



TINY CHEFS

Lesson Plan

Lesson Name:	Green Goddess Dip
Age Group:	3-12, a simple recipe for older chefs that can be enhanced (see Kick It Up a Notch); more time can be spent on key ingredients
Duration:	One hour or less
Learning objectives (at the end of this lesson, students should be able to): <ol style="list-style-type: none"> 1. Understand differences between an herb and a spice 2. Identify and understand how to work with avocados <ul style="list-style-type: none"> • Deseed, peel and slice an avocado • Tell when an avocado is ripe 3. Execute a recipe, Green Goddess Dip, that uses avocados and herbs 4. Practice gratitude <ul style="list-style-type: none"> • Write a thank-you note to someone who helped them during class 	
Summary of Tasks / Actions	At Home 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.
	Setup Unplug the blender until it is ready for use. 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.
	Beginning of Class <ul style="list-style-type: none"> • Welcome students and review safety rules and expectations (listen, clean hands, stay clear of hot plates and ovens, no running/ horseplay, knife safety, hands to yourself) • Walk through the plan for the day, sharing the recipe and steps (write on white board) • Review names and break students into small “buddy” groups to make sure they are consistently engaged throughout the recipe and work as a team to accomplish goals

During Class

Discuss

- Have students read and identify the ingredients/equipment needed
- **ASK:** What is the difference between an **herb** and a **spice**? (Herbs are flavorings that come from plants' leaves. Spices may derive from any other part of a plant, including seeds, roots and bark.)
- Hold up the **avocado** and **ASK:** Does anyone know what this is? Is it a fruit or a vegetable? (Avocado is a climacteric fruit, meaning it matures on the tree but ripens off of the tree.)

Practice

- **SHOW:** Give everyone in the class a tarragon leaf to tear so they can smell, taste, feel and look at it. **ASK:** Is tarragon an **herb** or a **spice**? Why?
- Hand around the **avocados** and **SHOW:** the students how to tell if an avocado is ripe. A ripe avocado feels heavy and is dark in color. (Even better if you have one unripe avocado so they can tell the difference.)
- **SHOW:** how to safely deseed, peel and slice an **avocado** (not everyone will have a chance to do each of these tasks, but try to divvy up the tasks so each team member has contact with the avocado)

Share

- Have students express their **gratitude** by writing a thank-you note to someone who helped them during class. (If students have trouble thinking of someone, they can write a note to the teacher whose classroom is being used, or the janitor that helps clean the room.)

Cleanup

Unplug the oven and hot plates. Students must clean up their own workspace. A few students should be designated to wash and dry the dishes (rotate each week) while others will sanitize the tables, pick up trash and put away supplies.