


ADAPTED		GRADES 3–5						
Lesson # & Title	Topic	Content Learning Objective(s)	Suggested Lesson Activity	Life Skills Learning Objective(s)	Connections to Garden Lessons	Possible Extensions	Academic Standard Connections	Health Standard Connections
3. Knife Cuts	Recipe Concepts (RC) Kitchen Tools and Equipment (KTE)	RC.5.2 Demonstrate knowledge of basic recipe techniques using kitchen tools and equipment. KTE.5.1-4 Kitchen Tools and Equipment	Cooking Lesson: Demonstrate how to cut a zucchini in half long-ways using a small chef’s knife. Hand out knives and have students practice on a zucchini of their own. Then have them put the flat surface of the zucchini down, and demonstrate each of the following knife cuts, giving students time to practice on a fraction of zucchini afterwards: cube, rough chop, fine chop, dice, and slice. Discuss when each cut might be important.  Caution	PLS.1 Students are self-aware and show respect for their own needs, the needs of others, and the environment. They practice safe and conscientious behaviors in the garden and kitchen environments.	Use zucchini from the garden. Bring compost out to the garden.	Cafeteria: Invite your food service director to discuss and demonstrate knife safety.	NGSS Crosscutting Concept: Structure and Function <u>See TEKS on following page.</u>	National Health Education Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Note: This lesson was adapted to include Texas Essential Knowledge Skills for Grades 3-5 and utilizes the recipe **Emeril’s Homemade Sweet and Spicy Pickles**, pg. 627.



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TEKS ALIGNEMENT FOR ELF LESSONS USED

Texas Essential Knowledge and Skills (TEKS) for Science, Elementary, Revised 2022

3.5 Matter and energy. The student knows that matter has measurable physical properties and those properties determine how matter is classified, changed, and used. The student is expected to:

(B) describe and classify samples of matter as solids, liquids, and gases and demonstrate that solids have a definite shape and that liquids and gases take the shape of their container.

3.3 Number and operations. The student applies mathematical process standards to represent and generate fractions to solve problems. The student is expected to:

(E) represent and solve addition and subtraction of fractions with equal denominators using objects and pictorial models that build to the number line and properties of operation

Texas Essential Knowledge and Skills (TEKS) for Mathematics, Elementary, Revised 2022

3.3 Number and operations. The student applies mathematical process standards to represent and explain fractional units. The student is expected to:

(C) explain that the unit fraction $1/b$ represents the quantity formed by one part of a whole that has been partitioned into b equal parts where b is a non-zero number

Texas Essential Knowledge and Skills (TEKS) for Science, Elementary, Revised 2022

4.5 Matter and energy. The student knows that matter has measurable physical properties and those properties determine how matter is classified, changed, and used. The student is expected to:

(B) compare and contrast a variety of mixtures, including solutions

5.5 Matter and energy. The student knows that matter has measurable physical properties and those properties determine how matter is classified, changed, and used. The student is expected to:

(C) identify changes that can occur in the physical properties of the ingredients of solutions such as dissolving salt in water or adding lemon juice to water.

Texas Essential Knowledge and Skills (TEKS) for Mathematics, Elementary, Revised 2022

5.3 Number and operations. The student applies mathematical process standards to develop and use strategies and methods for positive rational number computations in order to solve problems with efficiency and accuracy. The student is expected to:

(L) divide whole numbers by unit fractions and unit fractions by whole numbers