



FIESTA QUESADILLAS

WITH SIMPLE SALSA AND HOLY MOLY GUACAMOLE

Kitchen

EST. TIME 45 minutes SEASON fall TYPE cooking 

GRADE 5 | LESSON #5

? ESSENTIAL QUESTION(S)

- How are quesadillas made?
- How are salsa and guacamole made?



MATERIALS

- Recipe
- Handouts / Visual Aids
- Equipment
- Ingredients
- Tableware
- Cleaning Tools

Abc VOCABULARY

- Quesadilla
- Salsa
- Guacamole

✓ ASSESSMENT

- Observational checklist
- Student Journals



Use the lesson template to create your own and share with us!

PREPARATION (30 MINUTES)

- Gather materials, equipment, and ingredients listed in the lesson material sheet on page 3.
- Chop and sauté a variety of seasonal vegetables, including at least 1 onion.
- Divide the sautéed vegetables, the chopped onion, and the grated cheeses each into 3 bowls (1 bowl of each for each table).
- Recruit an adult volunteer to heat quesadillas or to support a student volunteer in heating quesadillas.

Note:

If schedule allows, have students assist with harvesting and chopping vegetables and/or grating the cheese in preparation for assembling the quesadillas.

TEACHER BACKGROUND

In the central and southern regions of Mexico, a quesadilla is a tortilla, warmed and typically filled with cheese. The quesadilla is then cooked until the cheese has completely melted. It is cooked without the addition of oil. Often quesadillas are served with green or red salsa, chopped onion, and guacamole. They can also include cooked vegetables, such as potatoes or mushrooms, or different types of cooked meat, such as chicken, beef, or pork. In some places, quesadillas are topped with ingredients such as avocado or guacamole, chopped onion, tomato, serrano chiles, and cilantro. Salsas may also be added as a topping.

LESSON DESCRIPTION

In this lesson, students will learn to assemble quesadillas featuring seasonal sautéed vegetables. While the quesadillas are cooking, students will prepare salsa and guacamole. At the end of class, everyone will enjoy the quesadillas with the salsa and guacamole together.

LEARNING OBJECTIVES

Content Learning Objectives

HC.5.3 Describe the benefits of a nutrient rich diet.

RC.5.2 Demonstrate knowledge of basic recipe techniques using kitchen tools and equipment.

KTE.5.1 Use tools introduced in previous grades independently.

KTE.5.2 Name, identify, locate and safely use new tools.

KTE.5.3 Select the correct tool and explain the reason for selecting the tool.

KTE.5.4 Practice tool skills with increasing independence

Life Skills Learning Objectives

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.

ACADEMIC STANDARD CONNECTIONS

CCSS.ELA-LITERACY.W.5.2 Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

HEALTH STANDARD CONNECTIONS

National Health Education Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.



LESSON MATERIALS

Materials for Lesson Introduction

- Fiesta Quesadillas with Simple Salsa and Holy Moly Guacamole,** *There's a Chef in My World* (recipe, 1 copy per small group)
- The Tortilla Factory* by Gary Paulson
- Simple Salsa,** *There's a Chef in My World* (recipe, 1 copy per small group)

Equipment

For Each Group of 10:

For Quesadillas

- 3 medium bowls (1 for each veggies, onions, cheese)
- 3 serving spoons (1 for each veggies, onions, cheese)
- 1 platter (or tray, baking sheet)

For Guacamole and Salsa

- Cutting boards (1 for each student)
- Knives (1 for each student)
- 1 small bucket for clean knives
- 1 small bucket for dirty knives
- 2 medium bowls
- 2 serving spoons
- 2 forks
- 2 sets of measuring spoons

For Whole Class:

- Stovetop
- Medium skillet (at least 1)
- Olive oil

Ingredients

For Quesadillas

- Seasonal veggies (from garden, if possible), chopped, sautéed
- 1 onion, chopped
- 16 oz of Monterey jack cheese, grated
- 16 oz of cheddar cheese, grated
- 24, 6-inch tortillas

For Guacamole and Salsa

- 6 medium tomatoes
- 3 avocados
- 3 limes
- 1 onion, quartered
- 1 green bell pepper, quartered
- 6 garlic cloves
- 3 teaspoons of salt
- 2 teaspoon of hot pepper sauce

Check the Garden for:

- Seasonal veggies

Materials for Enjoying the Food

- 6 platters
- Napkins

Materials for Cleaning Up

- Dish soap
- Scrubber (for dishes)
- Drying rack
- Kitchen towels
- Sponge (for counters)
- Broom and dustpan

PREPARE TO COOK (5 MINUTES)

Have students tie hair back, wash hands, put on aprons (if relevant) and take their seats.

