

FLOW

Harvest & Taste Raw v. Cooked Kale Chips Recipe

Sequence Images

5 senses exploration—cooked v. raw

- Class Agreements
- Sequence
- Harvest
- Handwash
- Prep and Cook

HOOK/INTRO (20 MIN)

Hold up a raw piece of kale and a kale chip. Ask “what do you notice?” (I notice... I wonder... It reminds me of... Style of questions) Compare and contrast worksheet.

DEMO/LESSON (15 MIN)

Tasting the kale chip, then asking “how do you think this was made?”

Sequencing—put real pictures of kale chips cooking in order

- Kale in the garden growing
- A bunch of kale harvested
- Washing kale—kale in a colander
- Drying drying rack
- Cooking sheet with olive oil
- In process—wilting kale
- Finished product—kale chips!! YUMM

COOKING/INSTRUCTIONALLY EMBEDDED ASSESSMENT 20 MIN (5 MINUTE HARVEST, 15 WASHING, DRYING ETC.)

Harvest & dry kale together. Pause and walk through instructions to make kale chips for the next class.

ASSESSMENT/WRAP UP

Write recipe card + add your own flavoring ideas.

WORKSHEET IDEA

Sequencing from raw kale → kale chip (real pictures—to see transformation through cooking); also the compare and contrast.

NEW!

GRADES 3—5 | SCHOOL PARTNER
LESSON PLAN



CREATED BY
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