

NEW!

GRADES 3—5 | SCHOOL PARTNER  
LESSON PLAN

## INGREDIENTS

- 2 cups fresh basil leaves
- ½ cup grated Parmesan cheese
- ⅓ cup pumpkin seeds or sunflower seeds
- 2 garlic cloves
- ½ cup extra virgin olive oil
- Juice of ½ lemon
- Pinch of salt + pepper to taste

## HOOK/INTRO (5 MINUTES)

- Begin by engaging the students with a discussion about different types of pasta dishes they may have tried or heard about.
- Show images or visuals representing Italy and pesto, and ask students if they can guess the connection between the two.
- Explain that pesto pasta is a popular dish in Italy and that today they will be learning how to make it themselves.

## DEMO/LESSON (5 MINUTES)

Share interesting facts about pesto and Italy, such as:

- Pesto originated in Genoa, Italy and is traditionally made with fresh basil, Parmesan cheese, pine nuts (or walnuts), garlic, and olive oil.
- The word “pesto” comes from the Italian word “pestare,” which means “to crush” or “to pound,” referring to the traditional method of making pesto using a mortar and pestle.
- Pesto is a versatile sauce that can be used not only for pasta but also as a spread, dip, or topping for various dishes.

## COOKING/INSTRUCTIONALLY EMBEDDED ASSESSMENT

- Instruct each group to measure and gather the ingredients required for the pesto sauce.
- Combine the basil leaves, grated Parmesan cheese, pumpkin seeds or sunflower seeds, and garlic cloves into the molcajete and grind.
- Add olive oil and mix.
- Add a pinch of salt and pepper to taste.

## ASSESSMENT/WRAP UP

**“I tried it and”**



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