



LESSON 4

MUSHROOM MAC AND CHEESE

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 Mac and Cheese".
- 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 Mac and Cheese" 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, grating*
- *Microwave safety tips for kids*
- *Cooking safely with the help of an adult: "Healthy Helper"*

Additional Concepts in How-to Video "Microwave Mac and Cheese":

- *Main concept: Using the microwave to cook*
- *3 Things to do Before Cooking: wash hands, tie hair back, clean work surface (eatright.org)*
- *Practicing safe use of kitchen tools: box grater, measuring 1 cup using dry measure, measuring 3/4 cups using liquid measure, strainer, whisk, child safe knife*

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. MD.2, 4.NF.1, 4.MD.2, 5.NF.1, 5.MD.2 Practice fraction conversions by measuring 3/4 c milk, convert cups to ml/L equivalent, practice adding or comparing liquid volumes.

Science:

4.PS3.2, 4.PS3.3, 5. PS1.2 Discuss how a microwave transfers heat to food via radio waves. Weight of matter is conserved when heating/cooling.

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 Mac and Cheese"
- Access to a standard kitchen and the ingredients and cooking equipment listed below

Ingredients for Recipe (serves 5):

- 16 oz button mushrooms
- 6oz (1 1/2 cups) elbow macaroni
- 6 oz Velveeta cheese, cubed
- 4 oz sharp cheddar cheese, shredded to equal 1 cup
- 3/4 cup 1% milk

Cooking Equipment:

- Mushroom brush (substitute: paper towel)
- Stovetop burner or hot plate
- Large pot to cook pasta
- Strainer
- Box grater
- Cutting board (substitute: paper plate)
- 1/2, 1 cup dry measures
- 1 cup liquid measuring cup
- Child-safe knife
- 1 Large microwave-safe bowl
- Whisk
- Wooden spoon
- Bowls and forks for serving

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

1. Lesson 4 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
 - viii. grating
 - c. Microwave safety tips for kids
 - i. Using microwave safe cookware, read and follow instructions on package, use potholders to remove food
 - 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 Cook Mushroom Mac and Cheese"
5. Review how to make "Mushroom Mac and Cheese" 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 Mac and Cheese" 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 4.

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 Mac and Cheese' 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 the 'Mushroom Pocket Pizza' recipe last week. Then we will review some of the cooking vocabulary words we learned in the previous lessons before learning some safety tips on using the microwave to cook. Then we will watch a short "How-to" video which will show you how to make "Mushroom Mac and Cheese" 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 Mac and Cheese" at home, to take a picture of the finished dish and post it to xxxx, 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 'Sizzling Portabella Fajitas'."

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!
- **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.

C. Microwave safety:

"Today we are going to review some safety tips that kids should use when cooking with the microwave. The microwave oven is an amazing cooking appliance. It is quick, clean, and has no open flame or hot coils that can easily burn you. However, you can still burn yourself when using the microwave so keep these tips in mind when you use it." (Adapted from eatright.org)

- Never run the microwave oven when it is empty - this can break it
- Never put anything but food in the microwave
- Know what cookware can be used in the microwave. ALWAYS use microwave-safe cookware.
 - Metal dishes/utensils/metal trimmed plates etc will cause arcing (sparking).
 - Microwave safe cookware often has a symbol (show the symbol to students), does not get as hot in the microwave, and doesn't melt
 - Read and follow microwave instructions on the package. These steps often include:
 - Stir step: stirring food in the middle of cooking eliminates possible cold spots and promotes even cooking
 - Stand step: allowing food to "rest" or "stand" completes the cooking process. During the "rest time" The temperature of the food item can rise several degrees.
 - Take the temperature: The temperature of reheated foods should measure at least 165F. Signs such as steam and bubbling liquids are indications that the temperature may be getting close to 165F
- Use potholders or oven mitts to remove foods from the microwave oven. Keep potholders near the microwave. Ask for help if you need to remove foods that might spill, like soups or if the microwave is too high up for you to reach easily.

LESSON ACTIVITIES (CONT.):**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 a new type of mac and cheese in the microwave, this recipe is called "Mushroom Mac and Cheese ". This recipe makes enough to feed 5 people. One portion of this recipe is 1 cup of macaroni and cheese. Since you are still learning 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 this week to make mushroom mac and cheese at home for your family with the help of an adult."

