

ESY Pittsburgh Winter Cooking Program

Carrot and Apple Salad

Winter Cooking Program Introduction
December



Map Skills

Europe

Italy

Materials Needed:

- See Materials List from Recipe Card
- World Map
- Large Recipe Poster
- Hand Sanitizer
- Small Plates + Forks (for each person)

Prepare Before Lesson:

- Make large recipe poster
- Hang up world map
- Arrange cooking table
- Write agenda on board
- Set up music for work/eating time (optional)

Objectives:

1. Introduce Winter Cooking Program and expectations.
2. Introduce students to tools and demonstrate tool and food safety.
3. Review etiquette and establish a routine for preparing, serving, and eating food.
4. Celebrate trying something new.

Lesson Flow

Engage (5 min)

“Welcome to the Winter Cooking Program: this winter we will be working together to prepare and share food. As older students, you are being given new opportunities, but you also will have new responsibilities. What do you think are some expectations (things to keep in mind) as we cook together in the classroom?” Let students brainstorm and help them to understand the following ideas: tool safety, hygiene, taking turns, creating a community of respect, being kind, trying new things.

Cooking Together (25 min)

Review Roles: Since this is the first lesson, take the time to review each tool in detail (focusing on its uses, dangers and how to use it safely):

- **Chef’s Knives:** “For today’s recipe, these knives will be used to slice the apples. Though they are plastic and less sharp than the knives you may have at home, our bodies remember actions (muscle-memory), and it is very important that you use these tools as if they were very sharp.” Demonstrate cutting the apple, by holding down on a stable surface. (“After the first cut, what is the most stable way to hold the apple?”) Have students all demonstrate making “the claw” with their off hand to ensure their fingers are safe from the knife.
- **Graters:** This is the most dangerous tool students will use. Emphasize that all metal surfaces are sharp and should not be touched. Demonstrate how the knuckle might get cut if you don’t pay attention. Let students know it’s okay to stop grating the carrot when there is still a lot left. They should stop when they start to feel unsafe.
- Explain juicing the orange through a sieve into a small bowl. “Be careful not to spill!”

Cooking Together (cont'd)

- Demonstrate cutting the mint with scissors. Be sure to watch your fingers and keep the food we eat off of our desks (just in the bowl).
- **Germ:** "Your desk has germs, your fingers have germs, your face has germs, and your hair has germs. Some germs are okay, some people even say good for you, but when cooking for other people, it's best to get as little germs as possible in the food." Pass out hand sanitizer. "So we will sanitize our hands and try our best not to touch our hair, desk, clothes or face."

-Divide into Groups: Assign one of the above four jobs to each table group. "Your table will only get one job today, but we will all work together to make the salad."

Encourage students to take turns at their table and to watch their classmates for tool safety when it is not their turn.

-Clean up/Set Table: "It's time to clean up our space and set our tables so that our classroom looks more like a dining room. This is where we really need to work as a team so we can eat our salad before class finishes. Please clean off your desk and take any scraps to the trashcan. Once you do this, I'm looking for volunteers. I will know you want to help if you are sitting at your clean desk with your quiet hand raised." *Delegate jobs (to help scoop salad onto plates, pass out placemats and forks).*

Eating Together (15 min)

-Establish Routines: As students set their tables and you are ready to serve, review expectations for eating together as a community:

- We always wait until everyone is served before we eat.
- In the cooking classroom, we try new things. It is an expectation that everyone tries at least one bite of the food today.
- As you eat you can talk politely at your table.
- We do not 'yuck each other's yum.' If you do not like today's food, it is okay to do so politely; however, when you say 'yuck' or 'ew' or spit out your food, it can ruin the experience for everyone else. So we expect that you do not do that today. We do encourage you to say yum! And say it loud! 😊
- We always give thanks.

-Appreciate: "I'm going to list everyone we're thankful for, and you just need to say two words—'Thank You!' Let's thank the farmers who helped to grow this food, the people and culture of Italy for creating such a delicious recipe, and let's not forget to thank the people who helped cook today: all of you." 1,2,3 – Thank You! (Now let's eat.)

-Clean Up: Choose helpers to take around trashcan and collect placemats.

-Looking Ahead: "Next we will be moving to a new continent to learn more about food and cooking! Thank you for being such excellent students, chefs and teammates."

Food Journal

If time allows, review concepts of 'Food Stories' and 'Traditional Recipes' and review (optional) homework assignment for the coming weeks.

Recommended Resources

The original recipe can be found here: <https://www.lidiasitaly.com/recipes/detail/1205>

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Recipe Card

Carrot and Apple Salad

Tools Needed:

- Large Cutting Board
- Small Cutting Boards
- Plastic Chef's Knives
- Small Sieve
- Small Bowls and Leftover Containers (at least one for each station)
- Large Mixing Bowl and Serving Spoons
- Graters
- Food Grade Scissors

Ingredients:

- 3 Granny Smith Apples
- 4 Carrots
- 1 Orange
- 1 bunch mint
- 1 tbsp. Olive Oil
- Salt & Pepper to taste

Method:

1. Cut apples in half and slice into thin half-moons, leaving skin on.
2. Grate carrots coarsely.
3. Slice orange and juice into small bowl, separating seeds through small sieve.
4. Use scissors to cut mint into small pieces.
5. Mix apples, carrots, mint, orange juice, olive oil, salt and pepper in large bowl. Serve.

Notes: This recipe is adapted from *Lidia's Italy* Restaurant in Pittsburgh, PA. The original recipe calls for parsley rather than mint. Feel free to try it with your favorite herbs. Lidia recommends trying it on a sandwich! Yum!