


ADAPTED		GRADES 3–5						
Lesson # & Title	Topic	Content Learning Objective(s)	Suggested Lesson Activity	Life Skills Learning Objective(s)	Connections to Garden Lessons	Possible Extensions	Academic Standard Connections	Health Standard Connections
<p>4. Sweet and Spicy Pickles</p> 	<p>Culinary Flavors and Textures (CFT)</p> <p>Food Preparation (FP)</p>	<p><b>CFT.4.2</b> Create basic flavor combinations using international cuisines.</p> <p><b>FP.4.2</b> Describe and perform food preservation processes such as drying, freezing, pickling.</p> <p><b>RC.4.2</b> Demonstrate the ability to follow recipe instructions with increased independence.</p> <p><b>KTE.4.1-4</b> Kitchen Tools and Equipment</p>	<p><b>Cooking Lesson:</b> Discuss the value of preserving seasonal foods that are in abundance in order to enjoy them year-round. Have students prepare <b>Emeril’s Homemade Sweet and Spicy Pickles, Emerils.com</b>. As students work, have them save and freeze onion and garlic peels for making vegetable stock in the winter. Demonstrate how to process the jars, focusing on food safety, and then demonstrate how to fill and process a jar of pickles before having them do the same in small groups. Follow the <a href="#">USDA’s Complete Guide to Home Canning</a> to preserve jam safely. Let pickles age at least 2 weeks before enjoying.</p>	<p><b>PLS.1</b> 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.</p>	<p>Use cucumbers, onions, and garlic from your garden. Bring compost out to the garden.</p>	<p><b>Community:</b> Make jars of pickles as gifts for loved ones.</p> <p><b>BAM! Box:</b> Bring home a jar of pickles and come up with a fun way to enjoy them, such as on crackers or sandwiches. Take photos and share your pickle ideas with the class.</p>	<p><b>CCSS.ELA-LITERACY.RI.4.3</b> Explain events, procedures, ideas, or concepts in a historical, scientific, or technical text, including what happened and why, based on specific information in the text.</p> <p><a href="#">See TEKS on following page.</a></p>	<p><b>National Health Education Standard 7:</b> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>

Note: This lesson was adapted to include Texas Essential Knowledge Skills for grades 3–5.



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## TEKS ALIGNEMENT FOR ELF LESSONS USED

**Texas Essential Knowledge and Skills (TEKS) for Science, Elementary, Revised 2022**

**3.5 Matter and energy.** The student knows that matter has measurable physical properties and those properties determine how matter is classified, changed, and used. The student is expected to:

(B) describe and classify samples of matter as solids, liquids, and gases and demonstrate that solids have a definite shape and that liquids and gases take the shape of their container.

**3.3 Number and operations.** The student applies mathematical process standards to represent and generate fractions to solve problems. The student is expected to:

(E) represent and solve addition and subtraction of fractions with equal denominators using objects and pictorial models that build to the number line and properties of operation

**Texas Essential Knowledge and Skills (TEKS) for Mathematics, Elementary, Revised 2022**

**3.3 Number and operations.** The student applies mathematical process standards to represent and explain fractional units. The student is expected to:

(C) explain that the unit fraction  $1/b$  represents the quantity formed by one part of a whole that has been partitioned into  $b$  equal parts where  $b$  is a non-zero number

**Texas Essential Knowledge and Skills (TEKS) for Science, Elementary, Revised 2022**

**4.5 Matter and energy.** The student knows that matter has measurable physical properties and those properties determine how matter is classified, changed, and used. The student is expected to:

(B) compare and contrast a variety of mixtures, including solutions

**5.5 Matter and energy.** The student knows that matter has measurable physical properties and those properties determine how matter is classified, changed, and used. The student is expected to:

(C) identify changes that can occur in the physical properties of the ingredients of solutions such as dissolving salt in water or adding lemon juice to water.

**Texas Essential Knowledge and Skills (TEKS) for Mathematics, Elementary, Revised 2022**

**5.3 Number and operations.** The student applies mathematical process standards to develop and use strategies and methods for positive rational number computations in order to solve problems with efficiency and accuracy. The student is expected to:

(L) divide whole numbers by unit fractions and unit fractions by whole numbers