4. Show students video entitled. "How To Make Mushroom Mac and Cheese"**5. Questions and Answers on how to cook recipe "Mushroom Mac and Cheese" at home**

"Now that we've watched a video on how to make the recipe "Mushroom Mac and Cheese ". 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 macaroni and cheese at home this week."

"You have a copy of recipe "Mushroom Mac and Cheese". 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 Mac and Cheese" I want you to pick a day this week to make the recipe with an adult. The recipe makes enough for 5 people so you can even help feed your family for lunch or dinner. One portion is one cup of mushroom Mac and cheese. When you are done making the mac and cheese, take a picture of the finished dish and post it on XXXX."

"It is important that you try the mushroom mac and cheese 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

LESSON ACTIVITIES (CONT.):**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 and throughout the many lessons we had together. Today we reviewed some safety tips to use when cooking with the microwave oven, a common cooking appliance at home.. We also reviewed the many cooking vocabulary words we learned: recipe, ingredients, chef, marinating, grating. 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."

"This week you will practice reading and following the recipe "Mushroom Mac and Cheese". When you make the recipe you will get to use different kitchen tools like a child-safe knife, measuring cups and spoons, tongs, and practice using the microwave as a cooking appliance. 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, taste your dish, and fill out the survey. Next week we will get to learn more about cooking and practice a new recipe called "Sizzling Portabella Fajitas". 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 MAC AND CHEESE

Healthy Helpers: Culinary Literacy for Kids



COOK TIME: 16 MIN



TOTAL TIME: 30 MIN



SERVINGS PER RECIPE: 5, 1 CUP SERVINGS

INGREDIENTS:

- 16 oz button mushrooms
- 6 oz (1 1/2 cups) dried elbow macaroni
- 6 oz Velveeta cheese, cubed
- 4 oz (1 cup) sharp cheddar cheese, shredded
- 3/4 cup 1% milk

EQUIPMENT NEEDED:

- Child safe knife
- Mushroom brush
- Box grater
- Stovetop burner or hot plate
- Large pot
- Measuring cups/spoons: 1 c (liquid), 1c (dry), 1/2 c (dry)
- Large microwave-safe bowl
- Microwave
- Whisk
- Strainer
- Wooden spoon
- Bowls and forks for serving



NUTRITION FACTS:

Serving size	1 cup
Calories	260 kcal
Total fat	12 g
Saturated fat	6 g
Trans fat	0 g
Cholesterol	40 mg
Sodium	630 mg
Total Carbohydrate	19 g
Protein	16 g

DIRECTIONS:

- Together:** Take 5 minutes to get gather ingredients, measuring and cooking equipment needed. Place each ingredient within easy reach.
- Child:** Brush dirt off mushrooms with the mushroom brush. Cut each mushroom into slices. Place finished slices into a microwave-safe bowl.
- Child:** Place bowl into microwave and cook on high for 3 minutes.
- Adult:** Take the bowl of mushrooms out of the microwave and stir. Careful the bowl may be hot! Place back in the microwave and cook for an additional 3 minutes or until mushrooms are cooked through.
- Adult:** Strain mushrooms and discard liquid. Place cooked mushrooms aside.
- Child:** Shred a 4 oz block of sharp cheddar cheese to make 1 cup of shredded cheese. Set aside.
- Adult:** Bring large pot of water to a boil (water does not need to be salted).
- Child:** Measure out 1 1/2 cups of dried elbow macaroni using 1/2 cup dry measuring cup.
- Adult:** Add elbow macaroni to boiling water and cook for 8 minutes.
- Child:** While macaroni is cooking, cut Velveeta cheese into small cubes and place in a microwave-safe bowl.
- Child:** Measure out 3/4 cup milk and add to the cheese in the bowl.
- Child:** Place bowl of cheese and milk into the microwave and cook on high for 1 minute.
- Adult:** Remove the bowl from the microwave and stir mixture using a whisk. Careful bowl may be hot. Place back in the microwave to cook for 1 additional minute. Remove bowl from the microwave.
- Child:** Stir cheese and milk mixture with whisk until cheese is completely melted and mixture is smooth.
- Adult:** Drain the macaroni using a strainer. Do not rinse!
- Adult:** Put hot macaroni directly into the bowl of hot cheese sauce.
- Child:** Add in 1 cup of shredded cheddar cheese and cooked mushrooms. Stir with wooden spoon until well combined and cheddar cheese melts into sauce.
- Together:** Take one cup measurement of cooked macaroni and cheese and place in a bowl to eat. Enjoy!



