



## Lesson Plan

<b>Lesson Name:</b>	Curry Chicken Salad	
<b>Age Group:</b>	3-12, This recipe can be easily accomplished by younger students, older Tiny Chefs may need additional tasks (see Take It Up a Notch at the end of the recipe)	
<b>Duration:</b>	One Hour	
<b>Learning objectives (at the end of this lesson, students should be able to):</b> <ol style="list-style-type: none"> <li>1. Understand and demonstrate <b>measuring</b> and <b>portioning</b></li> <li>2. Identify and understand how to work with <b>Greek yogurt</b></li> <li>3. Execute a recipe, Curry Chicken Salad, that utilizes <b>measuring</b> and <b>portioning</b> techniques and uses <b>Greek yogurt</b></li> <li>4. Focus on and practice <b>etiquette</b> <ul style="list-style-type: none"> <li>• Properly fill a pita sandwich and serve their partner a plate</li> <li>• Use “please” and “thank you” to demonstrate respect and gratitude when speaking</li> </ul> </li> </ol>		
<b>Summary of Tasks / Actions</b>	<b>At Home</b> Check supplies and groceries to make sure you have all materials for a successful class. Make sure there is enough supplies for students to work in groups of 4.	
	<b>Setup</b> Plug in the ovens and confirm they are working properly. Organize mis en place so that students can efficiently gather the ingredients needed. Older students should work on gathering their own supplies where younger students may need the items already arranged on the work table.	
	<b>Beginning of Class</b> <ul style="list-style-type: none"> <li>• Remind students of the safety rules and expectations (listen, clean hands, stay clear of hot plates and ovens, no running/horseplay, knife safety, hand to yourself)</li> <li>• Walk through the plan for the day, sharing the recipe and steps (write on white board)</li> <li>• Break students into small “buddy” groups to make sure they are consistently engaged throughout the recipe and can work as a team to accomplish goals</li> </ul>	
	<b>During Class</b>	<b>Discuss</b> <ul style="list-style-type: none"> <li>• Have students read and identify the ingredients and materials</li> </ul>

		<p>needed</p> <ul style="list-style-type: none"> <li>• <b>ASK:</b> Why is <b>Greek yogurt</b> so much thicker than regular yogurt? (Greek yogurt is strained 3 times so that most of the liquid whey is removed.)</li> <li>• <b>ASK:</b> Why do we <b>measure</b> when we cook? (To account for ingredients in a regulated way so that a recipe can be accurately recreated.)</li> <li>• Define <b>portioning</b> – a way of dividing a recipe into equal individual servings</li> </ul> <p><b>Practice</b></p> <ul style="list-style-type: none"> <li>• <b>SHOW:</b> Pass around the <b>Greek yogurt</b> so each student can see how thick it is; if you have enough leftover ask them to taste it on a spoon</li> <li>• <b>SHOW:</b> This recipe uses a lot of spices, including cayenne pepper. Make sure the students know the difference between a tablespoon and a teaspoon and the abbreviations for each or it could end up too spicy. Each student should get to practice using the <b>measuring</b> spoons at least once.</li> <li>• <b>SHOW:</b> Have students take turns slowly stirring the <b>Greek yogurt</b> sauce to prevent splashing, scraping the sides of a bowl to evenly mix ingredients</li> </ul> <p><b>Share</b></p> <ul style="list-style-type: none"> <li>• Assign students and partner to portion a pita sandwich for and serve</li> <li>• Ask them to practice proper <b>etiquette</b> using “please” and “thank you”</li> </ul>
		<p><b>Cleanup</b> Unplug the oven. Students should clean up their own work space. A few students will be designated to wash and dry the dishes (rotate each week) while others will sanitize the tables, pick up trash, and return supplies to where they belong.</p>
		<p><b>After Class</b> Make sure the room is returned to its original state. Check the sinks!</p>
<p><b>References:</b></p>		<p><b>Recipe(s):</b> Curry Chicken Salad</p>
		<p><b>Supporting Activities:</b> Travel Journal Project Each student should work on his/her INDIA travel journal.</p>
		<p><b>Extension:</b> Challenge the class to use their etiquette, remembering to say <i>please</i> and <i>thank-you</i>, at the dinner table tonight.</p>