

LESSON 3 MUSHROOM POCKET PIZZA LESSON PLAN

HEALTHY HELPERS: CULINARY LITERACY FOR KIDS



CONCEPT:

The main concept of Healthy Helpers is to introduce children to basic cooking skills and techniques and familiarize the use of cooking tools and terms. It is our hope that by providing children with a positive cooking experience, children will cook at home with their parents and try new foods. Children that participate in cooking may shop differently for food, fill their plates with healthy choices, and consider the environmental impacts of their food choices.

GOALS:

- Children will practice basic food preparation skills and learn cooking vocabulary.
- Children will engage in sensory experiences with a variety of healthy foods.
- Children will identify personal food preferences.
- Children will improve their self-confidence/efficacy and eating behavior.

OBJECTIVES:

- Children will prepare the recipe "Mushroom Pocket Pizza".
- Children will use their senses to evaluate recipe ingredients and the final food product.
- Children will express how much they like or dislike the "Mushroom Pocket Pizza" and how likely they are to eat it again.

CULINARY LITERACY COMPONENTS:

Concepts covered in Virtual Lesson Plan:

- Review of cooking vocabulary: cooking appliances, cooking utensils/tools/gadgets, recipe, ingredients, chef, marinating
- New cooking vocabulary introduced: grating
- Cooking safely with the help of an adult: "Healthy Helper"

Additional Concepts in How-to Video "Mushroom Pocket Pizza":

- Main concept: grating cheese using a box grater, using scissors to cut food instead of a knife
- 3 Things to do Before Cooking: wash hands, tie hair back, clean work surface (eatright.org)
- Cleaning and preparing vegetables for use in recipes.
- Practicing safe use of kitchen tools: cutting with child-safe knife, measuring ingredients using liquid measuring cup, using measuring spoons, microwave
- Preparing a "pocket" by folding a circle of dough in half and using water and fork tines to seal edges.

CURRICULUM ALIGNMENT WITH EDUCATIONAL STANDARDS GRADES 3-5 (CCCS/NGSS)

Ways to Incorporate Educational Standards into this Lesson Plan:

English Language Arts:

3.RI.3, 3.RI.4, 3.RI.10, 4.RI.3, 4.RI.4, 4.RI.10, 5.RI.3, 5.RI.4, 5.RI.10, 3.RF.3, 3.RF.4, 3.RF.4a; 4.RF.3, 4.RF.4, 4.RF.4a, 5.RF.3, 5.RF.4, 5.RF.4a

Read and comprehend a recipe as a grade-level text. A recipe is a series of temporal events. Learn, decode, and determine the meaning of unfamiliar cooking vocabulary. 3.SL.1, 3.SL.3, 3.SL.4, 3.SL.6, 4.SL.1, 4.SL.3, 4.SL.4, 4.SL.6, 5.SL.1, 5.SL.3, 5.SL.4, 5.SL.6

Students participate in collaborative discussions with the class about cooking in which they will recount cooking experiences and ask/answer relevant questions about it.

Mathematics:

3.NF.1, 3.G.2, 4.G.3, 5.G.4 The circle empanada dough can be used to discuss attributes of a two-dimensional geometric object that can be divided into fractions by folding across the line of symmetry.

MATERIALS NEEDED BY STUDENTS:

- Computer with a camera, internet access, and ability to connect to Zoom/Webex app
- Access to Qualtrics survey "Healthy Helpers: Tasting Survey"
- Copy of Recipe "Mushroom Pocket Pizza"
- Access to a standard kitchen and the ingredients and cooking equipment listed below

Ingredients: for Recipe (serves 10):

- 1 package (10 pieces) empanada dough discs, defrosted overnight
- 6 oz button mushrooms
- 6 oz baby bella mushrooms
- 1/2 cup pizza sauce
- 4 oz mozzarella cheese
- 2 1/2 tsp grated parmesan cheese
- 10 fresh basil leaves
- 1 tsp dried oregano

Cooking Equipment:

- Oven
- Baking sheet
- Mushroom brush
- Child-safe knife
- Large microwave safe bowl
- Microwave
- Wooden spoon
- Strainer
- Parchment paper
- Measuring cups/spoons
 - 1 cup liquid
 - 1 T, 1 tsp, 1/4 tsp
- Box grater
- Scissors
- 2 small bowls (or cupcake liners)
- Forks/plates for serving

