carbohydrates (g)	50.7
Sugars (g)	5.4
Dietary Fiber (g)	3.3
Fat (g)	18.0
Saturated Fat (g)	7.3
Trans Fat (g)*	0.0
Cholesterol (mg)	43.5
Vit-A	17%
Vit-C	25%
Calcium	28%
Sodium (mg)	668.2
Iron	22%

\* indicate data totals with some values not available. This may result in an under reporting of values.

