

# MELON & FRUIT KABOBS

*Kitchen*

Grade 1 • 40 mins • Fall, Winter, Spring, Summer

NEW!

GRADE 1

SCHOOL PARTNER  
LESSON PLAN

## ESSENTIAL QUESTIONS

- How do we work together to complete recipes?

## MATERIALS

- Pre-cut fruit: Watermelon
- Cantaloupe
- Strawberries
- Bananas
- Grapes
- Wooden skewers
- Bowls for different fruits
- Cutting board
- Paper plates
- Paper towels
- Honey or yogurt for dipping

## ASSESSMENT

- Observation, Finished product

## PREPARATION (30 MINS)

Set up stations with pre-cut fruits, skewers, cutting boards and bowls

## LESSON DESCRIPTION

This is a good beginning lesson to help students learn how to work together and share materials. They will practice basic kitchen skills and work with team members to finish beautiful kabobs together.

## LEARNING OBJECTIVES

- By the end of the lesson, students will be able to work as a team to create fruit kabobs using various fruits, and understand the importance of collaboration and cooperation.

## Content Learning Objectives

*Culinary Flavors and Textures*

**CFT.1.2** Name and describe taste sensations.

## Life Skills Learning Objectives

*Community Life Skills*

**CLS.2** Students cooperate and communicate well with each other.



CREATED BY  
DC Bilingual in 2023

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## HEALTH STANDARD CONNECTIONS

**K-2.5.7.14** Recognize a nutritious meal or snack.

*Lesson Sequence**Engage***Ignite Interest:**

Show students the ingredients of the day and ask them to use their senses to describe the colors, shapes, tastes and smells. Ask the students which fruits are their favorites and if they have ever tried fruit kabobs before. Discuss how working as a team can help accomplish tasks more efficiently and promote cooperation and friendship.

*Explore***Stir Discoveries:**

Instruct students to work in teams to create beautiful kabobs and arrange them in a way that is appealing. Demonstrate how to create the kabobs safely (there is a pointy end) and how to create patterns.

*Explain***Clarify New Ideas:**

Provide each team with wooden skewers. Instruct the students to work together to create their fruit kabobs by selecting fruits and threading them onto the skewers. Encourage them to think creatively and consider color patterns or alternating fruit types to make their kabobs visually appealing.

*Elaborate***Watch It Rise:**

Instruct each team to place their completed fruit kabobs on plates or trays. Have each team present their kabobs to the class, allowing them to describe the fruits they used and their design choices. Discuss the different combinations and ask the students to share what they like about their fruit kabobs.

*Evaluate***Reflect:**

Eat the completed kabobs together! Talk about whether or not the presentation makes the fruit taste better.