



LESSON 5 PORTABELLA FAJITAS 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 "Sizzling Portabella Fajitas".
- Children will use their senses to evaluate recipe ingredients and the final food product.
- Children will express how much they like or dislike the "Sizzling Portabella Fajitas" 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*
- *Identifying the acid in the marinade*
- *Cooking safely with the help of an adult: "Healthy Helper"*

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

- *Main concept: marinating to tenderize ingredients*
- *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 fajita by adding filling to center and wrapping tortilla around.*

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

Ways to Incorporate Educational Standards into this Lesson Plan:

English Language Arts:

33.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.NF.3, 4.MD.2, 5.NF.1, 5.MD.2

Compare fractions of marinade ingredients, e.g. 1/4 c olive oil vs. 1/8c vinegar. Practice converting liquid volumes of marinade ingredients, e.g. convert 1/8 cup of vinegar to 2T.

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 "Sizzling Portabella Fajitas"*
- *Access to a standard kitchen and the ingredients and cooking equipment listed below*

Ingredients for Recipe (serves 6):

- *12 oz portabella mushroom caps*
- *1/2 large yellow onion*
- *2 green bell peppers*
- *1/4 c olive oil*
- *1/8 c balsamic vinegar*
- *1 T chili powder*
- *1/2 tsp salt*
- *3 cloves of garlic*
- *6 medium whole wheat flour tortillas*
- *3/4 cup chunky salsa (optional)*

Cooking Equipment:

- *Mushroom brush (can substitute with a clean paper towel)*
- *Child-safe knife*
- *Gallon sized freezer bag*
- *Measuring cups/spoons*
 - *1 cup liquid*
 - *1 T, 1 tsp, 1/2 tsp*
- *Garlic press (optional)*
- *Stovetop burner or hot plate*
- *Grill pan or large saute pan*
- *Microwave*
- *Tongs*
- *Plates for serving*

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

1. *Lesson 5 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. *The importance of acids in a marinade*
 - i. *Practice identifying the acid in this marinade*
 - ii. *Examples of other acids commonly used in marinades*
 - 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 Sizzling Portabella Fajitas"*
5. *Review how to make "Sizzling Portabella Fajitas" 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 "Sizzling Portabella Fajitas" 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 5.

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, 'Sizzling Portabella Fajitas' 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 Mac and Cheese' recipe last week. Then we will review some of the cooking vocabulary words we learned in our other lessons and we will learn more about the cooking technique called marinating. Then we will watch a short "How-to" video which will show you how to make "Sizzling Portabella Fajitas" 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 "Sizzling Portabella Fajitas" 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 'Pocket Pizzas'."

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, sauce pan, stock pot, 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. The importance of acids in a marinade:

"This week we will be learning more about technique called marinating. A marinade is a liquid that is added to vegetables and/or meat to make them become tender. A marinade often has several ingredients blended together but it important to understand that a marinade ALWAYS includes an acid. The acid in a marinade is what makes the food become more tender! The acids make foods more tender by unraveling the proteins and connective tissues in foods. Marinades often also contain spices, and spices make our food more flavorful."

"Today we are going to view a cooking demonstration that uses a marinade to tenderize and add flavor to mushrooms, peppers and onions. I am going to read the list of ingredients in the marinade and you see if you can identify what ingredient is the acid. Olive oil, balsamic vinegar, chili powder, salt, and garlic. Which one is the acid?"

Answer: balsamic vinegar

"Other common acids that you may see in other marinades are red wine/white wine/distilled/cider vinegar, lemon juice, orange juice, lime juice, and alcohol."

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 marinade for portabella mushrooms, onions and peppers in order to prepare the recipe "Sizzling Portabella Fajitas". This recipe makes 6 fajitas and is enough to feed 6 people. One portion is one fajita. 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" "

LESSON ACTIVITIES (CONT.):

"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 portabella fajitas at home for your family with the help of an adult."

