





FRENCH GREEN SALAD & TINY TOMATO TOASTS

Kitchen

NEW!

GRADE 4

SCHOOL PARTNER
LESSON PLAN


Lesson Title: French Green Salad & Tiny Tomato Toasts		
Grade: 4	Lesson Number: 6	
Estimated Time: 45 mins.	Season: 🍂 Fall	Type: 🍳 Cooking
<p> Teacher Background and Lesson Description: We'll be traveling to France and Italy as we get inspiration for our green salad and tiny tomato toasts for this lesson! Map the European countries and share the quick info located under materials.</p>		
<p>★ Lesson Objectives: FP.4.1 Demonstrate knowledge of how to wash and store fruits and vegetables. RC.4.2 Demonstrate the ability to follow recipe instructions with increased independence. KTE.4.1 Kitchen Tools and Equipment</p>		
<p> Academic Standard Connections: 4.1 Mathematical process standards. The student uses mathematical processes to acquire and demonstrate mathematical understanding. The student is expected to: (A) apply mathematics to problems arising in everyday life, society, and the workplace 4.3 Number and operations. The student applies mathematical process standards to represent, compare, and order whole numbers and decimals and understand relationships related to place value. The student is expected to: A&C: represent a fraction as a sum of fractions, (C) determine if two given fractions are equivalent using a variety of methods</p>	<p> Health Standard Connections: National Health Education Standard 7: Students will demonstrate the ability to practice healthenhancing behaviors and avoid or reduce health risks.</p>	
<p>? Essential Questions: What continent do France and Italy belong in? Why is it important to wash some fruits and vegetables?</p>		
<p> Vocabulary: Italy, country, France, whisking, strainer</p>		

NOTE: This lesson was creating using **Green Salad with French Dressing**, pg. 630.



CREATED BY
Cunningham Elementary School in 2023

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<p>Materials:</p>	
<p>Lesson Introduction:</p> <ul style="list-style-type: none"> ● Revisit KWL chart ● France: <ul style="list-style-type: none"> ● Official language: French ● Capital: Paris ● Currency: Euro ● Official name: French Republic ● Population: 67,364,357 ● Italy: <ul style="list-style-type: none"> ● Official language: Italian Republic ● Capital: Rome ● Currency: Euro ● Official name: Italian Republic ● Population: 62,246,674 	<p>Equipment:</p> <p>Green Salad & French Dressing:</p> <ul style="list-style-type: none"> ● Measuring cups and spoons ● Medium nonreactive mixing bowl ● Paring knives ● Salad tongs or wooden spoons for tossing salad ● Whisk ● Large salad bowl ● strainer <p>Tiny Tomato Toasts:</p> <ul style="list-style-type: none"> ● Paring knives ● Cutting board ● Bowl (large and small) ● Pastry brush ● Baking tray ● Large spoon to scoop
<p>Ingredients:</p> <p>Green Salad w/ French Dressing (8-10 servings)</p> <ul style="list-style-type: none"> ● ¼ cup red wine vinegar ● ¼ cup lemon juice ● 2 teaspoons Dijon mustard ● 2 teaspoons paprika ● 1 cup olive oil ● 12 cups mixed salad greens or spring mix ● 1 small red onion, to slice ● 2 to 3 medium tomatoes, cored and cut into wedges ● 2 cups croutons, for garnish <p>Tiny Tomato Toasts: (about 2 dozen)</p> <ul style="list-style-type: none"> ● 12 cherry tomatoes ● 1 clove garlic, crushed ● 3 tablespoons olive oil ● 1 teaspoon balsamic vinegar ● 6 basil leaves ● Salt and pepper ● 1 baguette ● Sea salt ● Freshly ground black pepper 	
<p>Materials for Enjoying Food:</p> <ul style="list-style-type: none"> ● <i>Plates or cups for snack</i> 	<p>Materials for Cleaning Up:</p> <ul style="list-style-type: none"> ● Trash, recycling, and compost bins
<p> Teacher Prep:</p> <ul style="list-style-type: none"> ● Pre-cut baguettes, lay out the ingredients and preheat oven to 350 degrees 	
<p>+ Additional Resources:</p> <ul style="list-style-type: none"> ● Converting equivalent fractions: <ul style="list-style-type: none"> ○ Lay out recipe measurements and have students generate equivalent fractions for olive oil, vinegar, lemon juice etc. ● Have students find the difference between the population of the countries. 	



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 **Prep to Cook:**

- Have students wash hands and put their hair up.
- Explain the reasoning we wash vegetables, fruits and greens is because of the soil the resides in the fruits as well as when they are displayed in the grocery store, many people put them back.
- Lay out ingredients along with measurement spoons, cups, and cutting boards.
- Split students up into groups for each recipe: cutting and measuring, mixers,

 **Recipe:**

- Before students begin cutting the tomatoes, assign some vegetable/fruit washers within the groups.
- Green Salad with French Dressing:
 - Students chop up the tomatoes into small wedges and can do a rough chop of the greens & measure out the wet ingredients. Students can chop up onions if they are ready for that.
 - Make the dressing by whisking together the vinegar, lemon juice, Dijon mustard and paprika until well blended. Slowly whisk in olive oil until emulsified.
 - To make the salad, combine the greens, sliced red onion and tomato wedges into a large wooden salad bowl, and drizzle with enough of the dressing to lightly coat the salad. Top with croutons and serve.
- Tiny Tomato Toasts:
 - Tomato topping:
 - Cut the tomatoes into quarters and put them in a bowl.
 - Add garlic, 1 tablespoon of olive oil, balsamic vinegar, and chopped basil. Stir well, then add salt and pepper to taste. Set aside.
 - Arrange pre-cut baguette into ½ -inch slices on baking sheet. Measure the remaining 2 tablespoons of olive oil into a small bowl. Add a pinch of salt. Paint the oil on the bread on both sides with a pastry brush.
 - Bake until the bread is lightly toasted (350 degrees), about 7 minutes per side. Use tongs to turn the bread over once during baking.
 - Take toasts out and have students spoon the topping onto each toasts just before serving.




Possible challenge: challenge students to use other spoons and find equivalent fractions for measurements given (ex: $\frac{1}{4} = \underline{\quad}$ eighths of a cup)

 **Review Familiar Skills:**

- Review how to handle a paring knife and review safety precautions with students.
- Review to double check they use the correct measuring spoons and cups to ensure deliciousness.

 **Enjoy:**

- Have plates ready for students, remind students to not wreck someone's yum!

<p> Clean Up:</p> <ul style="list-style-type: none"> • Have a couple of students pick up dirty knives, cutting boards, and measuring cups from each table/ station and place them in the sink. Explain to students that the teacher/TA will clean them later, but we are taking a respectful approach. • Have two more students wipe down counters, and two others use the broom and dustpan to make sure the floor is clean. • Model the appropriate clean-up instructions (including collecting food scraps for the compost bucket) and have each student practice following the instructions as they finish eating. 	
<p> Connections to Garden Lessons:</p> <p>Use lettuce from the garden. Add in other produce growing in the garden. Garnish with herbs and/or edible flowers growing in the garden. Bring compost out to the garden.</p>	<p> Possible Extensions:</p> <p>Connection: Students do a quick-write of the similarities between French and Italian cuisine.</p> <p>Students find how many cups and teaspoons are needed to make __ amount of servings.</p>

Tiny tomato toasts:

