



“Made with Love” Lesson Plan for Homeschool

Overview

Raddish is designed by a dedicated team of teachers and chefs who believe the kitchen classroom is the tastiest place to learn. We love watching learning come alive when kids mix math, stir science, and taste culture!

Paired with the materials found in your Made with Love box, this lesson plan divides your box into 3 45-90 minute lessons you can use and adapt to support your homeschool study, pre-k – middle school. Depending on your timeframe and child’s age and engagement, these can be taught together or separated for a longer lesson. Please refer to the curriculum provided in your box: recipe guides, activity card, and introduction card. Happy cooking! Happy learning!

Lesson 1: I ♥ Breakfast & Poems from the Heart Activity Time: 45-90 minutes

Learning Outcomes

- Students will discuss what *appreciation* means to them, identify where they see appreciation, when they feel appreciated and practice appreciating others.
- Students will learn about two or more poetic forms (Acrostic, Concrete, Cinquain, Diamante).
- Students will select a focus when writing.
- Students will use descriptive language to describe people, places, things, locations, and actions.
- Younger students will write or dictate an original poem.
- Younger students will use letters and phonetically spelled words to write about experiences, stories, people, objects, or events.
- Older students will practice counting syllables and using nouns, adjectives, and verbs to create appreciation poems.
- Older students will understand, explain, and use common antonyms and synonyms.
- All students will plan and present dramatic interpretations of their poem with clear diction, pitch, tempo, and tone.



- Students will create a card that shows their appreciation and includes their original poetic work inside.
- Students will make and share I ♥ Breakfast with the person/people that they appreciate.

Materials

- Recipe guide, ingredients, and tools listed within.
- “Four Types of Poems” (included)
- Chart Paper and Markers
- Paper and pencil
- Dictionary, Thesaurus
- Art Materials to make cards and decorate poems
 - Card stock
 - Doilies
 - Stickers
 - Markers, crayons, etc.
- Books of poetry; some ideas:
 - Where the Sidewalk Ends, or A Light in the Attic, by Shel Silverstein
 - Alligator Pie, by Dennis Lee
 - Now We Are Six, by A.A. Milne
 - Meet Danitra Brown, by Nikki Grimes
 - Revolting Rhymes, by Roald Dahl
 - Anything by Dr. Seuss

Resources

- Extension lesson for older students: <http://www.poetryarchive.org/lesson-plan/inclusion-sun-has-burst-sky-jenny-joseph>
- To listen to poems read aloud and poets interviewed: <http://childrenspoetryarchive.org>
- www.poetry4kids.com
- Teaching appreciation: http://speaktokids.org/Speak_To_Children/Appreciation.html
- Poetry defined: <http://kids.britannica.com/elementary/article-353645/poetry?>

Poetry Lessons Adapted From

- www.poetry4kids.com



1. Introduction- Appreciation

- **Ask:** What does appreciation mean?
 - **Share:** Appreciation means to value or show gratitude, to be thankful.
- **Ask:** What do you appreciate right in this moment?
 - Examples: I am warm inside, I am with my friends/family, I am learning something new, etc.
- **Ask:** Who do you appreciate in your life and why?
 - Examples: Mom for teaching me how to read, Dad for doing the laundry, teacher for explaining when I don't understand, etc.
- **Ask:** How do you show appreciation?
 - Examples: say "Thank you", a hug, help out, return the favor
- **Ask:** Do you ever feel appreciated? What for? How does it make you feel?
- **Practice** showing appreciation to someone right now.
 - **Ask:** Was it hard to think of something to be appreciative of? How did you feel showing appreciation?
- **Say:** Think of someone in your life that you would like to show appreciation to.
- **Read** the **Breakfast in Bed** section of the I ♥ Breakfast recipe guide together with students.
- **Record** student answers to these sentence prompts on chart paper. Encourage multiple answers/ideas for each sentence.
 - For example: You make me smile when _____
 - You tickle me awake in the morning.
 - You stick out your tongue at me.
 - You dance.
 - You tell me a joke.
- **Share:** One way to show people you appreciate them is through words. A beautiful way to put words together is in a poem.

