

COOKING WITH WHAT'S IN ABUNDANCE

Kitchen

TIME AND LENGTH

45 min

ADAPTED

GRADE 3

SCHOOL PARTNER
LESSON PLAN

LOCATION

Kitchen Classroom



ESSENTIAL QUESTIONS

Why is it important to eat foods that are in season? What's the point?



MATERIALS

- Mixing bowl
- Measuring spoons
- Food processor
- Book about pumpkins

Hummus Ingredients

- 1–2 cloves roasted garlic (prep ahead of time)
- 2 tablespoons of olive oil
- 2 tablespoons of water
- 1 can of chickpeas, drained and rinsed
- 2–3 cups of pumpkin puree
- 1 tablespoon of maple syrup or honey
- ½ teaspoon of rosemary (from the garden!)
- Salt to taste
- Serve with pita bread and carrots



VOCABULARY

- Hummus
- Seasonal
- Measuring spoons
- Food processor

NOTE:

Adapted from **Grade 3 Kitchen Lesson #16: Cooking with What's in Abundance**, pg. 303.



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TEACHER BACKGROUND

Pumpkins7 Things You Didn't Know About Hummus

LESSON DESCRIPTION

Students will learn about the origins of hummus as well as prepare a seasonal dish—Pumpkin Hummus. This lesson fits well close to Halloween when many students are carving jack o'lanterns at home.

LEARNING OBJECTIVES

- Students learn the basic structure of a compost pile and how to layer between green and brown matter
- Students learn how to classify different things as green or brown matter.

Content Learning Objectives*Health Concepts*

HC.3.2 Demonstrate an understanding of local and seasonal foods.

HE.3.3 Describe abundance and the causes of abundance in the garden

Life Skills Learning Objectives*Personal Life Skills*

PLS.1 Students are self-aware and show respect for their own needs, the needs of others, and the environment. They practice safe and conscientious behaviors in the garden and kitchen environments.

PLS.2 Students are able to express empathy and caring for themselves, others, and the environment.

PLS.3 Students cultivate honest and responsible behaviors that contribute to the learning of the community.

PLS.4 Students are active and engaged learners who show up on time prepared to learn and manage their time wisely.

PLS.5 Students develop the ability to make informed and responsible decisions.

PLS.6 Students actively seek creative and resourceful solutions.

Community Life Skills

CLS.5 Students participate in the development of agreed upon protocols and behaviors for the garden and kitchen environments.

ACADEMIC STANDARD CONNECTIONS

Texas Essential Knowledge and Skills (TEKS) for Science, Elementary, Adopted 2017

3.9 Organisms and environments. The student knows and can describe patterns, cycles, systems, and relationships within the environments. The student is expected to:

- (C) describe environmental changes such as floods and droughts where some organisms thrive and others perish or move to new locations

Texas Essential Knowledge and Skills (TEKS) for Social Studies, Elementary, Adopted 2018

3.6 Economics. The student understands the concept of the free enterprise system and how businesses operate in the U.S. free enterprise system. The student is expected to:

- (A) explain how supply and demand affect the price of a good or service
- (B) define and identify examples of scarcity
- (C) explain how the cost of production and selling price affect profits

*Lesson Sequence**Engage***Ignite Interest (10 mins):**

Walk with students out to the garden to harvest and wash rosemary. Talk about how we try to cook with what's in abundance in the garden and what that means.

*Explore***Stir Discoveries (25 mins):**

Prepare and eat hummus

*Explain***Clarify New Ideas (5 mins):**

Use pumpkin puree since pumpkins are what's in season and thus what is considered to be in abundance.

*Elaborate***Watch It Rise (5 mins):**

Seasonality of food

*Evaluate***Reflect (5 mins):**

Ask students to reflect on their experience Gratitude Practice.

**ADAPTATIONS**

This lesson can be adapted to use whatever is currently growing in your garden. It can be used throughout the year.

CONNECTIONS TO THE GARDEN/KITCHEN LESSONS

What's growing in our garden?

POSSIBLE EXTENSIONS

Students plant certain foods/herbs that they would like to try next time you make hummus together.



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