RECIPE INTRODUCTION (5 MINUTES)

1. Read *The Tortilla Factory* by Gary Paulson to review the cycle from seed to plant to tortilla.
2. Explain to students in the central and southern regions of Mexico, a quesadilla is a tortilla, warmed and typically filled with cheese. The quesadilla is then cooked until the cheese has completely melted. It is usually cooked without the addition of oil. Often quesadillas are served with green or red salsa, chopped onion, and guacamole. They can also include cooked vegetables, such as potatoes or mushrooms, or different types of cooked meat, such as chicken, beef, or pork. In some places, quesadillas are topped with ingredients such as avocado or guacamole, chopped onion, tomato, serrano chiles, and cilantro. Salsas may also be added as a topping.

REVIEW FAMILIAR SKILLS (5 MINUTES)

1. Explain to students they will be making Fiesta Quesadillas with Simple Salsa and Holy Moly Guacamole and their first task will be assembling **quesadillas**.
2. 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.
3. Review safe food handling practices and knife skills with students.

DEMONSTRATE NEW TOOLS AND SKILLS (5 MINUTES)

1. 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. 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.

DIVVY UP TASKS (10 MINUTES)

1. Explain to students they will now be making the Simple Salsa and Holy Guacamole to go with the quesadillas. **Salsa** simply means “sauce” in Spanish, and **guacamole** is an avocado dip. Divide each table group into 2 smaller groups of 5, one that will work on the **salsa** and one that will work on the **guacamole**.
2. Model for students where to find and how to collect the tools their group will need: cutting boards, bowls, forks, sets of measuring spoons. Have students work as a team to retrieve all tools and bring them back to their cooking station. When students have returned to their seats, deliver knives to their tables and place in their buckets again.
3. Model for students where to find and how to measure or chop each of the ingredients listed on their recipe. Have students work as a team to retrieve and prepare all ingredients as listed in their recipes. Challenge students to consider the different food groups and how each of these ingredients nourishes their bodies.
4. When students have their bowl of salsa and bowl of guacamole prepared, pick up buckets of knives.


COOK! (10 MINUTES)

1. As they’re working, call up a student at a time to flip a quesadilla, with help from an adult.


ENJOY! (5 MINUTES)

1. Distribute platters of quesadillas, already sliced, back to tables.
2. On your cue, allow students to enjoy their quesadillas with their group. Provide groups with conversation prompts to practice table manners and conversation skills while eating.
Prompts could include:
 - How would you make the quesadillas, salsa, or guacamole to fit your taste?
 - How would you make the quesadillas in a different season?

CLEAN UP (5 MINUTES)

1. Remind students of their clean up tasks: washing dishes, wiping the cooking station, sweeping the floor around the cooking station, etc. Additionally, model how to put any fruit or vegetable scraps in the compost. Provide students with time in their small groups to divide then execute tasks before returning their attention back to the whole group.
-  2. As students work in their small groups, use the cooking and cleaning observational checklist to assess student mastery of cleaning skills.

REFLECT (5 MINUTES)

1. Recognize individual students' behaviors aligned with being the best for themselves, the community, and the environment. Ask students to reflect on how they practiced safe and conscientious behaviors.
-  2. Review the essential question, "How are quesadillas made?" by providing time for students in class or for homework to independently record some Cook's Notes in their journals.

CONNECTIONS TO GARDEN LESSONS

Incorporate fresh vegetables from the garden, such as onion, chard, and zucchini, if available, add additional vegetables to the quesadillas. Add avocados, tomatoes, garlic, onions, bell peppers, and limes for the salsa and guacamole. Garnish with cilantro on the side if you have it growing. Bring your food scraps out to the compost.

POSSIBLE EXTENSIONS

BAM! Box Activity: Challenge students to make quesadillas for their family at home and share the recipe they created or any photos they take with the class.

ADDITIONAL RESOURCES

- *Quesadillas* by Donna Kelly
- *The Tortilla Book* by Diana Kennedy
- *The Day it Snowed Tortillas* by Joe Hayes
- "Tortilla History"

https://whatscookingamerica.net/History/Tortilla_Taco_history.htm