

## Lesson 3: Cooking with Mushrooms

### Enduring Understanding:

- Mushrooms are good and good for me!

### Lesson Objectives

- Students will sequence the steps of cooking a mushroom avocado quesadilla.
- Students will listen to and follow the steps in a recipe to make a mushroom avocado quesadilla.

### Materials

- K-W-L chart started in the previous lessons
- “Cooking Mushroom Avocado Quesadillas” sequencing activity sheet
- Ingredients and kitchen utensils for making mushroom avocado quesadillas
- Additional whole white mushrooms (unwashed) for children to practice washing
- Scissors and glue sticks
- “Enjoy the Mighty Mushroom” Handout
- 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, we will help the kitchen staff prepare a meal, but they need our help first. The kitchen manager’s recipe got all out of order and we have to help him/her put the steps in the right order so we can cook our quesadillas!

### Part 1: “Cooking Mushroom Avocado Quesadillas” Sequencing Activity

- As a class, read through the handout and the different steps the students need to put in order.
  1. Wash means washing our hands and our ingredients
  2. Measure means measuring each of our ingredients
  3. Chop means chopping up all of our ingredients
  4. Cook means assembling the quesadillas and cooking the ingredients together
- Next, help the students cut out the images representing each step.
- As a class, decide on the order of the different steps.

Correct Order: Wash, Measure, Chop, Cook, Eat
- Help the students glue the pictures in the correct order.
- Explain to the students that, thanks to all of their hard work, Ms. Button’s recipe is now in the right order and she’s so impressed that she wants them to help her cook the quesadillas!



## 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
  - $\frac{1}{2}$  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.
- 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 and send it to the Mushroom Council, thanking them for teaching us about mushrooms and sharing insights from the experience.