PREPARING FOR THE LESSON:**Lesson Outline:**

1. Lesson 3 Introduction
 - a. Welcome back
 - b. Reminder of virtual class etiquette
2. Overview of the Lesson Topics
3. Lesson "Hook"/Opening Discussion
 - a. What new cooking tool or skill did you use last week
 - b. Review Cooking Vocabulary
 - i. Cooking appliances
 - ii. Cookware
 - iii. Cooking utensils/tools/gadgets
 - iv. recipe
 - v. ingredients
 - vi. chef
 - vii. marinating
 - c. Introduce grating
 - i. Definition of grating
 - ii. How to use a box grater safely
 - d. Becoming "Healthy Helpers" in the Kitchen at Home
 - i. Children can cook with the help of an adult
4. Students will view video "How to Make Mushroom Pocket Pizzas"
5. Review how to make "Mushroom Pocket Pizzas" at home
 - a. Make a list of needed equipment/ingredients
 - b. Purchase needed items with provided Walmart gift card
 - c. Refer to video as needed
 - i. Video and recipe are also available in Spanish
6. Homework: Prepare recipe, taste, and evaluate
 - a. Students will have a week to prepare "Mushroom Pocket Pizzas" at home with adult supervision
 - b. Students will submit a photo of the finished dish
 - i. Photos should be submitted via this link: xxxx
 - c. Students will taste finished dish
 - d. Fill out online "Healthy Helpers: Tasting Survey" which will evaluate how much they liked the dish
 - i. Students can access the survey at this link: xxxx
7. Closing and Lesson Recap

LESSON ACTIVITIES:

Once students have entered the virtual meeting platform (Zoom, Webex, etc.)

1. Introduction to Lesson 3.

Say, "Welcome back! We are going to continue learning about cooking today. By the end of our class today you will know how to make a new recipe, 'Mushroom Pocket Pizza' at home with your family!

Remember, learning how to prepare your own well balanced meals is fun, will help you develop healthy eating habits and can make you feel more independent and self confident."

"We will be learning and interacting today in our virtual classroom and just like in class it is important that we are polite to each other and follow some class rules. Let's take the time to review our virtual class rules:

- 1. Be on time!** You can sign into class up to 5 min before our scheduled time so you are prepared and ready when I sign on to start class.
- 2. Make sure your microphone is on mute.** When you enter the class make sure your microphone is muted and keep it on mute unless you are called on to answer a question.
- 3. Stay focused.** Try to set up your computer in a quiet room so you don't get distracted. Make sure you are paying attention at all times so you don't miss anything.
- 4. Wait for permission to talk.** You can share your thoughts by raising your hand, clicking the "Raise Hand" button or by typing in the chat box. Only chat appropriate questions or comments in the chat box.

2. Overview of Lesson Topics.

"Here is an outline of what we will be covering today. First we will start by discussing how cooking went last week. I will ask you to share one new tool or skill you used when preparing 'Beef Fajitas'. Then we will review some of the cooking vocabulary words we learned last week and we will learn about a new cooking technique called grating. Then we will watch a short "How-to" video which will show you how to make "Mushroom Pocket Pizzas" at home with your family. And finally we will discuss any questions you may have before ending our class. Your homework this week will be to make the recipe "Mushroom Pocket Pizza" at home, to take a picture of the finished dish and post it to xxx, to taste it, and to evaluate how much you liked it by filling out an online survey."

3. Lesson "Hook"/Opening Discussion:

A. Ask, "What was one new cooking tool or skill that you used when preparing 'Microwave Mac and Cheese'."

Give each student a chance to answer. Review cooking vocabulary and relevant concepts as they come up in discussion.

