



## 4TH GRADE

LESSON: Cooking Healthy at Home

SC STANDARD: 4.NSF.3



It's your world.

### COOKING HEALTHY AT HOME

### LET'S GET STARTED!

#### OBJECTIVES:

- Understand the importance of cooking at home and how it can be healthier than eating out
- Be able to recognize a variety of basic cooking tools
- Learn how to read a recipe from start to finish
- Create your own recipe

- Today we are going to be discussing cooking at home rather than eating out. Ask the students if they ever cook at home, and if so, what is their favorite thing to cook.
- Explain why it is important to cook at home, and how it can potentially be healthier to cook at home rather than eat out at a restaurant.

#### LET'S GET STARTED! (10 MINUTES):

- Discuss why cooking is important and how it can potentially be healthier than eating out at a restaurant
- Help students recognize and know the purpose of some basic cooking tools
- Dissect a recipe in order to learn how to read one from start to finish

#### DIALOGUE BOX

#### ACTIVITY (15 MINUTES):

- Today's activity will help reinforce the students understanding of adding and subtracting fractions.

- Does anyone ever cook at home with their mom or dad? If so, what do you all like to cook? Do you cook a lot when you are home?
- Well this week, we are all going to talk about cooking at home, why it is important, and how it can be healthier than eating out.
- One of the many reasons it is healthier to cook at home rather than eat out is because you can control the ingredients that are in the food you eat. Sometimes when you eat out, you do not really know what all ingredients they used. When you cook at home, you can put more or less of certain ingredients in to your meal in order to make it healthier. For example, if you get vegetables when you are out to eat, they may have oil and a lot of sodium on them, which is not that healthy for you. When you cook your own vegetables at home, you can get rid of the oil, and add spices rather than sodium, which makes the veggies a lot more nutritious and healthy.
- A second reason cooking at home is a better idea than eating out is because cooking is cheaper than eating out all of the time. Try cooking and eating at home for a whole week and just see how much money you and your family will save!
- You could make a meal for your entire family and there is a high possibility that it will be significantly cheaper than if your entire family went out to a restaurant for dinner. The reason restaurants increase the prices of their food is to make a profit off of it; making a profit means that they make enough money to afford more food and pay their workers. When you cook at home, these extra costs are not included, so you are literally just paying for the food you are buying.

#### WRAPPING UP (5 MINUTES):

- Review why it is important to cook at home
- Hand out Boss' Backpack Bulletin with weekly goals and reminders, as well as a new recipe for them to all try at home

#### SC STANDARDS:

- 4.NSF.3 Develop an understanding of addition and subtraction of fractions (i.e., denominators 2, 3, 4, 5, 6, 8, 10, 12, 25, 100) based on unit fractions.

#### MATERIALS:

- Boss' Backpack Bulletin
- Practicing with Fractions Handout
- Pencils

- Begin talking about the different parts of a recipe, and how to read one from start to finish with ease.

## DIALOGUE BOX

- Has anyone tried reading a recipe to make a meal? Sometimes recipes can be difficult to understand, but if you break it up into its two main parts, then it gets a whole lot easier.
- When reading a recipe, there are two main parts: the ingredients and the directions.
- The ingredients are where you will find all of the foods you will need to make your meal! So if you need any vegetables or spices, this is where you can find them and how much of the ingredient you need.
- The directions tell you what to do with those ingredients. You will find how to cook your ingredients, how to put them together, and even how long your meal should take to cook. For example, if your ingredients say you need two large carrots, the directions will tell you how to cut them up and how to cook them.
- Every recipe has an ingredients section and a directions section, and if you follow each of the directions steps, then you can make your meal super easily.

## ACTIVITY

- Today's activity will help reinforce the students' understanding of adding and subtracting fractions.
- Have students take home the recipe for Zucchini Pizza Bites and share it with their families.

## DIALOGUE BOX

- Who here loves bagel bites? Or mini pizzas you can heat up in a stove or microwave? Well, cooking healthy at home doesn't mean you necessarily have to give those things up, it just means you might have to tweak the recipe a little to make it healthier. That's why today everyone is going to get a recipe for Zucchini Pizza Bites! They have the same pizza taste we all love but with a healthy vegetable twist!
- With this new recipe I am about to pass out we are also going to practice fractions!

## WRAPPING UP

- Review the importance of cooking at home and why it is better than eating out.
- Pass out Boss' Backpack Bulletin with weekly goals and reminders from today's lesson.



# PRACTICING WITH FRACTIONS RECIPE

## Zucchini Pizza Bites

### Ingredients

- 1 tablespoon olive oil
- 3 zucchini, cut into 1/4-inch thick rounds
- Kosher salt and freshy ground black pepper
- 1/3 cup marinara sauce
- 1/2 cup finely grated mozzarella
- 1/4 cup mini pepperonis
- 1 tablespoon Italian seasoning



### Instructions

- Preheat oven to broil.
- Heat olive oil in a large skillet over medium high heat. Working in batches, add zucchini and cook, flipping once, until golden, about 1-2 minutes on each side; season with salt and pepper, to taste.
- Place zucchini rounds onto a large baking sheet. Top each zucchini round with marinara, mozzarella and pepperoni minis.
- Place into oven and cook until the cheese has melted, about 1-2 minutes.
- Serve immediately, sprinkled with Italian seasoning, if desired.

Boss is making these Zucchini Pizza Bites for a friend who really loves pepperonis, cheese, and marinara sauce. He decides he is going to add extra of all three of those ingredients. He adds  $\frac{2}{4}$  cup of mini pepperonis,  $\frac{1}{2}$  cup of finely grated mozzarella, and  $\frac{1}{3}$  cup of marinara sauce.

Let's help Boss figure out how much total mini pepperonis, grated mozzarella, and marinara sauce he should add to his recipe!

\_\_\_\_\_ cup mini pepperonis + \_\_\_\_\_ cup mini pepperonis =

\_\_\_\_\_ cup mini pepperonis

\_\_\_\_\_ cup finely grated mozzarella+ \_\_\_\_\_ cup finely grated mozzarella =

\_\_\_\_\_ cup finely grated mozzarella

\_\_\_\_\_ cup marinara sauce + \_\_\_\_\_ cup marinara sauce =

\_\_\_\_\_ cup marinara sauce

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# BOSS' BACKPACK BULLETIN

This week, you are all going to design your own recipe for one of your favorite foods to the best of your ability and knowledge. After you write down the ingredients you will need and the directions on how to make that food, you are going to make it at home yourself! An extra goal to have this week is to take a picture of the meal or food you made that was based off of your recipe you designed and bring it to share with the class!



## THE RECIPE YOU TRIED THIS WEEK:

### INGREDIENTS

### DIRECTIONS: