

WATERMELON & PEACH END OF SUMMER SALAD

Kitchen

TIME AND LENGTH

45 min

NEW!

GRADE 2

SCHOOL PARTNER
LESSON PLAN

LOCATION

Kitchen Classroom



ESSENTIAL QUESTIONS

What does it mean to eat locally and with the seasons? Why should we do it?



MATERIALS

- Lettuce knives
- Melon balls
- Mixing bowls
- Cutting boards
- Juicer
- Paper cups x 450
- Eating utensils
- Recipe ingredients



VOCABULARY

- Seasons
- Eating locally
- Produce
- Recipe

TEACHER BACKGROUND

[Seasonal Food Guide](#)

LESSON DESCRIPTION

Students will make and eat a fruit salad using seasonally available produce.

LEARNING OBJECTIVES

- Students will be able to identify seasonal produce for the summer months.
- Students will identify seasons and community helpers (i.e. farmers) and their roles in working with the seasons.



CREATED BY

Cunningham Elementary School
and Partners for Education in 2020

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ACADEMIC STANDARD CONNECTIONS

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

2.8 Earth and space. The student knows that there are recognizable patterns in the natural world and among objects in the sky. The student is expected to:

- (B) identify the importance of weather and seasonal information to make choices in clothing, activities, and transportation

Texas Essential Knowledge and Skills (TEKS) for Social Studies, Elementary, Revised 2022

2.7 Economics. The student understands the roles of producers and consumers in the production of goods and services. The student is expected to:

- (C) trace the development of a product from a natural resource to a finished product.

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

2.1 Mathematical process standards. The student uses mathematical processes to acquire and demonstrate mathematical understanding. The student is expected to:

- (A) apply mathematics to problems arising in everyday life, society, and the workplace

2.3 Number and operations. The student applies mathematical process standards to recognize and represent fractional units and communicates how they are used to name parts of a whole. The student is expected to:

- (A) partition objects into equal parts and name the parts, including halves, fourths, and eighths, using words
- (B) identify the importance of weather and seasonal information to make choices in clothing, activities, and transportation
- (C) use concrete models to count fractional parts beyond one whole using words and recognize how many parts it takes to equal one whole

Texas Essential Knowledge and Skills (TEKS) for Social Studies, Elementary, Revised 2022

2.7 Economics. The student understands the roles of producers and consumers in the production of goods and services. The student is expected to:

- (C) trace the development of a product from a natural resource to a finished product.

Texas Essential Knowledge and Skills (TEKS) for Mathematics, Elementary, Revised 2022**2.1 Mathematical process standards.**

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HEALTH STANDARD CONNECTIONS

Texas Essential Knowledge and Skills (TEKS) for Health Education, Elementary, Adopted 2020

2.6 Healthy eating and physical activity—food and beverage daily recommendations. The student identifies and explains healthy eating strategies for enhancing and maintaining personal health throughout the lifespan. The student is expected to:

- (A) identify types of nutrients
- (B) use familiar objects to identify healthy food portions from different food groups
- (C) identify healthy and unhealthy choices within the food groups
- (D) identify the benefits of making healthy beverage choices, including water and milk, and limiting sweetened beverages such as soda and sports drink

*Lesson Sequence**Engage***Ignite Interest (5 mins):**

Tell students that different foods need different climates to grow. Different foods grow during the different seasons. Some foods need lots of rain, some need cold temperatures, and others need tropical climates. That's why some foods only grow at certain times of the year. Ask students if they can recall the four seasons What season are we currently in? Summer! But it is almost Fall, so we need to hurry up and eat the leftover summer produce before it goes bad.

*Explore***Stir Discoveries (20 mins):**

Use knives and melon ballers to prepare fruit salad. Use seasonal ingredients. Student Recipe Prepare and eat watermelon and peach end of summer salad. How to read and follow a recipe.

*Explain***Clarify New Ideas (5 mins):**

Explain that farmers grow different produce in different seasons and why. How do the seasons affect the plants? Why is it important to eat produce that is in season?

*Elaborate***Watch It Rise (5 mins):**

Certain foods need hot or cold weather or more rain to grow. That's why you find different foods at the Farmer's Market throughout the year. Explain that grocery stores are different? They can get food from far away regions (even across the world) and store them for long periods in cold warehouses throughout the year, so you may see oranges in August even though the best time to harvest them is in December and January. Explain that it is not always possible to get to the Farmer's Market. Eating fruits and vegetables is important no matter where they are purchased.

*Evaluate***Reflect (10 mins):**

Reflect on experience—

Ask students what they think of their creation.

- i. “What do you think?”
- ii. “What flavors are you experiencing?”
- iii. “Would you add anything to it to make it even tastier?”
- iv. “Who would you like to share this with?”

Gratitude—Take a deep breath and think about the farmers/growers who grow our food. Think about all of the weather conditions and issues they face while working to provide for us. Take a moment to be thankful for how your food got to you today. Say, “Can we agree that we are grateful for the farmers who grow our food and all of the people who help get it to our tables.”

ADAPTATIONS

This lesson can be adapted for every season.

CONNECTIONS TO THE GARDEN/KITCHEN LESSONS

Check to see what is growing in the garden and try to bring that into the dish. Have students taste it in the garden before making it in the kitchen classroom. For this lesson, we used mint and students had the chance to try this out on the farm during their first garden lesson.

POSSIBLE EXTENSIONS

Meet the farmer video

ADDITIONAL RESOURCES

- <https://www.thefreshmarket.com/inspiration/recipe-and-ideas/watermelon-and-peach-summertime-salad>

Watermelon & Peach Summertime Salad

Ingredients:

- 1 tblsp of honey
- 2 c watermelon: cut into 1 in cubes
- 1 c fresh mint, *chopped*
- 1 lime: *zested and juiced*
- 2 peaches: *peeled, pitted, and cut into ½ in cubes*
- Salt to taste

Directions:

In a large bowl, *whisk* together honey, lime zest and juice and salt. Add the watermelon, peaches, and mint and gently *toss* everything to combine.

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