B. Review Cooking Vocabulary:

- **Cooking appliance:** something that is used to cook or heat food.
 - Examples: an oven, a stovetop burner, a hot plate, a griddle, the toaster, a toaster oven, the microwave, waffle iron, coffee maker, insta-pot, slow cooker, rice cooker
- **Cookware:** the pots, pans, and dishes used to cook food.
 - Examples: frying pan, sauté pan, steak pan, sheet pan (baking sheet, bowls (all sizes), plates

LESSON ACTIVITIES (CONT.):

- **Cooking utensils, tools and gadgets:** handheld items that are used to prepare food.
 - Examples: Fork/spoon/knives, measuring spoons, measuring cups (liquid and dry), wooden spoon, whisk, peeler, grater, scissors, cutting board, strainer/colander, can opener, salad spinner, etc.
- **Recipe:** a recipe is a set of instructions for preparing a particular dish, including a list of ingredients.
- **Ingredients:** ingredients are the foods, herbs, or spices we need to combine to make a dish.
- **Chef:** a chef is a person that makes food, sometimes by memory and sometimes by following a recipe.
- **Marinade:** A marinade is a liquid that is added to vegetables and/or meat to make them become tender. A marinade ALWAYS includes an acid, such as vinegar or lemon. The acid in a marinade is what makes the food become more tender!

C. Define grating and introduce it as a cooking technique:

"This week we will be learning about a new cooking technique called grating. Grating is a way of breaking solid food items, like cheese/fruit/vegetables, into small pieces by rubbing them on a rough or sharp surface. A grater is a hand held metal device that contains raised holes of varying sizes that cut ingredients into small pieces. Today we will be focusing on one type of grater, the standard 4 sided box grater. This type of grater is commonly used to grate a variety of ingredients like cheese and lemon or orange peel (also known as zesting). Each of the four sides has a different size of raised hole. Smaller grates work well for harder cheese like Parmesan cheese or for zesting; coarser or larger grates work best with slightly softer cheeses like cheddar or the mozzarella cheese you will use in the Mushroom Pocket Pizza recipe. Soft cheeses are easier to grate if they are chilled (come right from the refrigerator) before you try to grate them."

"When you are grating you should grab the food item with the hand that you write with and stabilize the box grater with the other hand. Then you will rub the food in one direction, top to bottom, to create shreds. The shreds will collect in the center of the box grater. Be sure to put a plate or cutting board underneath to catch the shreds, While you are using a box grater you want to keep your fingers away from the grates because they are sharp and can cut you. You can avoid cutting your fingers by keeping them tucked under and also by asking for help when the piece of food gets small.

D. Becoming "Healthy Helpers" in the Kitchen at Home

"Last week we learned that kids like you can cook too! Next I am going to show you a new video that will teach you how to make individual-sized pockets that taste like pizza! This recipe makes 10 pocket pizzas and can feed 10 people. One portion is one baked mushroom pocket pizza. Since you are still new to cooking you should always have an adult around to help you with difficult recipe steps and to make sure you are using any cooking appliances or tools safely. I like to call kids that help with cooking at home, "Healthy Helpers"."

"Now I am going to play a video that will show you exactly how you can become a "Healthy Helper" at home

LESSON ACTIVITIES (CONT.):**5. Questions and Answers on how to cook recipe "Mushroom Pocket Pizza" at home**

"Now that we've watched a video on how to make the recipe "Mushroom Pocket Pizza". I'd like to talk about your homework. I would like you to become "Healthy Helpers" at home and work with an adult to make your own pocket pizzas at home this week."

"You have a copy of recipe "Mushroom Pocket Pizza". Please get out this recipe for us to review it together. The recipe has a list of the cooking equipment and ingredients you need to make the recipe." Point to and review the equipment and ingredients needed to make the recipe.

"I know you may not have everything you need to make this recipe on hand at home. The first thing I want you to do for your homework is to work together with an adult at home to make a list of what you need to buy to make the recipe. Once you have made a list of what you need, have an adult use the provided Walmart gift card to buy what you need."

Answer any additional Questions that the students may have.

Add, "And remember if you ever get confused you can watch the video again. The video and the recipe are also available in Spanish if that is easier for your family."

Remind children how to access the videos online via the links XXXX and XXXX.

6. Homework: Prepare Recipe, Taste, and Evaluate

"After you have everything in your home that you need to make "Mushroom Pocket Pizza " I want you to pick a day this week to make the recipe with an adult. The recipe makes enough for 10 people so you can even help feed your family for lunch or dinner. Remember one portion is one mushroom pocket pizza. When you are done making the pocket pizzas, take a picture of the finished dish and post it on XXXX."

"It is important that you try the mushroom pocket pizza after you make it and let me know what you think about it by filling out an online survey. Your answers are very important and will help me know if the recipe needs to be changed or if it is good enough for us to use as a recipe in your school cafeteria. The online survey is called "Healthy Helpers: Tasting Survey", you can access the survey via this link XXXX."