2. What is a Poem?

- **Read** some poems aloud or have students peruse poetry books and talk about what they notice.
 - **Ask:**
 - What is the poem about?
 - What kinds of words are used?
 - How does it look on the page?
 - What sounds do you hear?
- **Share:** Poetry is a type of literature, or artistic writing, that attempts to stir a reader's imagination or emotions. The poet does this by carefully choosing



and arranging language for its meaning, sound, and rhythm. Some poems, such as nursery rhymes, are simple and humorous. Other poems may try to express some truth about life, to tell a story, or to honor a person or a god. Poetry appears in a great many forms and styles.

kidsbritanica.com

- **Share:** Today we are going to learn about a couple of poetic forms. Each of the forms will contain a set of rules that is specific to that type of poem. These rules can include the number of lines or symbols the poem should have, the placement of rhymes, and so on.

3. Types of Poems

- In preparation, **read** “Four Types of Poems” (included).
 - *Note: The first two poetic forms (Acrostic and Concrete) are better suited to younger students. The second two poetic forms (Cinquain and Diamante) are more of a challenge for older students.*
- **Teach** the students the poetic forms.
- **Illustrate** with the provided examples.
- **Model** writing a poem with the students.
 - Refer to “Four Types of Poems” for the steps for writing that specific type of poem.

4. Write a Poem

- **Share:** You have learned about appreciation and poetry, now is the time to put the two together.
- **Review** what appreciation means, how to show it, and how it feels to receive it.
- **Tell** students to choose a person to whom they would like to show appreciation.
- Have students **choose** which poem they want to write.
- Provide students with the “Four Types of Poems” sheet related to their poem.
- **Support** the writing process.
- Have students **read** their poems aloud as they compose to get a feeling for the words they are using.
- Have students write a final version.
- Decorate the final version as part of an appreciation card.
- Have students present the card to the chosen person.
- *For Younger Students:*
 - Help brainstorm vocabulary.
 - Write down student ideas.
 - For a concrete poem, assist in creating the shape.
- *For Older Students:*



- Provide dictionary and thesaurus to help with word generation.

Extension Ideas

- Learn about more poetic forms: www.poetry4kids.com
- Have students choose a poem that they really connect to, practice reciting it, and present it to friends and family.
- Have a poetry night and have every family member or friend choose a poem to share with the group.
- Research the life of a poet.

5. Kitchen Prep

- Read the I ♥ Breakfast recipe card together.
- Identify and gather ingredients.
- Gather tools.
- Discuss kitchen safety. Specifically, stove top safety and handwashing (Visit Raddishkids.com/pages/safety).
- Read the Featured Culinary Skill - **How to Fry an Egg.**

6. Prepare I ♥ Breakfast

- a. Ask children to read or describe each step.
- b. Together, follow the steps in the recipe.
- c. Give each child a turn to shape, cut and crack.
- d. When I ♥ Breakfast is ready, eat, taste and share!
- e. While friends are eating, share your poems and/or go around the table and tell each person something that you appreciate about them.



Lesson 2: Hearty Bolognese Sauce & Italy's Geography and Sauces

Activity Time: 60-90 minutes

Learning Outcomes

- Students will learn about the geography, population, culture and agriculture of Italy.
- Students will make connections between the agriculture and recipes of a region.
- Students will research one kind of Italian sauce.
- Students will creatively present their research.
- Students will make Hearty Bolognese Sauce to share with their friends and family.

Materials

- Recipe guide and ingredients and tools listed within.
- Atlas/world map/globe
- Chart paper and markers
- Blank "Map of Italy" (included)
- "Italy Research Worksheet" (included)

Optional Materials:

- Picture Books about Italy:
 - Living in... Italy by Chole Perkins
 - Kids' Travel Guide- Italy by Sheila Leon and Elisa Davoglio
 - C is for Ciao: An Italy Alphabet by Elissa D. Grodin and Mario Cuomo
 - Gabriella's Song by Candace Fleming
 - Madeline and the Cats of Rome by John Bemelmans Marciano
- Chapter Books about Italy:
 - Carnival at Candelight (Magic Treehouse #33) by Mary Pope Osborne
 - Vacation Under the Volcano (Magic Treehouse #13) by Mary Pope Osborne
 - The Vanishing Point by Louise Hawes
 - Heaven is Paved with Oreos By Catherine Gilbert Murdock
- Italian Cookbooks:
 - Let's Cook Italian by Anna Prandoni
 - The Silver Spoon for Children: Favourite Italian Recipes by Amanda Grant
 - Everyday Italian: 125 Simple and Delicious Recipes by Giada De Laurentiis
 - The Batali Brothers Cookbook by Leo Batali and Benno Batali



