



Lesson Plan

Lesson Name:	Savory Pumpkin Dip with Sliced Apples
Age Group:	3-12, a simple recipe for most chefs, can be enhanced by making tortilla chips for dipping (see Kick It Up a Notch) or simplified by using already sliced apples (Take it Down a Notch)
Duration:	One hour
Learning objectives (at the end of this lesson, students should be able to): <ol style="list-style-type: none"> 1. Utilize an electric mixer safely with guidance and supervision 2. Understand and demonstrate how to pan-fry bacon, a cured meat, and dispose of the grease 3. Execute a recipe, Sweet and Savory Pumpkin Dip, utilizing and electric mixer and pan-frying bacon 4. Practice sharing <ul style="list-style-type: none"> • Students will be encouraged to share materials and take turns • Each student will practice by passing along shared equipment when they are done using it 	
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. Bring a container for grease disposal!
	Setup Plug in the hot plates and confirm they are working properly. Put out the mixer, but DO NOT plug in. Organize mis en place so that students can efficiently gather the ingredients needed. Older students work on gathering their own supplies where younger students may need the items 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 engaged throughout the recipe and can work as a team to accomplish goals

During Class	Discuss <ul style="list-style-type: none"> • Have students read and identify the ingredients/equipment needed • ASK: What part of a pig does bacon come from? What is your favorite kind of bacon (ex: pork, turkey, Canadian)? • ASK: What are some ways to cook bacon? pan-fried, oven-baked etc. • Hold up the electric mixer and ASK: Does anyone know what this is?
	Practice <ul style="list-style-type: none"> • SHOW: How to pan-fry bacon in a skillet, low and slow, frequently turning with tongs, draining off the fat if necessary • SHOW: Demonstrate the proper way to dispose of bacon grease by pouring it in a glass or metal container to cool first. Pass it around after cooling, so they can see how the grease looks when it solidifies and explain that’s how it can clog pipes–never pour it down the drain! • SHOW: Demonstrate how you must put the beaters in the electric mixer in a certain order to get them to lock; have students try • SHOW: Under supervision, have one student hold the bowl while another student holds the electric mixer. Instruct students to turn on and off the mixer ONLY when the beaters are down in the mixture, scraping down the sides of the bowl between beating.
	Share <ul style="list-style-type: none"> • Have each student take turns turning the bacon in the skillet with tongs and holding the electric mixer • If students become impatient during class, encourage them to talk to their classmates about the recipe and ingredients
Cleanup Unplug the hot plates. PROPERLY DISPOSE OF BACON GREASE. Students must clean up their own work space. 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.	