

40 mins • Fall

NEW! GRADE 5 | SCHOOL PARTNER
LESSON PLAN

ESSENTIAL QUESTIONS

- How do different cultures preserve produce?

MATERIALS

- Carrots
- Cucumbers
- Peppers (bell peppers or any other variety)
- Radishes
- Vinegar (preferably white or apple cider vinegar)
- Water
- Salt
- Sugar (optional)
- Mason jars or containers with lids
- Cutting boards
- Knives (ensure appropriate safety measures)
- Measuring cups and spoons
- Bowls
- Paper towels or kitchen towels
- Labels and markers

VOCABULARY

- Brine

ASSESSMENT

- Observation, Finished product

PREPARATION (30 MINS)

Set up each station with the tools and ingredients necessary for the recipe. Pre-wash and peel vegetables.

TEACHER BACKGROUND

Practice the recipe independently to work through the process and timing. Review various pickling recipes from different cultures.

LESSON DESCRIPTION

Pickling is a fun and delicious way to preserve and enjoy raw vegetables. Students will practice cutting and measuring skills and learn a simple process for pickling vegetables.

LEARNING OBJECTIVES

- Students will be able to understand the process of making quick pickles using various vegetables and will have the opportunity to make their own quick pickles.

Content Learning Objectives*Food Preparation*

FP.4.1 Demonstrate knowledge of how to wash and store fruits and vegetables.

FP.4.2 Describe and perform food preservation processes such as drying, freezing, pickling.

HEALTH STANDARD CONNECTIONS

3-5.5.7.12 Plan or prepare a nutritious snack and justify its nutritional value.

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

Present the students with cucumbers, carrots, radishes, and peppers; and a jar of pickles. On whiteboard, do a quick class vote: Which would you rather eat? One of the vegetables or the pickles? Tell the class that we are going to do this vote again after we complete the recipe.

*Explore***Stir Discoveries:**

Show the students the materials that they will be using today and remind them of safe kitchen practices (washing hands, knife skills, careful measuring).

*Explain***Clarify New Ideas:**

Explain that quick pickling is a method of preserving vegetables by using vinegar, salt, and water. Discuss the benefits of quick pickling, such as enhancing flavors, increasing the shelf life of vegetables, and providing a healthy snack option. Provide each group with the assigned vegetables and the necessary tools, such as cutting boards and knives. Demonstrate how to slice the vegetables into desired shapes, such as rounds, sticks, or thin slices, ensuring appropriate safety measures are followed.

Elaborate **Watch It Rise:**

Brine Preparation (5 minutes) Instruct the students to gather bowls and measuring cups. Explain that the brine is a mixture of vinegar, water, salt, and optionally sugar for flavor balance. Provide the measurements for the brine: 1 cup vinegar, 1 cup water, 1 tablespoon salt, and 1 tablespoon sugar (optional). Instruct the students to measure and combine the ingredients in their bowls. Allow them to stir the brine until the salt (and sugar) dissolves.

Quick Pickle Assembly (10 minutes) Provide each group with mason jars or containers with lids. Instruct the students to pack their prepared vegetables into the jars, filling them up to about $\frac{3}{4}$ full. Demonstrate pouring the brine into the jars, ensuring the vegetables are fully submerged. Remind the students to leave some headspace at the top of the jars for expansion during the pickling process. Have the students securely close the lids on their jars. Label the jars with student names.

Evaluate **Reflect:**

Students will clean up materials. Tell the students that the pickles will be ready to eat at the next class. Ask them what they think will happen inbetween this class and the next to the vegetables.

NOTE:

This lesson was originally created for Grade 5 students. To accommodate the subject matter, Grade 4 standards for the kitchen were used.