4. Show students video entitled. "How To Make Sizzling Portabella Fajitas"**5. Questions and Answers on how to cook recipe "Sizzling Portabella Fajitas" at home**

"Now that we've watched a video on how to make the recipe "Sizzling Portabella Fajitas". 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 portabella fajitas at home this week."

"You have a copy of recipe "Sizzling Portabella Fajitas". 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 "Sizzling Portabella Fajitas" I want you to pick a day this week to make the recipe with an adult. The recipe makes enough for 6 people so you can even help feed your family for lunch or dinner. Remember one portion is one fajita, which is the cooked filling wrapped with one tortilla. When you are done making the fajitas, take a picture of the finished dish and post it on XXXX."

"It is important that you try the portabella fajitas 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 how to identify the acid in a marinade. The acid in a marinade is what makes vegetables and meat become more tender.

LESSON ACTIVITIES (CONT.):

"We also reviewed the cooking vocabulary words we learned throughout our cooking lessons: 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."

"This week you will practice reading and following the recipe "Sizzling Portabella Fajitas". When you make the recipe you will learn how to make a marinade that contains the acid vinegar in a freezer bag and 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 "Pocket Pizza". 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."



SIZZLING PORTABELLA FAJITAS

Healthy Helpers: Culinary Literacy for Kids



COOK TIME: 10 MIN



TOTAL TIME: 40 MIN



SERVINGS PER RECIPE: 6 FAJITAS

INGREDIENTS:

- 12 oz portabella mushroom caps, cleaned and sliced
- 1/2 large yellow onion, halved top to bottom and thinly sliced
- 2 green bell peppers, washed and thinly sliced
- 1/4 cup olive oil
- 1/8 cup balsamic vinegar
- 1 T chili powder
- 1/2 tsp salt
- 3 cloves garlic, finely minced or put through garlic press
- 6 medium whole wheat flour tortillas
- 3/4 cup chunky salsa, for serving (optional)

EQUIPMENT NEEDED:

- Mushroom brush
- Child safe knife
- Gallon sized freezer bag
- Measuring cups/spoons: 1 c (liquid), 1 T, 1 tsp, (1/4 c optional)
- Garlic press
- Stovetop burner or hot plate
- Grill pan or large saute pan
- Microwave
- Tongs
- Plates for serving



NUTRITION FACTS:

Serving size	1 fajita
Calories	230 kcal
Total fat	14 g
Saturated fat	3 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	800 mg
Total Carbohydrate	25 g
Protein	6 g

DIRECTIONS:

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

Adult: Clean mushroom caps with mushroom brush.

Adult: Wash peppers and slice off pepper sides. Discard seeds and stem.

Adult: Remove outer skin from the onion. Slice in half.

Child: Slice mushroom caps, peppers, and onions into thin strips.

Child: Smash garlic cloves with kid friendly knife and remove paper.

Child: Open gallon-sized freezer bag.

Child: Measure out 1/4 cup olive oil, 1/8 c (2T) balsamic vinegar, 1 T chili powder, 1/2 tsp salt into freezer bag. (Tip: Have a friend or an adult hold it open for you).

Adult: Place 3 cloves of garlic into the garlic press. Squeeze the press over the bag and scrape pressed garlic into the bag with a knife. (If you don't have a garlic press you can mince the garlic fine before putting into the bag).

Child: Close the bag and move back and forth to mix ingredients.

Child: Add sliced mushrooms, peppers, and onions to the bag. Move back and forth to mix everything together. Make sure vegetables are coated evenly in the marinade.

Adult: Preheat grill pan or large saute pan over medium-high heat.

Transfer the contents of the bag to the grill or saute pan. Cook while stirring constantly, until the vegetables are tender and are browned but not charred.

Together: Heat the tortillas in the microwave for 30 seconds to 1 minute, or on the grill pan, so they are soft and warm.

