



Lesson Plan

Lesson Name:	Tropical Fruit with Fluffy Dip	
Age Group:	3-12, a medium amount of challenge but can be added to make more complex (see Kick it Up a Notch); more time can be spent reviewing knife safety. Purchase pre-cut fruit (Take it Down a Notch).	
Duration:	One hour	
<p>Learning objectives (at the end of this lesson, students should be able to):</p> <ol style="list-style-type: none"> Peel and core tropical fruit safely with supervision <ul style="list-style-type: none"> Understand the proper way to peel and core pineapples and mangoes Identify pineapples and mangoes and tell when they are ripe Identify and understand working with cream cheese Execute a recipe, Tropical Fruit with Fluffy Dip, that requires peeling and coring tropical fruit and uses cream cheese Practice group safety <ul style="list-style-type: none"> Be considerate of not only their own kitchen safety, but the safety of others around them 		
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	
	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	
	<ul style="list-style-type: none"> Have students read and identify the ingredients/equipment needed 	

- **ASK:** What is **cream cheese**? This popular spread is a fresh unripe, soft mild-tasting cheese produced from unskimmed cow’s milk. If there is enough, pass around tiny samples to taste and compare to butter. Explain that most recipes ask for cream cheese to be at room temperature because it’s easier to mix.
- Define **peeling** – removing the outer skin from fruits and vegetables; **ASK:** Which of the fruits in this recipe requires peeling?
- Define **coring** – removing the inner structure and stem from produce; **ASK:** Which of the fruits in this recipe requires coring?

Practice

- **SHOW:** Pineapple and mango; **ASK:** Can anyone tell me what this is?
- Pass the whole fruit around; **SHOW:** How to tell if a pineapple is ripe (leaves easily pull from center; bottom smells like pineapple); How to tell if a mango is ripe (slight give when you squeeze; mango smell)
- **SHOW:** Demonstrate in front of the class the proper way to **peel** and **core** a pineapple and a mango. The age of your students will dictate how much of this task they can handle. 5-7-year-olds will be limited to cutting up spears of fruit with plastic knives; 7-9-year-olds may use paring knives to do some of the peeling; 10-12-year-olds may use a chef’s knife on the pineapple with strict supervision.

Share

- Reinforce **group safety**, pointing out and commending students who make good choices, using positive reinforcement throughout the class
- Reference the “golden rule” to remind students to **keep everyone around them safe**, just as they would do for themselves

Cleanup

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