



LESSON 4: Learning to Use a Recipe to Make a Healthy Snack with Fruit & Veggie Review

Outcome: Kids will be able to assemble a healthy meal/snack by following a simple recipe, and will be able to identify the difference between fruits and vegetables.

Materials:

Pre-evaluations

Recipe for Cucumber Watermelon Salad

Construction paper

Glue sticks

1 large watermelon

3 medium-sized cucumbers

1 small bouquet of mint

3 limes

Kitchen knife (for parents/teachers)

Cutting board

2 large bowls/containers (one for watermelon, one for cucumber)

6 1/4-cup measuring cups

6 Tablespoons

30 small mixing spoons (can be used to eat)

100+ serving bowls

Opening the Lesson:

Who remembers the difference between fruits & vegetables? Who can tell me 1 part of a plant? Today we're going to make a salad using some of the fruits we've talked about in class.

Lesson:

K-5th Grades:

EVALUATION: Tests for all grades. Teachers help K-1st graders. 2-5th graders work silently.

Has anyone ever cooked before? What have you cooked?

Has anyone ever used a recipe before? Today, we're all going to learn how to use a recipe, and we'll learn more about the kinds of food we use in our recipe.



Activity 1: Students will be able to explain the difference between a fruit and a vegetable.

Is watermelon a fruit or a vegetable? Why? Give fun facts about watermelon.

Is cucumber a fruit or a vegetable? Why? Give fun facts about cucumbers.

Activity 2: Students will make a recipe card for their families.

Pass out recipes, construction paper and glue sticks to students. Ask them to fold the construction paper in half. They will glue their recipes onto the construction paper to make a recipe gift for their families.

K–1st Grade: Teachers will help students write words on their cards (messages to family, fun facts, etc.)

Activity 2: Students will be able to follow a recipe for a watermelon cucumber salad to create a healthy snack/meal.

Explain the importance of reading the entire recipe before beginning to cook.

K–1st Grade: Teacher reads recipe ingredients out loud.

2–5th Grade: A selected child reads the recipe ingredients.

Are there any ingredients that are new or surprising? Are there any ingredients that you've eaten before? Is this a fruit salad or a vegetable salad?

K–1st Grade: Teacher reads each step of the recipe.

2–5th Grade: A selected child reads each step of the recipe.

Students work along with each task in the recipe instructions as they are read—creating a watermelon cucumber salad.

Close:

- What one thing did you learn today?