Resources

- Map of Italy: <http://italymap.facts.co/italymapof/ItalyBlankMap.png>
- Italian Sauces
 - Pesto: <https://prezi.com/nh9zwqmjd9s/the-origins-and-history-of-pesto/>
 - Bolognese: <http://www.spaghettibolognese.info/p/history.html>
 - Alfredo: <http://www.ilveroalfredo.it/en/history/> or <http://www.pasta-recipes-by-italians.com/history-of-fettucini-alfredo.html>
 - Marinara: <http://forknplate.com/2015/01/28/marinara-sauce/>
 - Carbonara: <https://dobianchi.com/2012/10/29/carbonara-origin-name-meaning/>
 - Amatriciana: <https://fineitaly.org/en/the-mag/fine-ingredients/amatriciana>
- List of Classic Italian Foods: https://en.wikipedia.org/wiki/List_of_Italian_dishes
- Italy Research
 - Basic Facts: <http://www.enchantedlearning.com/europe/italy/>
 - Kid Friendly:
 - <http://www.kids-world-travel-guide.com/italy-facts.html>
 - <http://kids.nationalgeographic.com/explore/countries/italy/#italy-coliseum.jpg>
 - <http://www.coolkidfacts.com/italy-facts-for-kids/>
- Videos from Youtube
 - Introducing Italy (6:28) <https://www.youtube.com/watch?v=g5mpdzUIFmw>

1. Introduction- What do you know about Italy?

- Set up the learning environment with some Italian inspired items. Some ideas:
 - Foods: olive oil, balsamic vinegar, pasta, etc.
 - A map of Italy from an atlas or online
 - Music: opera, Pavarotti, etc.
- **Ask** students to share what they know about Italy and record their ideas on chart paper.
- **Watch** the video:
 - Introducing Italy (6:28) <https://www.youtube.com/watch?v=g5mpdzUIFmw>
- **Share:** Today we are going to research Italy and the sauces that are inspired by the history, culture and foods grown in its different regions.

2. Italy Research

- Have students **complete** the “Italy Research Worksheet” (included)
 - Have students use the internet, interviews or books to find answers to the questions.
- Use what you learned to add information to the “Map of Italy” (included)
 - Color and label the bodies of water
 - Label the capital city



- Label the other countries that are within Italy
- Label the tallest mountain
- Mark anything else you find interesting
- **Read** “The Sauces of Italy” section of the Hearty Bolognese Sauce Recipe Guide and add where the sauces are from onto your map.

3. The History of Sauce

- Have students **choose** one sauce and **research** its origins:
 - Pesto: <https://prezi.com/nh9zwqmjd9s/the-origins-and-history-of-pesto/>
 - Bolognese: <http://www.spaghettibolognese.info/p/history.html>
 - Alfredo: <http://www.ilveroalfredo.it/en/history/> or <http://www.pasta-recipes-by-italians.com/history-of-fettucini-alfredo.html>
 - Marinara: <http://forknplate.com/2015/01/28/marinara-sauce/>
 - Carbonara: <https://dobianchi.com/2012/10/29/carbonara-origin-name-meaning/>
 - Amatriciana: <https://fineitaly.org/en/the-mag/fine-ingredients/amatriciana>

Extension Ideas

- Make a cooking show. Talk about the history of an Italian sauce, show where on a map of Italy it was invented, and teach the audience how to cook it.
- Choose one ingredient grown in a particular area of Italy and find recipes that use it.
- Research other kinds of Italian dishes
 - List of Classic Italian Foods: https://en.wikipedia.org/wiki/List_of_Italian_dishes

4. Kitchen Prep

- Read the title page together.
- Identify and gather ingredients and tools.
- Discuss kitchen safety. Read the **Featured Culinary Skill – Stove Top Safety** (Visit Raddishkids.com/pages/safety).

5. Prepare Hearty Bolognese Sauce

- Ask children to read or describe each step.
- Give each child a turn grating, smashing, and stirring.
- When the Hearty Bolognese Sauce is ready, eat, taste and share!
- While you are eating, teach what you learned about Italy and the history of an Italian sauce to your friends and family.



