

CUBAN BLACK BEANS AND STEAMED RICE

Kitchen

HOOK/INTRO

NEW!

GRADES 3—5 | SCHOOL PARTNER
LESSON PLAN

Recipe exploration:

- Project recipe on screen, printed copies, cook books, cooking magazines
- Look at recipes from home (have extra in case they don't bring) or cookbooks mingle—compare and contrast OR look at flow of a recipe—how many people it serves, ingredients, procedure—and connect to math—if we have this many students, how much should we multiply, etc.; Make a recipe together.
 - What is step #1?
 - What measuring utensils needed?
 - What are the ingredients?
 - Serving size—How many people will this recipe feed?
 - What elements of math are you noticing in this recipe?

DEMO/LESSON

- Introduce today's recipe: Cuban Black Beans & Steamed Rice.

COOKING/INSTRUCTIONALLY EMBEDDED ASSESSMENT

- Every table group is in charge of an ingredient.
- Every table group adds it to the pot of beans at the front.

CLEANING PROCEDURES

- 3 Bin System: Rinse, Wash, Sanitize, dry?
- Group job rotations—scrubbing dishes, rinsing dishes, sanitizing?, dry, sweep (4 students with brooms, 4 with dust bins), wiping down tables, collect compost, picking up scraps off the floor

ASSESSMENT/WRAP UP

- Assessment Chart: Tried it, not my favorite; Liked it; Loved it!
- Share next week recipe

FAST FINISHERS/EXTENSIONS

- Provide cookbooks, food magazines for students to flip through

NOTE:

Have recipes printed, have cooking books out, share recipes kids might have brought out. Check in with teachers about what math they are/have learned.



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Starlight School in 2023

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