

MAKING APPLESAUCE

Kitchen

Grades Pre-K–K • 30 mins • Fall

ADAPTED

GRADES PRE-K–K | SCHOOL PARTNER
LESSON PLAN

SUBMITTED BY

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ESSENTIAL QUESTIONS

- How do we use tools safely?



VOCABULARY

- Claw and saw



ASSESSMENT

- **Observational Checklist**



MATERIALS

Materials for Introduction

- Cutting boards
- Lettuce knives
- Pre-cored and sliced (into 1/8) apples
- Bus tubs
- Paper towels
- Bowls
- Large pot
- Cinnamon
- Sugar
- Lemon juice
- Paper
- Crayons

Equipment

For each group of 10

- Cutting Boards
- Lettuce knives
- Bus tubs
- Bowls
- Large pot
- Paper
- Crayons

Ingredients

- Pre-cored and sliced apples
- Cinnamon
- Sugar
- Lemon juice

Materials for Enjoying the Food

- Bowls
- Spoons

Materials for Cleaning Up

- Paper towels

NOTE:

Adapted from **Grade 2 Kitchen Lesson #3: Make-Yourself-Some Applesauce**, pg. 290.



CREATED BY
DC Bilingual in 2022

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PREPARATION (30 MINS)

Gather ingredients and place cooking tools in 4 bus tubs (one per table). Prepare a visual on cutting apples. Hook up the document camera to the large screen to project.

TEACHER BACKGROUND

This is an introductory cutting class for little ones, which is why we will be using the lettuce knives (plastic zyliss) to teach knife techniques. Review a recipe on applesauce. Let teachers know that the applesauce will be served later in the day, since it will not completely cook during the class time

LESSON DESCRIPTION

Students will practice knife skills while preparing applesauce as a class.

LEARNING OBJECTIVES

Content Learning Objectives*Food Preparation*

FP2.1: Demonstrate ability to properly handle, wash and prepare fruits and vegetables using tools and equipment.

*Lesson Sequence***Prepare to Cook (5 mins):**

Wash hands, put on aprons.

Recipe Introduction (5 mins):

What can you do with apples besides eat them raw? How can tools help us make delicious recipes?

Review Familiar Skills (5 mins):

- Reiterate to students that to use tools, it is important to understand how they work and how to use them safely, particularly if the tools are sharp and could be dangerous, like knives. Explain to students that using knives is a privilege, and if anyone is playing with them or not being safe, that privilege will be taken away in order to keep everyone safe.
- Let students know that practicing with knives safely will get themselves “certified” in the classroom for future knife use. If someone is deliberately not using the knives in a safe way, they will not be certified for the next class.
- The certification sheet is a checklist that the adults will use as they observe students.
- Wash hands.

Demonstrate New Skills (10 mins):

Demonstrate on document camera how to use the lettuce knives to safely cut apples.

Divvy Up Tasks (10 mins):

Pass out the lettuce knives and cutting boards (one per every 2–3 students, not everyone needs a knife at the same time) and instruct the students to pretend that they are cutting an imaginary apple. Observe and correct as needed.

Cook (10 mins):

Next pass around the apple slices and instruct students to each carefully cut the apple into smaller pieces. Each partner is responsible for helping to encourage and watch their partner as they use the tools safely. While they work, ask the students, “what other fruits or vegetables could we cut in the same way? How do we correctly hold the knives? How did you get better at cutting today?”

Once all of the apples are cut, the students may add them to a large bowl at each table. Once all of the apples are in bowls, the teachers will dump the apples and other ingredients into a stock pot to slowly cook into applesauce.

Enjoy (10 mins):

The students will be told that the applesauce takes time to cook and they will receive it for afternoon snack that day. While the applesauce gets cooked in class, pass out paper and crayons to draw themselves cutting apples.

Clean Up (5 mins):

Student groups will return knives and cutting boards to bus tub.

Reflect (5 mins):

While they work, ask the students, “what other fruits or vegetables could we cut in the same way? How do we correctly hold the knives? How did you get better at cutting today?”