**Lesson 3: Sweetheart Cookies
& Charity Bake Sale**
Activity time: 90 minutes

Learning Outcomes

- Students will plan and host a real or imaginary charity bake sale.
- Students will discuss what a charity is, what it does, and learn how they can help.
- Students will research a charity using the internet, telephone, and/or personal contacts.
- Students will plan a bake sale, taking into consideration many logistics.
- Students will make a persuasive presentation about their bake sale.
- Students will make Sweetheart Cookies.

Materials

- Recipe guide and ingredients and tools listed within.
- “Charity Research Worksheet” (included)
- Access to the internet, telephone, email, or letter writing.
- *Optional:*
 - Poster Board, markers, paint, etc.
 - Recipes for bake sale
 - Coins
 - Decorations (napkins, doilies, etc.)
 - Video camera

Resources

- Kid Friendly charity website: www.alexslimonade.org
- List of charities that specifically help children:
<http://www.more4kids.info/652/top-childrens-charities/>
- Extension ideas for choosing a charity: <http://wonderspark.edublogs.org/2017/01/14/cookies-for-comfort-math-justice-charity-change/>

1. Introduction- Charity

- **Ask:** What is a charity?
- **Share** about a charity that is important to your neighborhood or family.
 - Highlight their mission, who they help and how they do it.
 - **Example:** Alex’s Lemonade Stand, <https://www.alexslimonade.org>



- **Ask:** Where do you think charities get their money from?
 - **Discuss** what a donor is.
- **Read** the **Bake Someone Happy** section of the Sweetheart Cookies recipe guide. Discuss the Food For Thought questions.
- **Share:** Today we are going to research a charity and plan a real or imaginary bake sale* to raise money for them. A bake sale can be a small or a large undertaking. It could simply be within your family or as large as your school or church community.

* It is up to you, the teacher, to decide what you want to undertake.

2. Charity Research

- Have students **choose** a charity to fundraise for and have them complete the “Charity Research Worksheet” (included)
- Have students **teach** each other about the charities that they chose.
- Encourage them to ask each other clarifying questions.

3. Bake Sale

- Have students **complete** the “Bake Sale Planning Worksheet”
- Have students **choose** how to plan:
 - Draw a picture of your bake sale table complete with decorations and what goodies you will be selling.
 - Create a poster to advertise the bake sale.
 - Write an action plan of steps to be taken, in what order and who will complete tasks.
 - Create a menu of bake sale offerings complete with prices.
- Have students **pitch** their bake sale ideas
 - Have them share their bake sale idea with:
 - People they want to bake for them.
 - People they want to come to the bake sale.
 - The location where they want to hold the bake sale.
 - The charity they are raising funds for.
 - Anyone else.
- You can stop there or have students go ahead and hold the bake sale!

Extension Ideas

- Create a video explaining the work that the charity does. You can play this at your bake sale.
- Write a letter to the charity including the work that you did along with the funds that you raised in your bake sale. Or write a letter to the charity you learned about to find out what other ways you can help.



- Math extensions:
 - *For Younger students:*
 - Coin identification
 - Add two bake sale item costs together to find out what someone owes
 - Count the number of bake sale items you have to sell.
 - Fewer than, more than, the same as- comparing cookies to brownies etc.
 - *For Older Students:*
 - Calculating costs (for supplies, ingredients, etc.) to determine how many sales need to be made in order to make a profit for donation.
 - Making change and the idea of starting with a float in order to be able to make change.
 - Calculating the area of your table: How much table space do you have? How many items will fit?

4. Kitchen Prep

- a. Read the title page together.
- b. Identify and gather ingredients and tools.
- c. Read the **Featured Culinary Skill – Making Sugar Cookie.**
- d. Discuss kitchen safety, especially oven safety (Visit Raddishkids.com/pages/safety).

5. Prepare Sweetheart Cookies

- a. Ask children to read or describe each step.
- b. Give each child a turn creaming, rolling, and cutting.
- c. Once the Sweetheart Cookies are ready gather your family and friends together to Eat, Taste and Share!
- d. While everyone is enjoying their cookies teach them about the charity you learned about and pitch them your bake sale idea. Maybe they will want to help!

Four Types of Poems

Acrostic Poetry

- Acrostics are a fun poetic form that anyone can write.
- An acrostic is a poem in which the first letters of each line spell out a word or phrase. The word or phrase can be a name, a thing, or whatever you like.
- Usually, the first letter of each line is capitalized. This makes it easier to see the word spelled out vertically down the page.
- Acrostics are easy to write because they don't need to rhyme, and you don't need to worry about the rhythm of the lines. Each line can be as long or as short as you want it to be.