7. Closing and Recap.

"Thank you for all your hard work today. Today we learned that kids can cook too and become "Healthy Helpers" in the kitchen at home! We learned a lot about cooking today. We learned a new cooking term today called grating . Grating is the process of transforming solid food items into small pieces by rubbing the item against a grater. Today you learned about a 4 sided box grater. We reviewed the cooking vocabulary words we learned over the past several weeks: recipe, ingredients, chef. A recipe is a set of instructions for preparing a particular dish, including the ingredients . Ingredients are the foods, herbs, or spices we need to combine to make a dish. And a chef is a person that cooks food."

LESSON ACTIVITIES (CONT.):

"This week you will practice reading and following the recipe "Mushroom Pocket Pizza". When you make the recipe you will get to practice using the 4 sided box grater to grate cheese and a pair of scissors to cut the herb basil. I hope you had fun today, I know I did. Have fun cooking and don't forget to take a picture of the food you create, to taste your dish, and fill out the survey. Next week we will get to learn more about cooking and practice a new recipe called "Mushroom Mac and Cheese ". I look forward to seeing you next week and to hearing how your cooking went. Please feel free to reach out if you have any additional questions."



MUSHROOM POCKET PIZZA

Healthy Helpers: Culinary Literacy for Kids



COOK TIME: 12-17 MIN



TOTAL TIME: 40 MIN



SERVINGS PER RECIPE: 10 POCKETS

INGREDIENTS:

- 6 oz button mushrooms
- 6 oz baby bella mushrooms
- 10 Empanada dough discs (Goya discos para empanadas)
- 1/2 c pizza sauce (1/4 c for recipe, 1/4 c for dipping)
- 4 oz mozzarella cheese
- 2 1/2 tsp grated parmesan cheese
- 10 fresh basil leaves
- 1 tsp dried oregano
- 1 egg

EQUIPMENT NEEDED:

- Oven
- Baking sheet
- Mushroom brush
- Child safe knife
- Large microwave safe bowl
- Microwave
- Wooden spoon
- Strainer
- Parchment paper
- Measuring cups/spoons: 1 c (liquid), 1 T, 1 tsp, 1/4 tsp
- Box grater
- Scissors
- 2 Small bowls
- Forks
- Plates



NUTRITION FACTS:

Serving size	1 pocket
Calories	180 kcal
Total fat	6 g
Saturated fat	3 g
Trans fat	0g
Cholesterol	25 mg
Sodium	280 mg
Total Carbohydrate	23 g
Protein	8 g

DIRECTIONS:

Adult: Defrost frozen empanada dough discs overnight in the refrigerator.

Together: Take 5 minutes to gather ingredients, measuring and cooking equipment needed. Place each within easy reach.

Adult: Preheat oven to 425 F. Line baking sheet with parchment paper.

Child: Brush dirt off mushrooms with mushroom brush. Cut each mushroom into slices.

Child: Place finished slices into large microwave safe bowl and cook on high for 3 minutes.

Adult: Take the bowl of mushrooms out of the microwave and stir. Careful bowl may be hot!

Adult: Strain mushrooms and discard liquid. Place strained mushrooms aside.

Adult: Give each child a square of parchment paper and place one empanada dough disc on the paper.

Together: Measure out 1/4 c pizza sauce.

Child: Grate mozzarella cheese using box grater.

Child: Use scissors to cut basil leaves into thin strips.

Adult: Crack egg into bowl.

Child: Use fork to mix egg.

Child: Spread 1 tsp sauce near the center of the empanada dough.

Adult: Make sure the child leaves 1/2 inch border of dough without sauce to allow empanada to close.

Child: Put 2 T of cooked mushrooms on top of sauce, then 1 T shredded mozzarella, then 1/4 tsp grate parmesan, then sprinkle dried oregano.

Child: Dip finger into mixed egg and smooth it onto dough border. This will hold the empanada closed.

Child: Fold dough over in half and use fork to seal the edges of the empanada by pressing the fork around the edges.

Child: Place finished empanada on baking sheet.

Adult: Place baking sheet in the oven and bake for 12-17 minutes. Let empanadas cool for 10 min before serving.

