



HUMMUS & PITA CHIPS

ADAPTED

GRADE 4

SCHOOL PARTNER
LESSON PLAN

Lesson Title: Hummus & Pita Chips		
Grade: 4	Lesson Number: 8	
Estimated Time: 45 mins.	Season:  Winter	Type:  Cooking
👩‍🏫 Teacher Background and Lesson Description: Hummus is popular throughout the Middle East and beyond. Though I don't usually advocate using canned beans or peas, chickpeas are one of the few exceptions, and especially for this use, they work just great. Just make sure to drain and rinse them well. I like to eat my hummus with pita chips—but it also goes great with bagel chips or fresh veggies. If you're a lemon lover like I am, you might want to squeeze a little extra lemon juice over the top of the hummus just before serving!		
★ Lesson Objectives: KTE.4.2. Name, identify, locate, and safely use new tools. KTE.4.4 Practice various tool techniques with increasing independence.		
📖 Academic Standard Connections: 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 4.3 Number and operations. The student applies mathematical process standards to represent and generate fractions to solve problems. The student is expected to: (G) represent fractions and decimals to the tenths or hundredths as distances from zero on a number line 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 to multiply up to a four digit number by a one-digit number	🧑‍🏫 Health Standard Connections: National Health Education Standard 7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.	

NOTE: Adapted from **Grade K Kitchen Lesson #16: Mmmm-Hmmm Hummus**, pg 269.



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<p>? Essential Questions: What is the connection between hummus and pita chips?</p>				
<p>abc Vocabulary: Egypt, Syria, food processor, tahini, pita bread/chips</p>				
<p>Materials:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; vertical-align: top;"> <p>Lesson Introduction:</p> <ul style="list-style-type: none"> ● Egypt <ul style="list-style-type: none"> ● Official language: Arabic ● Official name: Arab Republic of Egypt ● Capital: Cairo ● Currency: Egyptian pound (~0.032 USD) ● Fun fact: Without the Nile River, Egypt would be desert ● Syria <ul style="list-style-type: none"> ● Official language: Arabic ● Official name: Syrian Arab Republic ● Capital: Damascus ● Currency: Syrian pound (~0.00039 USD) </td> <td style="width: 33%; vertical-align: top;"> <p>Equipment:</p> <p>Hummus:</p> <ul style="list-style-type: none"> ● Small strainer ● Food processor ● Small bowl for chickpea liquid ● Bowl for hummus <p>Pita chips:</p> <ul style="list-style-type: none"> ● Broiler ● Pizza wheels ● Cutting boards ● Baking sheet ● Pastry brush ● Kitchen scissors ● small/medium bowl ● Oven mitts </td> <td style="width: 33%; vertical-align: top;"> <p>Ingredients:</p> <p>Hummus: (6-8 servings)</p> <ul style="list-style-type: none"> ● 15-oz can of chickpeas ● 1 garlic clove ● ½ teaspoon salt ● 3 tablespoons tahini paste ● 2 tablespoons lemon juice (about half a lemon) ● 1 tablespoon of olive oil <p>Pita chips: (3-4 servings)</p> <ul style="list-style-type: none"> ● 2 pita pocket breads ● ¼ cup olive oil ● 1 garlic clove, crushed ● ½ teaspoon salt </td> </tr> </table>		<p>Lesson Introduction:</p> <ul style="list-style-type: none"> ● Egypt <ul style="list-style-type: none"> ● Official language: Arabic ● Official name: Arab Republic of Egypt ● Capital: Cairo ● Currency: Egyptian pound (~0.032 USD) ● Fun fact: Without the Nile River, Egypt would be desert ● Syria <ul style="list-style-type: none"> ● Official language: Arabic ● Official name: Syrian Arab Republic ● Capital: Damascus ● Currency: Syrian pound (~0.00039 USD) 	<p>Equipment:</p> <p>Hummus:</p> <ul style="list-style-type: none"> ● Small strainer ● Food processor ● Small bowl for chickpea liquid ● Bowl for hummus <p>Pita chips:</p> <ul style="list-style-type: none"> ● Broiler ● Pizza wheels ● Cutting boards ● Baking sheet ● Pastry brush ● Kitchen scissors ● small/medium bowl ● Oven mitts 	<p>Ingredients:</p> <p>Hummus: (6-8 servings)</p> <ul style="list-style-type: none"> ● 15-oz can of chickpeas ● 1 garlic clove ● ½ teaspoon salt ● 3 tablespoons tahini paste ● 2 tablespoons lemon juice (about half a lemon) ● 1 tablespoon of olive oil <p>Pita chips: (3-4 servings)</p> <ul style="list-style-type: none"> ● 2 pita pocket breads ● ¼ cup olive oil ● 1 garlic clove, crushed ● ½ teaspoon salt
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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"> ● As students walk in, have them sanitize and get themselves ready to cook to allow time for the pita chips and hummus to cool. ● Then go back and introduce the origins of hummus and pita chips. 				
<p>+ Additional Resources:</p> <ul style="list-style-type: none"> ● Math connection: <ul style="list-style-type: none"> ○ Have students compare the equivalency of USD dollars to the currency in both countries ○ Have students calculate how many Syrian or Egyptian pound would equal 15, 48, 100 & 382 dollars. 				



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 **Prep to Cook:**

- Set oven to broil for pita chips.
- Wash hands and put hair up.
- Cutting boards and materials should be ready to go once students arrive to allow time for hummus to thicken in fridge and pita chips to cool.
- Introduce hummus and vegetables as a healthy, well rounded snack. Review how to use colanders, and then have students wash and scrub carrots, or other vegetables you'll be dipping in hummus.

 **Recipe:****Hummus:**

- Drain the canned chickpeas, saving the liquid in a measuring cup or bowl.
- Peel the garlic clove and place it into a food processor. Process until finely minced.
- Add the chickpeas, salt, tahini, lemon juice, and oil to the food processor. Purée the mixture.
- Turn off the food processor and add 1 tablespoon of the reserved liquid from the chickpeas. Purée until the consistency is nice and creamy.
- You can add up to 2 more tablespoons of the chickpea liquid if you want your hummus extra creamy. The hummus will thicken in the fridge.
- Transfer the hummus into a bowl and can be drizzled with a bit of olive oil to serve with pita chips.

Pita chips:

- Cut open each pita pocket with kitchen scissors.
- Place the pitas, one at a time, on a cutting board. Using a pizza wheel, cut into eight triangles (this can be divided into groups and take turns cutting).
- Lightly oil a baking sheet. Arrange the triangles in a single layer on the baking sheet.
- Mix the oil, garlic, and salt in a shallow bowl.
- Using a pastry brush, paint the oil mixture evenly over the pita triangles.
- Broil the pita chips for a minute or two, until they are light brown and crispy. Watch closely because they burn fast!

 **Review Familiar Skills:**

- Review knife and pizza wheel safety procedures.
- How to use a pastry brush

 **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.



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