

## TOPIC

Health Concepts

NEW!

GRADE 7

SCHOOL PARTNER  
LESSON PLAN

## LEARNING OBJECTIVES

### Content Learning Objectives

#### Health Concepts

**HC.7.1** Demonstrate an understanding of how seasonality influences traditional cultural dishes.

**HC.7.3** Relate seasonality to availability of ingredients.

#### Culinary Flavors and Textures

**CFT.7.1** Utilize taste sensations: sweet, sour, bitter, and salty in a series of lunch items for the class.

**CFT.7.2** Describe the relationship between culinary arts and sight, smell, and taste. Use traditional world cuisines as examples.

#### Kitchen Tools and Equipment

**KTE.7.1-4** Kitchen Tools & Equipment

### Life Skills Learning Objectives

#### Community Life Skills

**CLS. 2** Student cooperate and communicate well with each other.

## PROCEDURE

- Revisit who is Chef Emeril. Show video of last year's student highlight.
- Guide students in reading and understanding a recipe card. Go over the term *mise en place*.
- Demo preparing: Garlic and Herb Radishes

## INGREDIENTS

- 12 medium radishes, cleaned and quartered
- 1 medium yellow onion, chopped
- 1 green bell pepper, chopped
- 6 cloves of garlic, minced
- ½ tsp parsley, chopped fine
- ½ tsp thyme, chopped fine
- ½ tsp rosemary, chopped fine
- 2 tbsp olive oil
- 1 tsp kosher salt
- 1 tsp ground black pepper



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## PROCEDURE

In a sauté pan, heat oil over a medium high heat. Add in onions, bell peppers, and radishes. Sauté until onions and peppers become translucent, about 3–5 minutes. Add in garlic and sauté for another 2 minutes, making sure not to burn the garlic. Finally, adding the herbs and spices. Stir well and sauté for another minute or two. Taste and adjust seasonings as needed. Serve as a side dish or a substitution for potatoes.

Students will have a taste of the dish, critique, and explore the possibilities for utilizing radishes in place of potatoes for dietary needs.

## CONNECTION TO GARDEN

Use produce from the garden and other ingredients needed, if available. Deliver compost to the garden. As you enjoy, trace ingredients back to the garden.

## ACADEMIC STANDARD CONNECTIONS

**CCSS.ELALITERACY.W.7.2C**

Use appropriate transitions to create cohesion and clarify the relationships among ideas and concepts.

## HEALTH STANDARD CONNECTIONS

**National Health Education Standard 7**

Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.



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