Together: Use tongs to place approximately 1/6 of the grilled mixture into the center of each tortilla. Top with chunky salsa if desired. Fold the bottom of the tortilla up and the sides in. Serve immediately. Enjoy!



SIZZLING PORTABELLA FAJITAS

Ayudantes Saludables: Literatura Culinaria Para Niños



HORA DE COCINAR: 10 MIN



HORA TOTAL: 40 MIN



PORCIONES POR RECETA: 6 FAJITAS

INGREDIENTS:

- 12 oz tapas de hongos portabella, limpias y cortadas en rodajas
- 1/2 cebolla amarilla grande, cortada por la mitad de arriba a abajo y en rodajas finas
- 2 pimientos verdes, lavados y en rodajas finas
- 1/4 taza de aceite de oliva
- 1/8 taza de vinagre balsámico
- 1 cucharadita de chile en polvo
- 1/2 cucharadita de sal
- 3 dientes de ajo, finamente picados o pasados por una prensa de ajo
- 6 tortillas medianas de harina de trigo integral
- 3/4 taza de salsa gruesa, para servir (opcional)

EQUIPMENT NEEDED:

- Cuchillo seguro para niños
- Cepillo de hongos
- Bolsa para congelador de un galón
- Tazas / cucharas medidoras: 1 taza (líquido), 1 cucharada, 1 cucharadita, 1/4 cucharadita (opcional)
- Prensa de ajo
- Quemador de estufa o placa calefactora
- Sartén grande
- Microonda
- Tenazas
- Platos



NUTRITION FACTS:

Serving size	1 fajita
Calories	230 kcal
Total fat	14 g
Saturated fat	3 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	800 mg
Total Carbohydrate	25 g
Protein	6 g

DIRECTIONS:

- Juntos: Tómese 5 minutos para reunir los ingredientes, el equipo de medición y cocción necesarios, coloque cada uno al alcance de la mano.
- Adulto: Limpie las tapas de los hongos con un cepillo para hongos.
- Adulto: Lave los pimientos y corte los lados del pimiento. Deseche las semillas y el tallo.
- Adulto: Retire la piel exterior de la cebolla. Cortar por la mitad.
- Niño: corte las tapas de los champiñones, los pimientos y las cebollas en tiras finas.
- Niño: aplasta los dientes de ajo con un cuchillo para niños y retira el papel.
- Niño: Bolsa para congelador abierta del tamaño de un galón.
- Niño: Mida 1/4 taza de aceite de oliva, 1/8 taza (2 cucharadas) de vinagre balsámico, 1 cucharadita de chile en polvo, 1/2 cucharadita de sal en una bolsa para congelar. (Consejo: pídale a un amigo o adulto que lo abra para usted).
- Adulto: Coloque 3 dientes de ajo en la prensa de ajo. Apriete la prensa sobre la bolsa y raspe el ajo prensado en la bolsa con un cuchillo. (Si no tienes una prensa de ajos puedes picar bien el ajo antes de ponerlo en la bolsa).
- Niño: Cierre la bolsa y mueva la bolsa hacia adelante y hacia atrás para mezclar los ingredientes.
- Niño: Agregue los hongos, pimientos y cebollas en rodajas a la bolsa. Muévase hacia adelante y hacia atrás para mezclar todo junto. Asegúrese de que las verduras estén cubiertas uniformemente con la marinada.
- Adulto: Precaliente una sartén para asar o una sartén grande a fuego medio-alto. Transfiera el contenido de la bolsa a la parrilla o sartén. Cocine revolviendo constantemente, hasta que las verduras estén tiernas y doradas pero no carbonizadas.
- Juntos: Caliente las tortillas en el microondas durante 30 segundos - 1 minuto para que estén suaves y calientes.
- Juntos: Use pinzas para colocar aproximadamente 1/6 de la mezcla asada en el centro de cada tortilla. Cubra con salsa gruesa si lo desea. Doble la base de la tortilla hacia arriba y los lados hacia adentro. Sirva inmediatamente.

¡Disfrutar!