

HERBED MEDITERRANEAN YOGURT CHEESE SPREAD

Kitchen

ADAPTED

GRADES K—1

SCHOOL PARTNER
LESSON PLAN

Lesson Title: Herbed Mediterranean Yogurt Cheese Spread		
Grade: K-1	Lesson Number: 9	
Estimated Time: 45 mins.	Season: Winter	Type: Cooking
<p> Teacher Background and Lesson Description: Labneh is a simple Middle Eastern fresh cheese. Labneh is a spreadable, and typically saltier cousin to the less strained, usually thicker Greek yogurt. In this lesson, students will learn the purpose of a strainer and cheesecloth. They will review using a cutting board and knife and try a variety of food items with the dip they help create.</p>		
<p> Lesson Objectives: HC.K.4 Identify a food group in the garden. FP.K.1 Demonstrate ability to properly handle, wash and prepare fruits and vegetables. KTE.K.1-4 Kitchen Tools and Equipment CLS.2 Students cooperate and communicate well with each other.</p>		
<p> Academic Standard Connections: CCSS.ELA-LITERACY.L.K.5.A Sort common objects into categories (e.g. shapes, foods) to gain a sense of the concepts the categories represent. CCSS.MATH.CONTENT.K.MD.B.3 Classify objects into given categories; count the numbers of objects in each category and sort the categories by count.</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: What happens when you strain the liquid out of yogurt? What is labneh? What items in the kitchen are sharp and need to be handled with care?</p>		
<p> Vocabulary: yogurt, strainer, cheesecloth, pita, dip/spread, labneh</p>		

NOTE:

Adapted from **Grade K Kitchen Lesson #10: Herbed Mediterranean Yogurt Cheese Spread**, pg. 263.



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<p>Materials:</p>	
<p>Lesson Introduction:</p> <ul style="list-style-type: none"> ● Recipe: Herbed Mediterranean Yogurt Cheese Spread 	<p>Equipment:</p> <p>For whole class:</p> <ul style="list-style-type: none"> ● Measuring cups ● Spoons ● Cutting board ● Chef's knife ● Serving plate <p>For each group: (of 4-5 students)</p> <ul style="list-style-type: none"> ● Colander or wire-mesh strainer ● Medium mixing bowl ● Cheesecloth ● Plastic wrap ● Cutting board ● Kid-safe knife ● Scissors ● Glue sticks ● Kitchen Safety Sort (1 per student)
<p>Ingredients: (serves 10-12)</p> <ul style="list-style-type: none"> ● 3 cups plain yogurt ● 1½ teaspoons kosher or other coarse-grain salt ● Freshly ground black pepper ● ¾ teaspoon chopped fresh thyme ● ¾ teaspoon chopped fresh oregano ● 1½ teaspoons chopped fresh parsley ● 2 tablespoons extra-virgin olive oil, plus more if desired ● Pita ● Carrot sticks ● Celery sticks ● Cucumbers ● Kalamata olives 	
<p>Materials for Enjoying Food:</p> <ul style="list-style-type: none"> ● Plates 	<p>Materials for Cleaning Up:</p> <ul style="list-style-type: none"> ● Dish soap ● Scrubber (for dishes) ● Drying rack ● Kitchen towels ● Trash, recycling, and compost bins ● Sponge (for counters) ● Broom and dustpan
<p>Assessment: Observations, completion of handout</p>	



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Teacher Prep:

- Gather materials, equipment, and ingredients listed above.
- Pre-cut pita and veggies for dipping.
- Prep one batch of dip ahead of time so it'll be ready for students.

+ Additional Resources:

- *Yogurt and Cheeses and Ice Cream that Pleases: What Is in the Milk Group?* by Brian P. Cleary



Prep to Cook:

- Have students tie hair back, wash hands (review steps if necessary), put on aprons (if relevant) and find their cooking station (these may be pre-assigned).



Recipe Introduction:

- Explain why people prepare dips (to make fruits and vegetables even more delicious and to add another food group to a fruit or vegetable snack).



Review Familiar Skills:

- Review how to use a mixing bowl and mixing spoon.
- Review safely using a kid-safe knife and cutting board.



Demonstrate New Tools and Skills:

- Explain/demonstrate the use of a strainer and a cheesecloth.
 - A strainer is a device having holes punched in it or made of crossed wires for separating solid matter from a liquid.
 - Cheesecloth is a lightweight, cotton gauze fabric with an open texture, and it is primarily used for food preparation. As its name suggests, cheesecloth was originally used to drain and wrap curds during the cheese-making process. Over time, it has grown to be used for a variety of food preparation tasks such as straining water, bundling herbs and spices, and dusting baked goods.



Divvy Up Tasks:

- Have students take turns cutting the pita into wedges and slicing the cucumbers.
- The remaining students will help prep the yogurt to put in the fridge.
- While students are waiting they can complete the [Kitchen Safety Sort](#).

 **Cook:**

([Recipe](#): Herbed Mediterranean Yogurt Cheese Spread)

- Place a colander or wire-mesh strainer over a medium mixing bowl. (Make sure that there is enough room between the bottom of the colander or strainer and the bowl for about an inch of liquid to drain off the yogurt.)
- Fold a large piece of cheesecloth in half and place inside the colander, draping the edges over the sides.
- Pour the yogurt into the cheesecloth, and cover the entire bowl with plastic wrap.
- Place the yogurt in the refrigerator and chill overnight. (The longer the yogurt sits in the colander, the thicker the cheese will be!)

 **Enjoy:**

- Remove the yogurt from the cheesecloth and place on a serving plate. Season with salt and freshly ground black pepper. Sprinkle the thyme, oregano, and parsley over the top of the cheese and drizzle with olive oil.
- Serve the yogurt cheese with pita bread wedges, veggies, and Kalamata olives.
- Instruct each student to gently and carefully take a plate (reminding students to **“touch one, take one”**).
- As you enjoy together, reflect on food groups represented by the pita, vegetables, and dip, and which ones came from the garden.

* The yogurt cheese will keep, covered, in the refrigerator for 3 to 4 days.

 **Clean Up:**

- Have a couple of students pick up any dirty utensils/equipment 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.

 **Evaluate/Reflect:**

- Share appreciation for each of their individual contributions to the kitchen and to the community, and for their respect for the kitchen. Express excitement for your next time together.

 **Connections to Garden Lessons:**

Harvest vegetables from the garden and taste with the dip. Incorporate other garden herbs. Bring compost out to the garden.






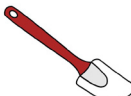
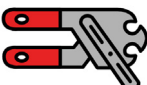





 **Possible Extensions:**

Prepare Yogurt Cheese Spread at home and enjoy with your favorite vegetable.

Cooking Safety

Directions: cut out pieces & sort the cooking supplies into the correct category

Sharp	Not Sharp

 knife	 measuring cup	 scissors	 blender	 plate	 spatula
 can opener	 spoon	 cup	 rolling pin	 mixer	 pizza cutter

Source credit: [Kitchen Safety Sort](#)



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