

QUESADILLAS

Grade 5 • 35 mins • Fall, Winter, Spring

ADAPTED

GRADE 5

SCHOOL PARTNER
LESSON PLAN

SUBMITTED BY

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ESSENTIAL QUESTIONS

How can we work together to make a meal?



ASSESSMENT

• Observational Checklist



MATERIALS

Materials for Introduction

- Recipe poster

Equipment

For each group of 10

- Platter
- Knives
- 3 bowls

Ingredients

- Tortillas
- Cheese
- Vegan cheese
- Oil
- Salt
- Tomatoes from the garden
- Cilantro
- Limes
- Pepper
- Jalapeño
- Onion

Materials for Enjoying the Food

- Plates
- Napkins

Materials for Cleaning Up

- Paper towels

PREPARATION

- Gather materials, equipment, and ingredients.
- Chop a variety of seasonal vegetables, including at least 1 onion.
- Divide the vegetables, the chopped onion, and the grated cheeses each into bowls.
- Recruit an adult volunteer to heat quesadillas or to support a student volunteer in heating quesadillas.

TEACHER BACKGROUND

Since many of the ingredients are already prepared, this is an assembly lesson that will focus on team building. Each student will have a role in the process, so make sure to identify roles ahead of time (i.e. table setter, recipe reader, measurer, cleaner, etc). The steps to making a salsa and a quesadilla are very straightforward, but prepare a visual poster for students to reference. This is an introductory lesson to making food in the kitchen. As students learn to work with each other and trust the process, more cooking skills will be introduced.

NOTE:

Adapted from **Grade 5 Kitchen Lesson #5: Fiesta Quesadillas with Simple Salsa and Holy Moly Guacamole**, pg. 532.



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DC Bilingual in 2022

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LESSON DESCRIPTION

Students will work together to prepare quesadillas at their tables and salsa. There are time limits to be able to eat in class, so it is important that students follow directions and help each other out.

LEARNING OBJECTIVES

Life Skills Learning Objectives*Personal Life Skills*

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.

*Lesson Sequence***Prepare to Cook (7 mins):**

Wash hands, put on aprons, tie hair back.

Recipe Introduction (10 mins):

Explain to students they will be making Quesadillas with Simple Salsa and their first task will be assembling quesadillas.

Provide each table of 10 students with a bowl of sautéed vegetables, a bowl of chopped onions, and a bowl of grated cheese (each with a serving spoon). Also, provide each table with a platter and 8 (6-inch) tortillas. Each table will also get salsa ingredients.

Share visual of recipe with tables.

Review Familiar Skills (2 mins):

Review safe food handling practices and knife skills with students.

Demonstrate New Skills (5 mins):

Explain to students that each table will have some students working on the quesadillas and some working on the salsa. Divide each table group into 2 smaller groups of 5, one that will work on the salsa and one that will work on the quesadilla.

Model for students how to assemble quesadillas by layering cheese, onions, and vegetables on a tortilla before layering another tortilla on top. Request that students arrange assembled quesadillas on the platter, and when all are complete, deliver to the stove.

Divvy Up Tasks (10 mins):

Have students work as a team to assemble 4 quesadillas and carefully deliver the quesadillas from their table to the counter by the stove to be heated on the stove by an adult or by a student volunteer with the help of an adult.



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The salsa team at each table will follow the salsa recipe and assemble using mis en place ingredients. Once the quesadillas and the salsa are done, set the prepared food aside and students will begin clean up.

Cook (10 mins):

An adult or supervised student volunteer will cook the quesadillas at the stove after each group sends a representative with their platter.

Enjoy (10 mins):

Once the quesadillas are cooked, an adult will help serve them to the tables and students will set tables, serve salsa.

Clean Up (5 mins):

Students clean plates as they line up at the door.

Reflect (5 mins):

Class conversation questions: Would you make this at home? What do you like about the recipe? What would you change? How did you help each other make the recipe? Who would you like to shout out?

POSSIBLE EXTENSIONS

Invite the kitchen team to demonstrate other salsa recipes.