Together: Measure out 1/4 c pizza sauce in microwave safe bowl.

Adult: Microwave for 30 sec - 1 minute to make it warm for dipping.

Adult: Serve each child one empanada with warm sauce for dipping. Enjoy!



MUSHROOM POCKET PIZZA

Ayudantes Saludables: Literatura Culinaria Para Niños



HORA DE COCINAR: 12-17 MIN



HORA TOTAL: 40 MIN



PORCIONES POR RECETA: 10 BOLSILLOS DE PIZZA

INGREDIENTS:

- 6 oz hongo de boton
- 6 oz hongo de bella pequeña
- 10 discos de masa para empanadas (Goya discos para empanadas)
- 1/2 taza de salsa de pizza (1/4 tazas para la receta, 1/4 tazas para mojar)
- 8 oz de queso mozzarella
- 1/2 cucharaditas de queso parmesano rallado
- 10 hojas de albahaca fresca
- 1 cucharadita de orégano seco

EQUIPMENT NEEDED:

- Horno
- Bandeja para hornear
- Cuchillo seguro para niños
- Cepillo de hongos
- Tazón grande apto para microondas
- Microonda
- Cuchara de madera
- Colador
- Papel pergamino
- Tazas / cucharas medidoras: 1 taza (líquido), 1 cucharada, 1 cucharadita, 1/4 cucharadita
- Rallador de caja
- Tijeras
- 2 tazones pequeños
- Tenedores
- Platos



NUTRITION FACTS:

Serving size	1 bolsillo
Calories	180 kcal
Total fat	6 g
Saturated fat	3 g
Trans fat	0g
Cholesterol	25 mg
Sodium	280 mg
Total Carbohydrate	23 g
Protein	8 g

DIRECTIONS:

- Adulto:** Descongele los discos de masa de empanadas congelados durante la noche en el refrigerador.
- Juntos:** tómese 5 minutos para reunir los ingredientes, el equipo de medición y cocción necesarios, coloque cada uno al alcance de la mano.
- Adulto:** Precaliente el horno a 425 F. Forre una bandeja para hornear con papel pergamino.
- Niño:** Quite la suciedad de los hongos con un cepillo para hongos. Corta cada hongo en rodajas.
- Niño:** Coloque las rodajas terminadas en un tazón grande apto para microondas y cocine a fuego alto durante 3 minutos.
- Adulto:** Saque el bol de hongos del microondas y revuelva. ¡El tazón con cuidado puede estar caliente!
- Adulto:** Colar los hongos y desechar el líquido. Aparte los hongos colados.
- Adulto:** Entregue a cada niño un cuadrado de papel pergamino y coloque un disco de masa de empanada en el papel.
- Juntos:** Mida 1/4 taza de salsa para pizza.
- Niño:** Rallar el queso mozzarella con un rallador de caja.
- Niño:** Use unas tijeras para cortar las hojas de albahaca en tiras finas.
- Niño:** Ponga una pequeña cantidad de agua en un bol.
- Niño:** Une 1 cucharadita de salsa cerca del centro de la masa de la empanada.
- Adulto:** Asegúrese de que el niño deje un borde de masa de 1/2 pulgada sin salsa para permitir que la empanada se cierre.
- Niño:** Pon 2 cucharadas de hongos cocidas encima de la salsa, luego 1 cucharada de queso mozzarella rallado, luego 1/4 cucharadita de parmesano rallado y luego espolvorea orégano seco y tiras de albahaca.
- Niño:** Sumerja el dedo en el agua y alisalo sobre el borde de la masa. Esto mantendrá la empanada cerrada.
- Niño:** Dobra la masa por la mitad y usa un tenedor para sellar los bordes de la empanada presionando el tenedor alrededor de los bordes.
- Niño:** Coloque la empanada terminada en una bandeja para hornear.
- Adulto:** Coloque la bandeja para hornear en el horno y hornee durante 12-17 minutos. Deje enfriar las empanadas durante 10 minutos antes de servir.
- Juntos:** Mida 1/4 taza de salsa para pizza en un tazón apto para microondas.
- Adultos:** Microondas durante 30 segundos - 1 minuto para calentarlo para mojar.
- Adulto:** Sirva a cada niño una empanada con salsa tibia para mojar.
- ¡Disfrutar!