

THREE SISTERS NACHOS

Kitchen

Grade 2 • 40 mins • Spring

NEW!

GRADE 2 | SCHOOL PARTNER
LESSON PLAN

? ESSENTIAL QUESTIONS

- What does it mean to “get along” as a plant or food?

🍲 MATERIALS

- Tortilla chips
- Cooked black beans (canned or cooked from dried beans)
- Diced butternut squash (frozen and thawed)
- Shredded cheese (cheddar or Mexican blend)
- Salsa or guacamole (optional)
- Plates
- Spoons for serving
- Baking sheets

✓ ASSESSMENT

- Observation and finished product

PREPARATION (20 MINS)

Set up per station with pre-portioned ingredients

TEACHER BACKGROUND

- Review the [three sisters legend](#) and planting techniques.
- Review the recipe [Three Sisters Nachos](#)

LESSON DESCRIPTION

This is a delicious way to explore the mythology and indigenous planting technique of the Three Sisters. Students will learn about the story of the three sisters and make nachos using corn (chips), beans, and squash.

LEARNING OBJECTIVES

- Students will be able to understand the concept of the “Three Sisters” agricultural technique used by Indigenous peoples and make a delicious and nutritious snack called “Three Sisters Nachos” using corn, beans, and squash.

Content Learning Objectives

Recipe Concepts

- RC.2.1** Describe how traditional foods and recipes function in social contexts of families and communities, and cultural traditions and celebrations.



CREATED BY
DC Bilingual in 2023

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Life Skills Learning Objectives*Personal Life Skills*

PLS.2 Students are able to express empathy and caring for themselves, others and the environment.

Community Life Skills

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

HEALTH STANDARD CONNECTIONS

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

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

Begin by discussing the concept of the “Three Sisters” agricultural technique used by Native American tribes, which involves planting corn, beans, and squash together to support each other’s growth. Show pictures or diagrams of the Three Sisters planting technique to help the students visualize it. Talk about the benefits of the Three Sisters technique, such as how corn provides support for the beans to climb, beans add nitrogen to the soil, and the large leaves of squash act as a natural mulch, preventing weed growth and keeping the soil moist.

*Explore***Stir Discoveries:**

Provide each group with tortilla chips, black beans, squash, and shredded cheese. Instruct the students to work together to layer the tortilla chips on their baking sheets, creating a base for the nachos.

*Explain***Clarify New Ideas:**

Instruct the students to sprinkle the black beans, and cooked or canned squash evenly over the tortilla chips. Encourage the students to work together and distribute the toppings evenly, just like the Three Sisters support and complement each other in the garden. Add cheese. Students will bring their trays to the oven area and the teacher will bake the nachos at 350 for 10 minutes. Serve warm.

*Elaborate***Watch It Rise:**

While the nachos are cooking in the oven, discuss the importance of sharing and working together as a team, just like the Three Sisters work together in the garden.

*Evaluate***Reflect:**

Serve and eat the nachos.

POSSIBLE EXTENSIONS

Create a Three Sisters poster or display showcasing the planting technique and the benefits of growing corn, beans, and squash together. Explore other Native American traditions and cultural practices related to food and agriculture. Plant a 3 sisters garden in the school garden.