

3RD GRADE

LESSON: Cooking Healthy at Home

SC STANDARD: 3.NSF.1



It's your world.

COOKING HEALTHY AT HOME

OBJECTIVES:

- Understand the importance of cooking at home and how it can be healthier than eating out
- Be able to recognize a variety of basic cooking tools
- Learn how to read a recipe from start to finish
- Create your own recipe

LET'S GET STARTED! (10 MINUTES):

- Discuss why cooking is important and how it can potentially be healthier than eating out at a restaurant
- Help students recognize and know the purpose of some basic cooking tools
- Dissect a recipe in order to learn how to read one from start to finish

ACTIVITY (15 MINUTES):

- This activity will help students understand fractions as a whole number divided into equal parts. It will also help students begin to understand that there are fractions equivalent to one another with different denominators.

WRAPPING UP (5 MINUTES):

- Review why it is important to cook at home
- Pass out Boss' Backpack Bulletin with weekly goals and reminders, as well as a new recipe for them to all try at home

SC STANDARDS:

- 3.NSF.1 Develop an understanding of fractions (i.e., denominators 2, 3, 4, 6, 8, 10) as numbers.

MATERIALS:

- Boss' Backpack Bulletin
- Pencils

LET'S GET STARTED!

- This week's lesson is going to be able cooking at home. Start by asking the students if they ever cook at home, and if they do, what is their favorite thing to cook.
- Explain why it is important to cook at home, and how it can potentially be healthier to cook at home rather than eat out at a restaurant.

DIALOGUE BOX

- Does anyone ever cook at home with their mom or dad? If so, what do you all like to cook? Do you cook a lot when you are home?
- Well this week, we are all going to learn about the importance of cooking at home and how it is a healthy thing to do.
- One of the many reasons it is healthier to cook at home rather than eat out is because you can control the ingredients that are in the food you eat. Sometimes when you eat out, you do not really know what all ingredients they used. When you cook at home, you can put more or less of certain ingredients in to your meal in order to make it healthier. For example, if you get vegetables when you are out to eat, they may have oil and a lot of sodium on them, which is not that healthy for you. When you cook your own vegetables at home, you can get rid of the oil, and add spices rather than sodium, which makes the veggies a lot more nutritious and healthy.
- Cooking at home is also a lot cheaper rather than eating out all of the time. Try cooking and eating at home for a whole week and just see how much money you and your family will save!
- Move on to discussing a few of the kitchen tools that they may see often in the kitchen, and teach them the job of each tool.

DIALOGUE BOX

- I am sure you have all noticed that there are a lot of kitchen tools that your parents use to make and prepare food. Well, today, you are going to learn about some of those tools and the individual jobs of each of them.
- Follow along with me on your kitchen tool handout so that you can recognize the tools when I go over them.
- The first tool is a spatula. Does anyone know what a spatula does? Spatulas are meant to flip, stir, or even smooth things like icing on a cake.
- A whisk is the second tool we are going to talk about. Has anyone ever seen one of these before? A whisk is usually a metal tool with a bunch of overlapping pieces to it that stir things really well. A whisk is good for mixing eggs, pancake mix, of oil and vinegar dressing.
- Next, we are going to talk about knives. Knives are the most dangerous tool of them all because they are very sharp and can harm you if you do not know how to use one properly. A knife is good for cutting food, like tomatoes or meat. I would suggest asking a parent to help you with one of these the first few times you need one.
- A cutting board is another basic kitchen tool that is very important for a cook to have. A cutting board is used to place your food on it while you cut it. For example, if you wanted to slice some cheese, you would put your cheese on a cutting board so it wouldn't slip while you were cutting it.
- One of the last tools we are going to talk about in today's lesson is a can opener. These are very important tools because without them, you could never get into any of the cans that hold things like green beans, corn, or soup.
- All of these tools are just some of the basic ones that I am sure you see almost everyday. There are a lot more tools in the kitchen that you can learn about and try, such as a mixer, kitchen scissors, and tongs.



- Begin talking about the different parts of a recipe, and how to read one from start to finish with ease.
- Has anyone tried reading a recipe to make a meal? Sometimes recipes can be difficult to understand, but if you break it up into its two main parts, then it gets a whole lot easier.
- When reading a recipe, there are two main parts: the ingredients and the directions.
- The ingredients are where you will find all of the foods you will need to make your meal! So if you need any vegetables or spices, this is where you can find them and how much of the ingredient you need.
- The directions tell you what to do with those ingredients. You will find how to cook your ingredients, how to put them together, and even how long your meal should take to cook. For example, if your ingredients say you need two large carrots, the directions will tell you how to cut them up and how to cook them.
- Every recipe has an ingredients section and a directions section, and if you follow each of the directions steps, then you can make your meal super easily.

