

Foods Class Review: October 19 – 23, 2020

A week of exploring the benefits of fresh vegetables, herbs, and spices! We reaped a healthy harvest of knowledge discovering the nutritional benefits of eating our vegetables and various ways they could be prepared. Vitamin A for our eyes and Vitamin C to help our immune system are just two of the vitamins we discovered as we continued to review how to read nutritional charts for fresh foods.

Preparing potatoes four ways demonstrated that we don't always need a recipe to prepare a healthy meal or snack. A russet potato was baked (microwaved to save time), mashed, twice baked, and then the skins were broiled to show students some of the ways they can enjoy this nutritious food. Of course, we talked about preparing the potato by washing it first and cutting out the eyes and discarding any green parts.

Furthering our study, the students enjoyed two versions of Stone Soup. The folktale version led to a jamboard of ideas about the moral of the story, and the real stone soup still prepared in Mexico, was a surprise to all!

Part of preparing vegetables for a recipe includes various cutting techniques, and after a lengthy explanation of the "pinch grip" and "bear claw" method of safely handling a knife, the students watched Chef Vahchef cut vegetables into various shapes as he explained their best uses. These included julienne, chiffonade, brunoise, batonnet, dicing, cubing, and mincing.

Students are still developing skill in reading and understanding the terms and techniques listed in a recipe, and students furthered their learning by choosing one of several recipes

provided (they could also look one up on their own) and listing any terms or preparation methods they didn't yet know. Kitchen equipment such as a steamer, colander, grater, double boiler, vegetable peeler, and saute pan were also shown and their uses explained as we touched on preparing various dairy recipes to boost our calcium intake. Students even watched a video of Chef Barone from our local shop-rite make homemade mozzarella cheese!

As a review, students prepared for their quiz by completing a question and answer worksheet. The week ended with a quiz on fruits, vegetables, and recipe reading, followed by a lesson on herbs and spices, tablesetting, and napkin folding. Don't let them tell you otherwise – they certainly can set a beautiful table complete with a creative napkin fold-they learned three on Friday! (please share some pictures with me!) To help them know that a dinner plate should be about one inch from the edge of the table, they were shown how to use their thumb and place it on the edge of the table up to the first knuckle-this would be about an inch. The fork on the left and the knife (facing in toward the plate) and spoon on the right should also be an inch from the edge of the table.

Stay well!

Mrs. Ginny Shanahan

Thank you for visiting!

