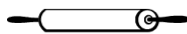


GRADE 4 LESSON PLAN

Recommended for
Grade 4

History in the Making The Tortilla

Note to the Teacher:



Goals for the **Now We're Cooking!**[®]
(NWC) campaign/curriculum:

- Healthy foods or meals *can* taste delicious.
- Foods represent the many cultures of your students.
- Students experience positive social, psychological and nutritional benefits when eating with family and friends.
- Students can learn basic culinary skills that are applicable in their home settings.

This lesson, which connects to history/social science, language arts, and mathematics, explores a common ethnic food base (tortilla) that is used in many different Mexican recipes. It can be integrated into Social Studies units studying Mexican and Spanish California and the Southwest. The lesson can also be used with other recipes from the **Now We're Cooking!**[®] program such as: "Burritos Buenos", "Soft Chicken Taco", and the "Mexican Layered Tostada". Look for these and other related non-cook recipes in the Appendix.



Culinary Skills Developed: measure
mix, knead, roll, pat

Key Vocabulary: tortilla, flour,
shortening, water, baking powder, salt,
patting, corn

Teacher Preparation



- Review lesson, recipe, shopping list and equipment list in packet. Each day's activities require about 60 minutes of class time.
- Make copies of *Home and Family Connection* letter (included in this lesson in English or Spanish).
- Prepare word cards (included in this lesson).
- Make poster or overhead transparency of recipe.
- Collect world map.
- Collect chart paper.
- Collect picture cards depicting foods using a tortilla (photos, magazine pictures).
- Include ample amount of each ingredient per group of children.
- Give early notice to Cafeteria support personnel regarding upcoming unit. (See *Cafeteria Connection* handout included in this lesson).
- Use available bilingual paraprofessionals or partner English language learners with English-speaking role models as needed in the lessons.
- Throughout the unit, students will have many opportunities for participation either in written, oral or a hands-on form that will provide educators on-going assessment in several curricular areas.