MUSHROOM MAC AND CHEESE (IN SPANISH)

Ayudantes Saludables: Literatura Culinaria Para Niños



HORA DE COCINAR: 16 MIN



HORA TOTAL: 30 MIN



PORCIONES POR RECETA: 5 , 1 CUP PORCIONES

INGREDIENTES:

- 16 oz hongo de boton
- 6 oz (1 1/2 tazas) macaron de codo seco
- 6 oz Velveeta queso, cubicado
- 4 oz (1 taza) queso cheddar fuerte, trizas 3/4 cup leche 1%

EQUIPO NECESARIO:

- Cuchillo seguro para niños
- Cepillo de hongos
- Rallador de caja
- Quemador de la estufa o placa calefactora
- Olla grande
- Tazas / cucharas medidoras: 1 taza (líquido), 1 taza (seco), 1/2 taza (seco)
- Tazón grande apto para microondas
- Colador de batidor de microondas
- Cuchara de madera
- Cuencos y tenedores para servir



INFORMACIÓN NUTRICIONAL:

Serving size	1 taza
Calories	260 kcal
Total fat	12 g
Saturated fat	6 g
Trans fat	0 g
Cholesterol	40 mg
Sodium	630 mg
Total Carbohydrate	19 g
Protein	16 g

DIRECCIONES:

- Juntos:** Tómese 5 minutos para reunir los ingredientes, medir y cocinar el equipo necesario. Coloque cada ingrediente al alcance de la mano.
- Niño:** Quite la suciedad de los hongos con el cepillo para hongos. Corta cada hongo en rodajas. Coloque las rodajas terminadas en un tazón apto para microondas.
- Niño:** Coloque el tazón en el microondas y cocine a fuego alto durante 3 minutos.
- Adulto:** Saque el bol de champiñones del microondas y revuelva. ¡Cuidado, el bol puede estar caliente! Vuelva a colocar en el microondas y cocine durante 3 minutos más o hasta que los champiñones estén bien cocidos.
- Adulto:** Colocar los champiñones y desechar el líquido. Coloque los champiñones cocidos a un lado.
- Niño:** Triture un bloque de 4 oz de queso cheddar fuerte para hacer 1 taza de queso rallado. Dejar de lado.
- Adultos:** Ponga a hervir una olla grande de agua (no es necesario que el agua esté salada).
- Niño:** Mida 1 1/2 tazas de macarrones del codo secos con 1/2 taza de taza medidora seca.
- Adulto:** Agregue los macarrones con codo al agua hirviendo y cocine por 8 minutos.
- Niño:** Mientras se cocinan los macarrones, corta el queso Velveeta en cubos pequeños y colócalos en un recipiente apto para microondas.
- Niño:** Mida 3/4 de taza de leche y agregue el queso en el tazón.
- Niño:** Coloque un tazón de queso y leche en el microondas y cocine a fuego alto durante 1 minuto.
- Adultos:** Retire el tazón del microondas y revuelva la mezcla con un batidor. El tazón con cuidado puede estar caliente. Vuelva a colocar en el microondas para cocinar durante 1 minuto adicional. Retire el tazón del microondas.
- Niño:** Revuelva la mezcla de queso y leche con un batidor de varillas hasta que el queso esté completamente derretido y la mezcla esté suave.
- Adulto:** Escurrir los macarrones con un colador. ¡No enjuague!
- Adulto:** Coloque los macarrones calientes directamente en el tazón de salsa de queso picante.
- Niño:** Agregue 1 taza de queso cheddar rallado y champiñones cocidos. Revuelva con una cuchara de madera hasta que esté bien combinado y el queso cheddar se derrita en salsa.
- Juntos:** Tome la medida de una taza de macarrones con queso cocidos y colóquela en un tazón para comer. ¡Disfruta!