



Mushroom Madness! Overview

In this unit students will learn that mushrooms are healthy for our bodies and good for the planet. Teachers will lead students through a series of lessons that will prepare them for helping the kitchen staff cook a healthy mushroom recipe.

Lesson

1

Students will learn how mushrooms are grown, their health benefits and how they promote environmental sustainability.



Lesson

2

Students will learn about the different types of mushrooms and will use the five senses to describe the characteristics and attributes of different mushrooms.



Lesson

3

Students will use sequencing to determine the steps in a mushroom avocado quesadilla recipe, then will help the kitchen staff prepare the recipe.