Steps to Write an Acrostic Poem:

1. Decide what to write about.
2. Write your word down *vertically*.
3. Brainstorm words or phrases that describe your idea. At this point, don't worry about the letter in the word. Just get a bunch of ideas.
4. Try and use your first line to introduce the subject and your last line to end the poem.
5. Place your brainstormed words or phrases on the lines that begin with the same letters.
6. Fill in the rest of the lines to create a poem.

Example of an Acrostic:

Ready to learn, cook and share!

Adventures in the kitchen

Delicious tastes in my mouth

Displaying dinner like a work of art

Inventing new recipes

Scavenger hunts in the grocery store

Home eating with my family at the dinner table

Cinquain Poetry

- The cinquain poem was created by American poet, Adelaide Crapsey, about 100 years ago.
- It is similar to Japanese poetic forms, such as haiku and tanka.
- Although cinquains are only five lines long, the best ones tell a small story. Instead of just having descriptive words, they may also have an action (something happening), a feeling caused by the action, and a conclusion or ending.
- The Rules of a Traditional Cinquain:
 - Cinquains are five lines long.
 - They have 2 syllables in the first line, 4 in the second, 6 in the third, 8 in the fourth, and just 2 in the last line. (2,4,6,8,2)
 - Cinquains do not need to rhyme, but you can include rhymes if you want to.
- Tell a story with a cinquain:
 - Start with your subject on the first line, describe it on the second, put an action on the third line, a feeling on the fourth line, and a conclusion on the last line, like this:

Title

Subject (2)

Description (4)

Action (6)

Feeling (8)

Conclusion (2)

Steps to Write a Cinquain Poem

1. Decide what you would like to write about.
2. Brainstorm words and phrases that have to do with your idea.
3. Think about what story you want to tell.
4. Write your words and phrases in an order that tells your story, being sure to count the syllables as you go. (2,4,6,8,2)

Example of a Cinquain:

I Love to Cook!

Cooking

Shopping for food

Tasting, creating art

I share with friends we are all full

Content

Diamante Poetry

- A diamante – pronounced dee-uh-MAHN-tay – is an unrhymed seven-line poem.
- The beginning and ending lines are the shortest, while the lines in the middle are longer, giving diamante poems a diamond shape.
- “Diamante” is the Italian word for diamond, so this poetic form is named for this diamond shape. It is also called a “Diamond Poem.”
- The diamante was invented 48 years ago by an American poet named Iris McClellan Tiedt in 1969, and has become very popular in schools.
- The Rules of a Diamante:
 - Diamantes are seven lines long.
 - The first and last lines have just one word.
 - The second and sixth lines have two words.
 - The third and fifth lines have three words.
 - The fourth line has four words.
 - Lines 1, 4, and 7 have nouns.
 - Lines 2 and 6 have adjectives.
 - Lines 3 and 5 have verbs.
- There are two different types of diamantes: *synonym* diamantes and *antonym* diamantes.
 - In a synonym diamante, the nouns at the beginning and end are two words that mean basically the same thing.
 - In an antonym diamante, the two nouns are opposites.

Noun
Adjective, Adjective
Verb, Verb, Verb
Noun, Noun, Noun, Noun
Verb, Verb, Verb
Adjective, Adjective
Noun

Steps for Writing a Diamante Poem

1. Decide what thing (noun) you want to write about.
2. Decide if you are writing a synonym or antonym diamante.
 - If you choose synonym you need to choose another word that means the same thing as your subject.
 - If you are writing an antonym diamante, choose a word that is its opposite.
3. Once you’ve chosen your two nouns, take a piece of paper and make a column for each noun. Then brainstorm as many words as you can that have to do with each of them. Remember that you want descriptive words (adjectives), action words (verbs) and even more nouns. Write more words than you need so you have lots of options.
4. Arrange your diamante, putting the synonyms or antonyms at the top and bottom, the adjectives next, on lines 2 and 6, the verbs after that on lines 3 and 5, and lastly your additional nouns on the middle line.
 - In the *top* half of the poem – lines 2 and 3 – your adjectives and verbs should be ones from your first brainstorming column
 - In the *bottom* half of the poem – lines 5 and 6 – your adjectives and verbs should be related to the noun on line.
 - On line 4 (the line in the middle of the poem) the first two nouns should be related to the noun on line 1, and the last two nouns should be related to the noun on line 7.