ACTIVITY

- This activity will help students understand fractions as a whole number divided into equal parts. It will also help students begin to understand that there are fractions equivalent to one another with different denominators.
- Have students take home the recipe for Zucchini Pizza Bites and share it with their families.

DIALOGUE BOX

- Who here loves bagel bites? Or mini pizzas you can heat up in a stove or microwave? Well, cooking healthy at home doesn't mean you necessarily have to give those things up, it just means you might have to tweak the recipe a little to make it healthier. That's why today everyone is going to get a recipe for Zucchini Pizza Bites! They have the same pizza taste we all love but with a healthy vegetable twist!
- With this new recipe I am about to pass out we are also going to practice fractions! Remember separating things or numbers into fractions means dividing them into equal parts!

WRAPPING UP

- Review the importance of cooking at home and why it is better than eating out.
- Pass out Boss' Backpack Bulletin with weekly goals and reminders from today's lesson.

ZUCCHINI PIZZA BITES RECIPE

Ingredients

- 1 tablespoon olive oil
- 3 zucchini, cut into 1/4-inch thick rounds
- Kosher salt and freshy ground black pepper
- 1/3 cup marinara sauce
- 1/2 cup finely grated mozzarella
- 2 pepperonis (1 cut into 1/2 pieces and 1 cut into 1/4 pieces)
- 1 tablespoon Italian seasoning



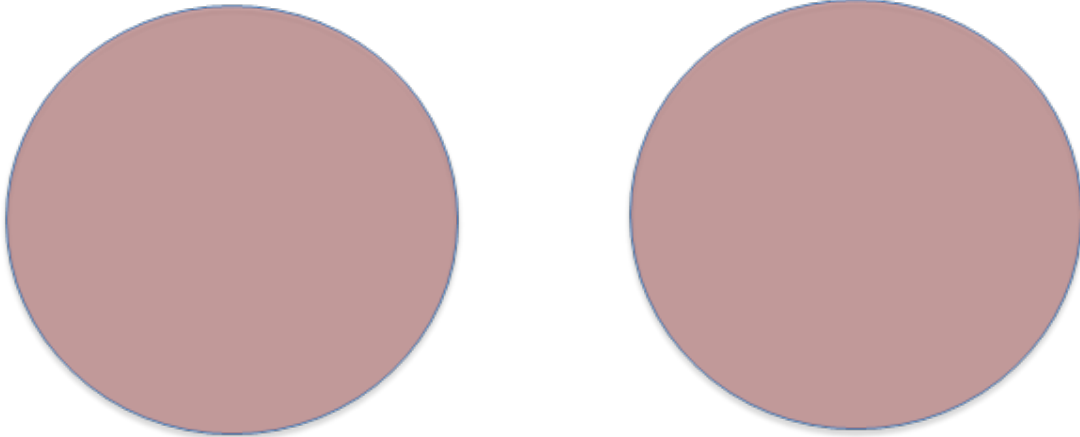
Instructions

- Preheat oven to broil.
- Heat olive oil in a large skillet over medium high heat. Working in batches, add zucchini and cook, flipping once, until golden, about 1-2 minutes on each side; season with salt and pepper, to taste.
- Place zucchini rounds onto a large baking sheet. Top each zucchini round with marinara, mozzarella and pepperoni minis.
- Place into oven and cook until the cheese has melted, about 1-2 minutes.
- Serve immediately, sprinkled with Italian seasoning, if desired.



PRACTICING WITH FRACTIONS

The recipe Zucchini Pizza Bites calls for 2 pepperonis, one cut into 2 equal pieces and 1 cut into 4 equal pieces. Using a ruler and a pencil, can you help divide 1 pepperoni into 2 equal pieces and 1 pepperoni into 4 equal pieces?



Great job! Now can you shade $\frac{1}{2}$ of the first pepperoni and $\frac{2}{4}$ of the second pepperoni?

Did you notice that both pepperonis have the same amount shaded? This means that $\frac{1}{2}$ is the same thing as $\frac{2}{4}$!!

BOSS' BACKPACK BULLETIN

This week, you are all going to design your own recipe for one of your favorite foods to the best of your ability and knowledge. After you write down the ingredients you will need and the directions on how to make that food, you are going to make it at home yourself!



THE RECIPE YOU TRIED THIS WEEK:

INGREDIENTS (MOSTLY TOPPING IDEAS):

- Sweet potato
- Grains (quinoa, brown rice, etc.)
- Beans (re-fried beans, whole beans, etc.)
- Chopped veggies
- Salsa
- Plain yogurt or sour cream
- Slaw or sauerkraut
- Spinach
- Broccoli

DIRECTIONS:

- Microwave the sweet potato for 4-5 minutes or until it is soft.
- Cut the potato open (be careful... it will be hot).
- Add any topping from the ingredients list that you want, or you can add some that are not on the list!
- Enjoy!