

# Class Cookbook: Art, Facts, and Photos

*Grade Level: Adaptable for 2-5*

*Total Lesson Time: 45 minutes*

*Extra time is needed for Student Research*



## Lesson Overview

Throughout these lessons students try new healthy foods and learn how food connects us to the earth and each other. The class cookbook project is intended to help students understand how to make local, seasonal foods part of their everyday diet, and to encourage them to prepare healthy food at home. In this lesson students present the three facts they found about their fruit or vegetable. They also examine a recipe to become familiar with the necessary content and begin designing their page in the class cookbook.

## Objectives

Students will:

1. Present research information to an audience in oral and written form (Language Arts B.4.1, B.4.2, C.4.1, C.4.2, F.4.1)
2. Discuss standards for healthy recipes (W.I.N.A; Health A.4.3, B.4.1, C.4.1)
3. Examine a recipe for necessary components of the text (Language Arts A.4.1, A.4.4)

## Preparation

1. Collect materials and fruits and vegetables
2. Print copies of recipe example, the Facts and Picture Worksheet, and Recipe Worksheet

## Materials

### Food

Any seasonal fruit or veggie snack

### Supplies

One or more of every fruit and vegetable represented in the class cookbook

Camera

Recipe example – Carrot and Corn Quesadillas

3 Facts Sheet from Fall Tasting Lesson

Recipe worksheets

Colored pencils or markers

Wisconsin Homegrown Lunch is a joint project of:



REAP Food Group:  
[www.reapfoodgroup.org](http://www.reapfoodgroup.org)

UW-Madison Center for Integrated  
Agricultural Systems: [www.cias.wisc.edu](http://www.cias.wisc.edu)



## Procedure

### Student Presentations

Prior to presentations, ask students for suggestions on how to be a good presenter. They should remember to face the audience, speak clearly and loud enough, and make sure the audience can see their face (don't look at the floor or hold notes in front of their face).

Also discuss how to be a good audience member. Students should listen attentively and focus on the presenter and of course, no put-downs.

Put all the fruits and vegetables on a table at the front of the classroom. Students should hold their assigned fruit or veggie as they present their 3 facts. Teachers or another adult should take a photo of each student as they present so it can be printed on their recipe page.

### Cookbook Artwork

Students list their 3 facts and draw a picture of their fruit or veggie on the Recipe Page Worksheet. If color printing is available for the cookbooks, then students should draw in color. If color printing is not an option, then students can draw a detailed outline of their fruit or veggie which can then be colored in when they get the final copy of the cookbook. We used the latter method. Students should also be instructed to limit the size of their drawing to fit the space available in the cookbook. The box on the Recipe Page Worksheet will help them do this.

### Introduction to Recipe Research and Examination of Recipe Example

Students will find or create a simple recipe featuring their fruit or vegetable. We used the attached Carrot and Corn Quesadilla Recipe from a previous lesson as our example.

Hand out the example recipe and ask students to share what they see. What are the different sections of the recipe? How is it laid out? What is listed? What are examples of ingredients, quantities, and instructions?

We limited our recipes to just the "Ingredients" and "Directions" sections in order to keep them simple and fit the limited space on each page. Students should keep the example recipes to help in writing up their own.

Handout the Recipe Worksheets for students to record their recipe. Some students may want to make up their own unique recipe. We recommend steering students toward simple recipes they can make at home.

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## Procedure

Here is a list of websites that have healthy simple recipes students may want to use:

Allrecipes.com

Gretchencooks.com

Cookinglight.com

Foodnetwork.com

Pbskids.com

Kidshealth.org

Recipefinder.nal.usda.gov (searchable USDA database of nutritious recipes)

## Snack

We served apple cider while students were working on their drawings. Any seasonal snack or beverage would be appropriate.

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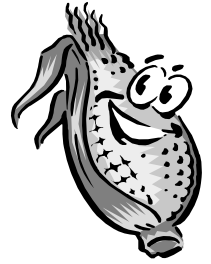
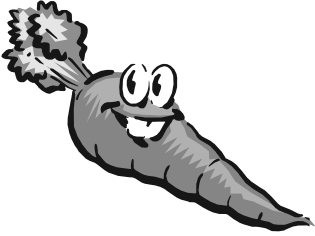
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# Carrot & Corn Quesadilla

Recipe feeds 4 students a snack size portion.



## Ingredients

## How Much?

Tortilla	2 each
Refried Beans	2 Tablespoons
Corn	1 Tablespoon
Carrots (shredded)	1 Tablespoon
Cheese (shredded)	1 Tablespoon

## Directions:

1. Spread tortilla with refried beans.
2. If needed, shred carrots and cheese.
3. Add corn, shredded carrots and cheese on top of beans.
4. Place 2nd tortilla on top of filling.
5. Spray skillet and cook quesadilla on each side for about 2 minutes or until light brown and crispy.
6. Cut into four triangles and enjoy!

Recipe Worksheet

Name \_\_\_\_\_

My \_\_\_\_\_ Recipe  
(name of fruit or vegetable)

**Recipe Title:** \_\_\_\_\_

Ingredients

How Much?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

### Recipe Worksheet

Name \_\_\_\_\_

Directions:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

(Draw your finished dish below.)

**Who/where did this come from?**

Recipe Source: \_\_\_\_\_

\_\_\_\_\_