Example of Antonym Diamante:

Chocolate	Vanilla
Melting	Liquid
Brown	White
Bitter	Sweet
Oozing	Flavoring
Chomping	Licking
Pod	Flower
Bar	bean
Tree	Scent

Chocolate
 Brown, Bitter
 Melting, Oozing, Chomping
 Pod, Tree, Bean, Flower
 Flavoring, Scenting, Licking
 White, Sweet
 Vanilla

Map of Italy

<http://italymap.facts.co/italymapof/italyBlankMap.png>



Italy Research Worksheet

What continent is Italy a part of?

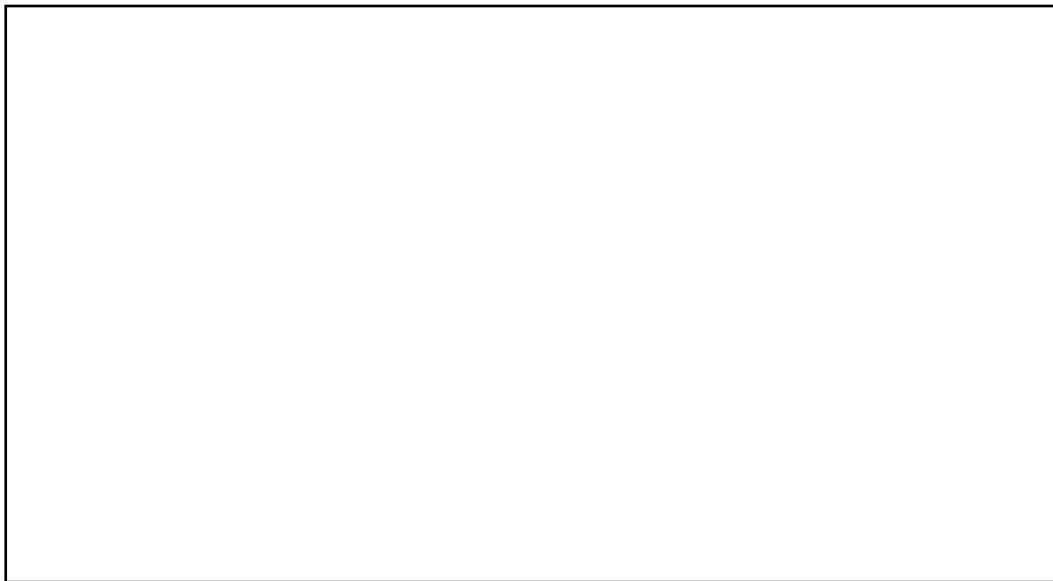
What is the population?

What is the capital?

What languages are spoken?

What is the currency?

Draw the Italian flag.



What does the Italian flag represent?

What bodies of water are there?

What countries border Italy?

- _____
- _____
- _____
- _____
- _____
- _____

What mountain ranges cover parts of Italy?

What is the tallest mountain?

What foods are grown in Italy?

- _____
- _____
- _____
- _____

List some famous buildings/landmarks:

- _____
- _____
- _____
- _____

List some famous Italians:

- _____
- _____
- _____
- _____

List some famous Italian inventions:

- _____
- _____
- _____
- _____

What is the most popular sport?

What is the most popular sports team?

List any other interesting facts you have learned.

- _____
- _____
- _____
- _____

Charity Research Worksheet

Name of charity

When did they start and why?

Who do they help?

How do they help?

Contact information for donations:

Why do you choose this charity?

It is important that you can explain this both for your advertising (for example: on posters), but also for speaking with customers to teach them about the charity and why it is important to you.

Bake Sale Planning Worksheet

What is the purpose of your bake sale? What charity are you supporting and why?

Schedule your bake sale:

Date: _____

Place: _____

Time: _____

Who is going to help you? How will you ask them?

How will you advertise the sale? (posters, word of mouth, school announcements)

What will you sell? Who will do the baking? How many items?

How much will you sell items for? Will everything be the same price? Why or why not?

How will you decorate for your bake sale?

What supplies will you need? (table, trays, napkins, etc.)

Anything else you can imagine:
