

GARDEN

HUMMUS

GRADE: 1st

LENGTH: 30 minutes

Essential Question

How can we use ingredients that were grown in a garden or raised on a farm to make a healthy snack?

Alabama Curriculum Standards

SS 1.9 Differentiate between natural resources and human made products.

Recipe

Ingredients:

- 1 can garbanzo beans (a.k.a. chickpeas)
- 2 Tbsp. sunflower seeds (or other seeds or nuts of your choice)
- 4 Tbsp. olive oil
- ¼ cup liquid from chickpea can (or water)
- 1 lemon, juiced
- Salt, to taste
- Raw veggies or chips for serving

Pick 1-2 of these from the garden:

- 1 garlic clove, peeled
- 5-8 sprigs of herbs, such as cilantro, dill, basil
- 1 cup greens, such as spinach, kale, collards
- Use your imagination!

Directions:

1. Drain liquid from chickpeas into small bowl. Set aside for later.
2. Place all ingredients except chickpea liquid in a blender or food processor.
3. Blend until smooth. Add reserved chickpea liquid or water a little at a time until desired consistency is reached.
4. Add salt to taste.
5. Serve with raw veggies or chips! Enjoy!

Objectives

- To use produce in the garden to make a healthy dish.
- To work together to follow instructions of a recipe.
- To understand that food is a natural resource.

Materials

- Recipe cards
- Can opener
- Small bowl
- Measuring spoons
- Measuring cups
- Juicer
- Blender or food processor
- Spatula or spoon
- Serving plates

Vocabulary

- ingredients
- hummus
- recipe
- natural resource

Preparation

Acquire all lesson materials. Photocopy recipe cards. Set up cooking area inside or outside. Set up a wash station, if harvesting veggies during the lesson. Recruit an extra adult or two for help before, during, and/or after the lesson. Review basic food safety. Watch our YouTube video [Cooking in the Classroom](#). Have students wash their hands with warm soapy water before class begins.

Opening Circle

- Ask students if they have ever eaten chips with dip. Ask them to name types of dips they have tasted.
- Ask them if they know what **ingredients** make up those dips. (*E.g. Salsa is made from tomatoes; French onion dip is made with sour cream which is made from cow's milk. These are both sourced from a garden or farm.*)
- Ask students if they have ever tried a dip called **hummus**. Do you know what ingredients make a hummus?
- Explain that by reading a **recipe**, we can find out exactly what ingredients are needed to create a dish. Direct students' attention to the recipe written on a board. Read through the Garden Hummus recipe ingredients and instructions as a class.
- Explain to students that there will be many steps to preparing our recipe, and everyone may not have the same job, but if we work together we will be able to enjoy a snack together.

Activity

PART 1: HARVEST AND WASH

- 1 Lead students to the garden to harvest the vegetables for the hummus.
 - Explain that herbs are often included in recipes to add a special flavor. We can usually identify herbs in the garden by their smell.
 - Ask students to find an herb in the garden that they would like to use in the hummus recipe.
- 2 Lead students to the washing station to wash their vegetables.
- 3 Collect all the washed vegetables and return to cooking area.

PART 2: PREPARING THE RECIPE

- 4 Complete the steps of the recipe, calling on students as needed. (*See Teacher Background for an example of how students may participate.*)
- 5 Pass around samples of garlic or other herbs for students to observe using their senses of sight, touch and smell.
- 6 As ingredients are added, discuss that they are all **natural resources**, whether the ingredient came from a garden, farm or store.
 - Which ingredients came from the school garden?
 - Where do the other ingredients come from? (*Chickpeas are a seed from the garbanzo bean plant; sunflower seeds are the seeds from a sunflower; olive oil is extracted from olives which are the fruit of olive trees; lemons are the fruit of a lemon tree; salt can come from the ocean or mined from rocks.*)

PART 3: TASTING

- 7 Remind students to be respectful and curious when tasting. (*See the Cooking Promise in Chapter 1 for more ideas on how to encourage students to try new foods.*)

- 8 Serve everyone a sample. While waiting for everyone to be served, students can use their senses to experience their sample.
 - a. Can you identify each vegetable? By color, by shape, etc.
 - b. How does it smell? Can you smell any one ingredient the most? Are there any ingredients that you don't see or smell?
- 9 Taste and enjoy!

Closing Circle

Prompt students in a discussion about the following:

- Survey students for their reactions, using a thumbs up to indicate enjoying the hummus, a sideways thumb for mixed feelings, and a thumbs down for not liking it.
- Would you try this recipe at home? Would you add or subtract any ingredients from the dip?
- Is food a natural resource? How can we ensure that we continue to have this natural resource?

Extension

- 1 Have students write a review of the Garden Hummus. Assign it a number of stars between 1 and 5, 5 being the best. Have them explain how to make it, what was the tastiest part, and what they recommend serving it with.
- 2 Discuss the difference between healthy and unhealthy snacks. Keep a list in the classroom of snacks that are eaten for the next week. Create two columns—one for healthy and one for unhealthy snacks.
- 3 Read How Did That Get in My Lunchbox by Chris Butterworth. At lunch, discuss where each food came from. If there is packaging discuss those sources as well. (*E.g. Plastic is man-made; paper packaging is made from trees.*)

teacher

BACKGROUND

HARVESTING

For specific information on when and how to harvest and wash each vegetable included in this recipe, see the Appendix.

MAKING THE GARDEN HUMMUS

Engaging students:

- Have a student help drain and add the garbanzo beans.
- Have several students help measure and add the sunflower seeds, olive oil, and water.
- Have several students help juice the lemon and add to the blender.
- Have a couple students tear the herbs and add to the blender.
- Have a couple students help serve.

DISCUSSION IDEAS

For more discussion questions to ask students throughout the lesson or to use as a writing prompt see page 83.

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 - ¼ cup liquid from chickpea can (or water)
 - Salt, to taste
 - Raw veggies or chips for serving
- PICK 1-2 OF THESE FROM YOUR GARDEN
- 1 garlic clove, peeled
 - 5-8 sprigs of herbs, such as cilantro, dill, basil
 - 1 cup greens, such as spinach, kale, collards
 - Use your imagination!

Directions

1. Drain liquid from chickpeas into small bowl. Set aside for later.
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