



## Food for Friends 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 Food for Friends box, this lesson plan divides your box into 4 60-90 minute lessons to support your homeschool study. 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 cards, skill card, and introduction card. Happy cooking! Happy learning!

### Lesson 1: Grocery Store Scavenger Hunt

Activity Time: 60 minutes

#### Learning Outcomes

- Students will learn the different departments in a grocery store.
- Students will learn where whole and healthier foods are typically found in the grocery store.

#### 1. Introduction

- a. Introduce the lesson by sharing the different departments in a grocery store. Ex. meat, fish, produce, dairy, etc.
- b. Have each student create a shopping list based on a favorite snack or items you need to purchase. Use the Raddish shopping list as a guide. Pre-writers can illustrate their list instead.

#### 2. At the Grocery Store

- a. Explore the grocery store together. Start at the perimeter and discuss the different departments. What do they have in common? Different?
- b. Incorporate math into the lesson by giving each student a budget and having them track the cost of each product as it's added to the cart.
- c. Have students weigh bulk items and calculate costs.





- c. Using a potato masher, or similar kitchen tool, crush the berries. Then simmer for another 15 minutes (or put back in the microwave for 1 minute).
- d. Strain mixture and discard berries.
5. Pour paint into cups. Use paintbrushes and watercolor paper to create a masterpiece!
6. Once scones have cooled, taste and share!

### **Lesson 3: Berry Happy Jam & Jar Decorations**

Activity time: 90 minutes

#### **Learning Outcomes**

- Students will discover what it means to eat seasonally and locally.
  - Students will learn when certain fruits and vegetables are in season.
  - Students will appreciate teachers and other members in their community.
  - Students will learn how to make jam from fresh fruit.
1. Introduction
    - a. Introduce the lesson by discussing the term estimate. Estimating is using what you know to calculate or judge the value of a number or quantity.
    - b. Ask students to use their estimation skills to guess how many seeds are in a strawberry (answer: 200 on average). If we laid out all the strawberries produced in California per year berry to berry how many times would it go around the world (answer: 15 times!)?
    - c. Share a few other fun facts: the US produces 27% of the world's consumption of strawberries, and California produces 80% of these. The strawberry is America's favorite berry.
  2. Getting Started
    - a. Read the title page together.
    - b. Identify and gather ingredients.
    - c. Gather tools.
    - d. Discuss kitchen safety. Create kitchen rules together. Ex. No Running, Oven Safety, Knife Safety
  3. Prepare the Berry Happy Jam
    - a. Ask children to read or describe each step.
    - b. Give each child a turn cutting, grating, pouring, and mashing ingredients.
  4. While the berries simmer, have students decorate jam jars.



- a. Prior to decorating, discuss who they'd like to make the jam for and why?  
Ex. teacher, fire fighter, caregiver, elderly neighbor, etc.
- b. Ask students to think of a favorite memory with the gift recipient and write their memory on paper. Then draw a picture associated with the memory.
- c. Follow instructions in guide to decorate and secure gift note to jam jar.
- d. Give jam jar and favorite memory to gift recipient.

## **Lesson 4: Neighborhood Night Taco Party & Homemade Piñata**

Activity time: 90 minutes

### **Learning Outcomes**

- Students will develop organizational skills by hosting a taco party.
- Students will be introduced to the history, language and geography of Mexico.
- Students will discover fun facts & characteristics about cilantro.
- Students will learn the culinary technique: sauté.
- Students will learn about traditional Mexican fiestas.

#### **1. Introduction**

- a. Introduce the lesson by discussing elements involved in hosting a party.  
Ex. preparation, guest list, menu, decorations, music, invitations, games, etc.
- b. Discuss the importance of organization when hosting an event and ways to help with preparation. Ex. to do list, timeline, asking others to help, etc.
- c. Discuss game ideas to play with guests either upon arrival or after dinner. Introduce piñatas.

#### **2. How to Make Homemade Pinatas**

- a. Preface this activity by sharing that piñatas are the object of a game played in Mexico at children's birthday parties and during Christmas celebrations.
- b. Share the history of piñatas using this resource:  
<http://chnm.gmu.edu/cyh/primary-sources/411>
- c. Make a homemade piñata with these easy steps:  
<http://www.wikihow.com/Make-a-Pinata>
- d. Fill the piñata with healthy treats and have guests play during the taco party.

#### **3. Getting Started**

- a. Read the title page together.



- b. Identify and gather ingredients.
  - c. Gather tools.
  - d. Discuss kitchen safety. Create kitchen rules together. Ex. No Running, Oven Safety, Knife Safety
4. Prepare Tacos, Corn Confetti and Tomato Salsa
- a. Ask children to read or describe each step.
  - b. Give each child a turn chopping, mixing, measuring and sautéing.
  - c. Teach students the definition of sautéing – sautéing is a form of dry-heat cooking that uses a very hot pan and a small amount of fat to cook food quickly. It browns the food's surface as it cooks and develops flavors and aromas.
  - d. Set out the ingredients buffet style then taste & share!