

## Lesson 3: Cooking with Mushrooms

### Enduring Understanding:

- Mushrooms are good and good for me!

### Lesson Objectives

- Students will use their understanding of equivalent fractions to solve problems.
- Students will listen to, read, and follow the steps in a recipe to make a mushroom avocado quesadilla.

### Materials

- PowerPoint Lesson 3: Cooking with Mushrooms
- K-W-L chart started in the previous lesson
- Grade Level appropriate "Case of the Missing Measuring Cups" activity sheet
- Case of the Missing Measuring Cups video (embedded in the PowerPoint or available at <https://vimeo.com/369182586>)
- Ingredients and kitchen utensils for making mushroom avocado quesadillas
- NOTE: If possible, invite a member of the kitchen staff to take part in the cooking activity, and introduce them to the class. It may also be helpful to invite some parent volunteers to assist with the activity.



## Activity Session

### Opening: Case of the Missing Measuring Cups

- Remind students that yesterday we learned about the different types of mushrooms. Using the “L” section of the KWL chart from the previous lessons, continue adding facts that students learned about mushrooms.
- Explain to students that today, the cafeteria staff has asked for our help in preparing a meal - but we have a major problem!
- Play the “Case of the Missing Measuring Cups” video (embedded in the PowerPoint or available at <https://vimeo.com/369182586>)
- After playing the video, ask students if they are ready to help the cafeteria staff calculate equivalent fractions, identify the correct measuring utensils, and prepare lunch.

### Part 1: Equivalent Fractions & Measurement Conversion

- As a class, read through the Mushroom Avocado Quesadilla recipe on the “Case of the Missing Measuring Cups” activity sheet
- Summarize and discuss the steps of making a quesadilla.
- Using manipulatives such as number lines, fraction strips, or fraction circles review the concept of equivalent fractions. Explain to students that equivalent fractions are two different fractions that are equal. Use manipulatives or visual aids to show this concept.
- Using the problem-solving activity sheet appropriate for your grade level, guide students through solving the “Case of the Missing Measuring Cups.”



## Part 2: Cooking Quesadillas with the Kitchen Staff

### Activity Opening

- Prior to teaching the lesson, wash, and prep all ingredients so that students are not cutting or chopping ingredients. Set aside additional whole, fresh mushrooms (unwashed) for the children to practice washing.
- Explain that today, we will be making a mushroom avocado quesadilla recipe!
- Show and briefly describe each ingredient we use in the recipe.

### Creating a Group Name

- Place students in groups of two or three and position them at different desks/tables (their "cooking stations").
- Have each group/station come up with a group name and help them write the name on the edge of a paper plate at their station.

### Washing the Mushrooms

- Note: Applicable if a sink is available and time permits. If not, have washed and unwashed mushrooms available and talk through the process of washing.
- Have students come to the sink to wash their hands and remain at the sink.
- Explain to children that, in order to remove any dirt or germs from vegetables we should wash them before using them in recipes.
- Pass out a few extra mushrooms to each group of children. Remind the children that mushrooms grow in dirt and ask them if they see any dirt on their mushrooms that needs to be washed off. In their groups, allow them to take turns rinsing the mushrooms and have them put all of their clean mushrooms in a big bowl after washing.



## Cooking the Mushrooms

- Bring the students to come to the front of the room (where the cooking demonstration will happen) and show them how we remove the stem of the clean mushrooms and then slice the caps into even slices for our quesadillas. (We will have prepped enough mushrooms in advance for the quesadillas, this exercise is just for demonstration purposes).
- show children the inside of the mushroom and ask how the mushroom slices look different from a whole mushroom. Allow the children to guess how many slices we will get from a whole mushroom. Optional: Allow students to taste the fresh mushroom slices.
- Now tell students we are going to cook the mushrooms. Keeping children far enough from the heating element so no oil can splash, heat olive oil in a large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 3-5 minutes or until mushrooms begin to brown. Add salt, flip mushrooms and cook about 3-5 minutes more.
- Show the children the cooked mushrooms and ask how the cooked mushrooms look and smell different from the fresh mushrooms.

## Preparing the Quesadillas

- Have the students go back to their stations.
- Note: An adult will be guiding the class through the steps of the recipe by demonstrating each step in the process before the students are asked to try.
- Walk around the room and distribute ingredients to each group.
  - 1 tortilla
  - 3-4 thin avocado slices
  - $\frac{1}{2}$  cup shredded cheese
  - Optional: Allow the children to help measure out  $\frac{1}{2}$  cup cheddar cheese from a large bowl into a smaller bowl at their station.
  - 1 tablespoon of cilantro
- Walk the children through the process of placing half of the cheese and the avocado slices on one half of the tortilla
- Circulate through the room to monitor the students' work and make sure they are completing each step correctly.
- Walk around the room and place some mushrooms in each group's quesadilla.
- Have the children top the mushrooms with the remaining cheese and the cilantro, and fold the tortilla in half.



# Mushroom Madness!



- Have each station bring their quesadilla up to the front of the room to grill or warm in the skillet. Cook until cheese begins to melt, then flip to cook the other side. Transfer to a cutting board and cut into wedges then place them on the group's plate. Leave the plate at the front of the room to cool while the other groups' quesadillas are cooked.
- Once the quesadillas are complete and cooled, allow students to eat and enjoy their work!
- Teach the students the importance of cleaning up after themselves and have each group wipe down their station with a paper towel and dispose of their plate and any other trash.

## Closing

- Once students have completed each activity in the unit, add some final facts to the "L" section of the KWL chart.
- As a class, compose a final tweet to Mushrooms in Schools (@MushroomsK12) thanking them for teaching us about mushrooms and sharing insights from the experience.

