

SAUTÉED

TURNIPS

GRADE: 4th

LENGTH: 45 minutes

Essential Question

How can we use math skills in the kitchen?

Alabama Curriculum Standards

MATH 4.15 Apply and extend previous understanding of multiplication to multiply a fraction by a whole number.

Recipe (serves 10 people)

Ingredients:

- 5 small to medium turnips
- ½ medium onion
- 1 clove garlic
- ⅓ cup cooking oil or butter
- Red pepper flakes, to taste
- Smoked paprika, to taste
- Salt and pepper, to taste
- ⅓ cup water

**Please note: recipe may need to be scaled up to serve an entire class.*

Directions:

1. Remove leaves from turnips and cut into cubes.
2. Peel and chop onion and garlic.
3. Heat oil in medium-large skillet over medium heat.
4. Sauté onion and garlic until fragrant, about 1 minute.
5. Add red pepper flakes, smoked paprika, salt and pepper and cook until fragrant, about 1 minute.
6. Continue to cook until onions are translucent.
7. Add turnips and sauté for a few minutes.
8. Add water, cover pan, and continue to cook until turnips are tender and flavors begin to meld.
9. Serve and enjoy!

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.

Objectives

- To learn how to use basic kitchen tools.
- To use produce from the garden to make a healthy dish.
- To practice math skills through cooking.

Materials

- Recipe cards
- Cutting boards
- Kid-safe knives
- Measuring spoons
- Measuring cups
- Hot plate
- Large skillet or pot
- Large spoon or spatula
- Tongs
- Serving plates and forks

Vocabulary

- sauté
- translucent
- fragrant

Opening Circle

- Tell students that they will be making a recipe from ingredients grown in the school garden.
- Review the recipe as a class, pointing out the different sections: ingredients and cooking directions.
- Ask students:
 - How many people does this recipe serve? Would that be too much or too little for your family?
 - How many people are we cooking for today? Will the recipe be enough for everyone?
- Work with students to determine a multiplying factor to scale the recipe in order to serve the entire class. Individually or as a class, use that number to multiply the amount of each ingredient.
- Write down the updated recipe on a white board to refer to during the activity.
- 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 turnips.
- 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 Direct students' attention to the updated recipe.
- 5 Complete the steps of the recipe, calling on students as needed. *(See Teacher Background for an example of how students may participate.)*

PART 3: TASTING

- 6 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.)*
- 7 Serve everyone a sample. While waiting for everyone to be served, ask students to describe the appearance and smell of the cooked turnips.
- 8 Taste and enjoy!

Closing Circle

- After everybody has tried some, gauge students' reactions to the taste by asking them to cast votes using a "thumbs up-sideways-down" system.
- Would you change anything about the recipe? Add more of something, less of something? Swap ingredients?
- Ask students why it might be important to be able to scale a recipe.

Extensions

- 1 Have students find another recipe to scale for their family, the class or the entire school!
- 2 Have students write a video script for a cooking demo of the recipe. Film the students cooking the turnips and reviewing proper cooking techniques.

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 SAUTÉED TURNIPS

Engaging students:

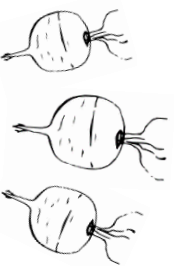
- Have several students cut a turnip or ½ of a turnip into bite-sized pieces.
- Have 1-2 students peel and mince the garlic.
- Have a few students chop the onion.
Tip: Slice the onion in half for students so that they can lay the onion flat on their cutting board.
- Have a few students carefully add ingredients to the pan.
- Have a few students take turns carefully stirring the pan.
- 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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- ½ medium onion
- 1 clove garlic
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- Smoked paprika, to taste
- Salt and pepper, to taste
- ⅛ cup water

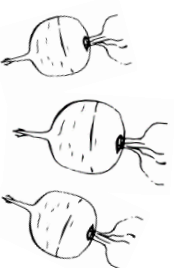
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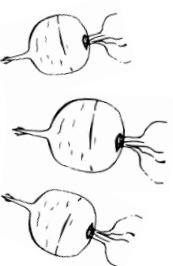
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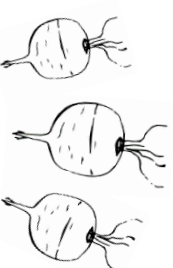
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