



Lesson Title: Fried Rice (3-4 servings)		
Grade: 4	Lesson Number: 12	
Estimated Time: 45 mins.	Season: Winter	Type: Cooking
<p> Teacher Background and Lesson Description: Fried rice is a popular part of Eastern and Southeast Asian cuisines. As a homemade dish, it's typically made with ingredients left over from other meals, which means there are countless variations. Fried rice is thought to have originated in the city of Yangzhou in the eastern province of China.</p>		
<p> Lesson Objectives: CFT.4.2 Create basic flavor combinations using international cuisines. CFT.4.3 Assess main ingredients, seasonings and dishes of other cultures.</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 4.2 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: (F) compare and order decimals using concrete and visual models to the hundredths; 4.4 Number and operations. The student applies mathematical process standards to develop and use strategies and methods for whole number computations and decimal sums and differences in order to solve problems with efficiency and accuracy. The student is expected to: (D) use strategies and algorithms including standard algorithm to multiply up to a four-digit number (F) use strategies and algorithms, including the standard algorithm, to divide up to a four-digit dividend by a one-digit divisor</p>		<p> Health Standard Connections: National Health Education Standard 7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.</p>



<p>? Essential Questions: How have people used food leftovers to create a tasty dish?</p>				
<p>abc Vocabulary: Chine, fried rice, cuisines, leftovers, wok</p>				
<p>Materials:</p> <table border="1"> <tr> <td> <p>Lesson Introduction:</p> <ul style="list-style-type: none"> China <ul style="list-style-type: none"> Official Name: People's Republic of china Official language: Standard Chinese and Mandarin Capital: Beijing Currency: Yuan (~0.14 USD) Fun facts: <ul style="list-style-type: none"> One third of China's land area is made up of mountains. Mount Everest sits on the border between China and Nepal </td> <td> <p>Equipment:</p> <ul style="list-style-type: none"> Knife Chopping board Frying pan or a wok Spatula plate </td> <td> <p>Ingredients:</p> <ul style="list-style-type: none"> 2 medium carrots 2 spring onions 3 tablespoons butter 2 eggs (one serving can be made without it in case of allergies) 2 tablespoons frozen green peas One medium bowl of cooked rice 2 tablespoons soy sauce </td> </tr> </table>		<p>Lesson Introduction:</p> <ul style="list-style-type: none"> China <ul style="list-style-type: none"> Official Name: People's Republic of china Official language: Standard Chinese and Mandarin Capital: Beijing Currency: Yuan (~0.14 USD) Fun facts: <ul style="list-style-type: none"> One third of China's land area is made up of mountains. Mount Everest sits on the border between China and Nepal 	<p>Equipment:</p> <ul style="list-style-type: none"> Knife Chopping board Frying pan or a wok Spatula plate 	<p>Ingredients:</p> <ul style="list-style-type: none"> 2 medium carrots 2 spring onions 3 tablespoons butter 2 eggs (one serving can be made without it in case of allergies) 2 tablespoons frozen green peas One medium bowl of cooked rice 2 tablespoons soy sauce
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<p>Materials for Enjoying Food:</p> <ul style="list-style-type: none"> Plates or cups for snack 	<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"> Have ingredients set up for groups to get started 				
<p>+ Additional Resources:</p> <ul style="list-style-type: none"> Math connection: <ul style="list-style-type: none"> Converting Yuan to USD <ul style="list-style-type: none"> ___ Yuan = ___ USD Convert to Yuan: 5, 10, 842, 5,928, 				



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 **Prep to Cook:**

- Have students sanitize and put hair up.
- Review expectations for cutting.

 **Recipe:**

- Have students chop the carrots into small cubes and slice the spring onions
- In pan, with adult supervision, place over medium heat, add a tablespoon of butter and let it melt. Add the eggs and scramble them until they are fully cooked, then put them on a side plate.
- Let the rest of the butter melt in the same pan. Add the carrots, spring onions, and peas. Cook for 5-6 minutes, until vegetables are a bit softer.
- Add the rice and eggs and mix everything together with the spatula.
- Cook for 2-3 minutes, add the soy sauce and cook for another 2 minutes and serve.

 **Review Familiar Skills:**

- Ask students what tools they have used so far in the kitchen (at school or at home) and write a list on a piece of chart paper in one color.

 **Enjoy:**

- Enjoy a spoon of fried rice. Please be cautious of those who have egg allergies.

 **Clean Up:**

- 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.

 **Connections to Garden Lessons:**

Use herbs from garden and take the compost pile.