



## How-To Write a Recipe for...Bean Dip!

Lesson Plan by Service Member Kirsten Gerbatsch, Michigan

**Theme:** Cooking

**Grade Level:** 3-5

**Subject Area:** Language Arts, Nutrition Education

### **Learning Objectives:**

Students will learn the basic components of a recipe and transcribe a full recipe onto a sheet of paper to take home. This activity engages students to think critically about the parts and steps of creating a snack/meal and hones their writing, spelling, and organization skills. After students write a full recipe, they will make and sample the snack/meal together as a class. Students will use writing, listening and spelling skills in order to complete the activity. They will also focus on Content Organization and Chronology as a part of understanding the fundamentals of writing and using a recipe to cook with.

**Note:** This format for a 'How To Recipe Writing' lesson can be used for a variety of healthy snacks and easy meals. Smoothies, sandwiches, vegetable stir-fry, and wraps are all great recipe substitutions for bean dip. Simply research a recipe and adjust the steps for this lesson plan as needed.

### **Preparation:**

**Prep Time:** 30 minutes

1. Select a combination of ingredients to make a bean dip.
2. Prepare all necessary ingredients and cooking utensils to bring to class.
3. Pre-cut veggies and pita for sampling the bean dip at the end of the activity.
4. Make sure classroom has a white board or chalkboard and marker/chalk to use; make sure all students have lined paper and pencils.

**Teaching Time:** 45 Minutes

### **Materials:**

- Ingredients to make recipe
  - Beans (Cannellini, Black beans, Pinto, Chickpeas)
  - Herbs
  - Garlic
  - Water
  - Canola Oil
  - Salt
  - Extra ingredients (see below)
  - Vegetables such as carrots to dip; crackers, whole wheat pita
- Blender or food processor (or bowl, spoon, fork, mortar and pestle)
- Mixing spoon / Spatula to help remove dip from blender
- Cutting board
- Knife
- Measuring cups and spoons
- Bowl(s) to serve bean dip
- Plates to serve chopped vegetables / crackers and pita

### **Opening:**

1. Ask students if anyone has every used a recipe to make a snack, meal, or baked good at home. Ask students for examples. Ask students why using a recipe can be helpful and very important when cooking or baking.
2. Tell students that the activity is going to be a recipe creation and cooking demonstration with a focus on beans.
3. Discuss various kinds of beans and how delicious and nutritious bean dips with veggies or crackers can be.
4. If students seem hesitant or resistant to bean dip, remind students of the “Don’t Yuck My Yum Policy.”

### **Procedure:**

1. Walk through each and every component of a recipe. Go through one at a time and allow students to suggest the components needed. Students should write down each component on their papers as you write them down on the board. Encourage students to organize the layout of their recipe in a way that is easy to follow (such as with lists and numbers).
  - a. Title (what are you making?)
  - b. Ingredients & Amounts of each ingredient?
  - c. How Many Servings?
  - d. Time needed to prepare?
  - e. Materials needed?
  - f. Directions/Steps?
2. Once you have finished writing the recipe as a class, get ready for the cooking demonstration portion of the lesson.
3. Wash hands; Demonstrate the measurement, chopping, etc. of each ingredient as you add it to your blender or bowl. Prepare bean dip according to the recipe.
4. When the bean dip is smooth, spoon out of the blender into a serving bowl.

### **(Enter unique title for class / for each student) Bean Dip Recipe**

**Time:** 5-10 minutes

**Servings:** 15

### **Ingredients**

Beans – Black beans, Cannellini, Chickpeas, Pintos, etc.

Garlic

Water

Canola Oil

Salt

Pepper

### **Steps**

1. Open 1 can of beans, rinse, and pour into blender.
2. Mince 1 clove of garlic and add to blender.
3. Measure ¼ cup of water and add to blender.
4. Measure 1 Tablespoon of canola oil and add to blender.
5. Measure ½ teaspoon of salt and add to blender.
6. Measure ½ teaspoon of ground black pepper and add to blender.
7. Blend until smooth. (If you do not have a blender, use a fork to mash more solid ingredients, and then blend with other ingredients using a mixing spoon. Or, use a mortal and pestle to mash up all ingredients.)
8. Serve with cut up fresh veggies or whole wheat pita wedges or crackers. Or, use as a sandwich or wrap spread. Yum!

**Other ideas:** For extra kick, add ¼ cup salsa; for a thicker dip, add ¼ cup low-fat yogurt; for a different flavor, add ¼ cup of your favorite fresh herbs, such as basil, rosemary, thyme, or sage.

**Wrap up:**

1. Pass out samples of the bean dip with veggies or pita to each student. Taste as a class.
2. Reflect on the taste of the bean dip. Ask students if they like it; what might they add to it to make it different or better tasting? What could they add to make it spicy? Would they make it at home?

**Extensions:**

As an extension activity or homework assignment, have students create and write down their own bean dip recipe at home with a family member. Ask students to write the recipe in the format that they learned in class. Students should be encouraged to make their unique recipe at home and bring in a photo of their finished product and their recipe to share.