

Lesson 3: Cooking with Mushrooms

Enduring Understanding:

- Mushrooms are good and good for me!

Lesson Objectives

- Students will listen to, read, and summarize the steps of cooking a mushroom avocado quesadilla.
- Students will make observations by measuring the length and width of mushrooms.
- Students will listen to, read, and follow the steps in a recipe to make a mushroom avocado quesadilla.

Materials

- K-W-L chart started in the previous lesson
- “Enjoy the Mighty Myshroom” handout
- Grade level appropriate “Measure that Mushroom” activity sheet
- Linking cubes, cm cubes, paperclips, and rulers
- 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: K-W-L Chart

- 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 they will help the cafeteria staff prepare a meal, but the cafeteria staff needs our help first. They need the PERFECT sized mushrooms for our mushroom avocado quesadilla activity and they want us to find them!
- Explain that they will use what they know to find mushrooms that are the right size for our recipe.

Part 1: Measure That Mushroom

- As a class, read through the mushroom avocado quesadilla recipe on the “Enjoy the Mighty Mushroom” handout. Summarize and discuss the steps of making a quesadilla.
- Next, explain to the student that they need to find the perfect sized mushrooms for our quesadillas.
- Guide the students through the grade-appropriate “Measure that Mushroom” activity sheet:

Kindergarten: “Measure that Mushroom”

- Discuss ways of measuring the size of mushrooms and guide students in understanding that some mushrooms may be tall/shorter than others. Some mushrooms can be wider/skinnier than another.
- Model for students how to compare the length and width of a mushroom with linking cubes. For example, the mushroom is shorter than 5 linking cubes; taller than 2 linking cubes; wider than 1 linking cube, etc.



Mushroom Madness!



1st Grade: "Measure that Mushroom"

- Model for students how to use centimeter cubes to measure the length of three different mushrooms. After measuring the mushrooms, direct students to put them in order from the longest to shortest. Next, measure the width of each mushroom and reorder them from the widest to most narrow.
- Have students repeat the activity measuring with paper clips as the unit of measurement.

2nd Grade: "Measure that Mushroom"

- Display three different mushrooms and ask students to estimate the length of each mushroom. After recording their estimates, model how to use a ruler to measure the length of each mushroom in inches and centimeters, then identify which estimate was the closest.
 - Group students in pairs and give each pair three mushrooms to measure. Have each student estimate the length of each mushroom in inches and centimeters. Next, ask students to measure the length of each mushroom in inches and centimeters. The partner whose estimates are the closest to the actual measurement wins!
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- Assure students that it's ok that mushrooms come in different shapes and sizes, and that all of the mushrooms we measured are excellent ingredients for our quesadillas.
 - Explain that when chefs and our cafeteria staff are making meals with mushrooms, they use their knife to cut the mushrooms so they are all the same size. This means smaller mushrooms may only be cut into a few pieces, but bigger mushrooms might be cut into more pieces. Having all of our mushroom pieces be the same size when we cook them will make sure they cook the same way and are equally delicious.



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.



Mushroom Madness!



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
 - ½ cup shredded cheese
 - Optional: Allow the children to help measure out ½ 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.
- Pass out the "Enjoy the Mighty Mushroom" handout to each student.
- Explain that now, the students are mushroom experts, and can go home to teach their families all about mushrooms with the handout you've given them. They can even make the recipe at home!
- 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.

