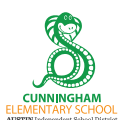




Lesson Title: Mango Lassi 2-3 servings **		
Grade: 4	Lesson Number: 11	
Estimated Time: 45 mins.	Season: Winter	Type: Cooking
<p> Teacher Background and Lesson Description: **contains dairy products: milk can be substituted for oat milk or almond milk, yogurt can be substituted with coconut milk</p> <p>This Nepalese style smoothie is popular throughout India and Nepal. Lassi yogurt drinks are cool and creamy. The earliest mentions of Lassi have been found in ancient Indian texts dating as far back as 1000 BC.</p>		
<p> Lesson Objectives: FP.4.2 Describe and perform food preservation processes such as drying, freezing, pickling.</p>		
<p> Academic Standard Connections: 4.1 Mathematical process standards. The student uses mathematical processes to acquire and demonstrate mathematical understanding. The student is expected to: (A) apply mathematics to problems arising in everyday life, society, and the workplace 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: (C) compare and order whole numbers to 1,000,000,000 and represent comparisons using the symbols <, >, = 4.5 Algebraic reasoning. The student applies mathematical process standards to develop concepts of expressions and equations. The student is expected to: (A) represent multi-step problems involving the four operations with whole numbers using strip diagrams and equations with a letter standing for the unknown quantity</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>



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<p>? Essential Questions: When is it best to buy frozen or fresh fruits and vegetables?</p>				
<p>abc Vocabulary: frozen, fruits, Nepal, lassi, abundance</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"> ● Nepal <ul style="list-style-type: none"> ● Official name: Federal Democratic Republic of Nepal ● Official language: Nepali, English ● Capital: Kathmandu ● Currency: Nepalese rupee (~0.0076 USD) ● Area: 54,363 miles (slightly larger than the state of Arkansas) ● Fun fact: Mount Everest, the tallest mountain in the world, rises to 29,035 feet ● Eight of the world's ten highest mountain peaks are in Nepal </td> <td style="width: 33%; vertical-align: top;"> <p>Equipment: <i>For whole class:</i></p> <ul style="list-style-type: none"> ● Blender (can be handheld) ● Cups for smoothie </td> <td style="width: 33%; vertical-align: top;"> <p>Ingredients:</p> <ul style="list-style-type: none"> ● 2 cups frozen or fresh mango ● 1 cup plain yogurt ● ½ cup milk ● ¼ cup sugar (or less or more to taste) ● Ground cardamom (optional) </td> </tr> </table>		<p>Lesson Introduction:</p> <ul style="list-style-type: none"> ● Nepal <ul style="list-style-type: none"> ● Official name: Federal Democratic Republic of Nepal ● Official language: Nepali, English ● Capital: Kathmandu ● Currency: Nepalese rupee (~0.0076 USD) ● Area: 54,363 miles (slightly larger than the state of Arkansas) ● Fun fact: Mount Everest, the tallest mountain in the world, rises to 29,035 feet ● Eight of the world's ten highest mountain peaks are in Nepal 	<p>Equipment: <i>For whole class:</i></p> <ul style="list-style-type: none"> ● Blender (can be handheld) ● Cups for smoothie 	<p>Ingredients:</p> <ul style="list-style-type: none"> ● 2 cups frozen or fresh mango ● 1 cup plain yogurt ● ½ cup milk ● ¼ cup sugar (or less or more to taste) ● Ground cardamom (optional)
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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"> ● Have stations prepared for students as they come in ● Optional to have frozen vs fresh mangoes available for students to use (depending on the season) ● Open up discussion of why we would choose frozen versus fresh mangoes in the recipe 				
<p>+ Additional Resources:</p> <ul style="list-style-type: none"> ● Math connection (4.1A, 4.5A & 4.2C) <ul style="list-style-type: none"> ○ See practice on last page 				



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**Prep to Cook:**

- Have students wash hands and put hair up
- Have a station with alternative dairy products ready as well as a station with dairy
- Split students into groups and have them gather their ingredients.

**Recipe:**

- Place the mango, yogurt, milk and sugar into blender
- Put on the lid and blend until nice and creamy, about a minute or two. Pour into cups. Sprinkle each cup with a pinch of cardamom, if student likes

**Review Familiar Skills:**

- Ask students what tools they have used so far in the kitchen (at school or at home) and write a list on a piece of chart paper in one color.
- In thinking about seasons, a

**Enjoy:**

- Students choose which smoothie option they want to try and enjoy!

**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.

Name: _____

Tallest Mountain Peaks

Mountain	Height (ft)
Mt. Everest	29,035
K2	28,251
Kangchenjunga	28,169
Lhotse	27,940
Makalu	27,825

1) What is the combined height in feet of the five tallest mountains? *Use a strip diagram to solve*

2) What is the difference between the Mt. Everest and Makalu in feet?

2(a) What is difference between them in inches (in.)?

3) What is the difference in height between the second tallest mountain and the 4th tallest mountain?

4) Why is it best to sometimes purchase frozen fruits vs fresh? Give an example.



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