

Lesson 2



What do you do
with a Mushroom?



OVERVIEW

Students investigate mushrooms and how to properly care for them.

Outcome

Students explore the types of mushrooms, how they are prepared, how they are cleaned and stored.

Learning Objectives

Students will be able to....

- Choose the best mushrooms
- Handle mushrooms
- Clean and store mushrooms

Standard Alignment

- Demonstrate comprehension
- Demonstrate the ability to communicate a story
- Demonstrate understanding of classifying
- Demonstrate the ability to explore objects in the physical world
- Demonstrate awareness of the physical properties of objects
- Demonstrate awareness of chronological thinking

Materials

- Soft stuffed animal and a small ball
- Activity Sheets – crayons and scissors
- 1 plastic bag
- A paper Bag for each student
- Demo Materials: A few mushrooms, paper towels, knife and cutting board
- Lab Materials: 1 mushroom per student, paper bag, paper towels, water, crayons, cutting board and knife (for instructor use)

Educator Preparation

Lesson Outline			
Step 1	How to care for a mushroom	Warm Up and Motivation	10 minutes
Step 2	What do you do with a mushroom	Direct Instruction	5 minutes
Step 3	Mushroom care activity	Activity Sheet	10 minutes
Step 4	Mushroom care lab	Lab	20 minutes

Step 1: How to care for a Mushroom

Warm Up

The teacher engages students by asking students questions.

- “What have you learned about mushrooms?”
- “Can you name a type of mushroom?”
- “Why is it good to eat mushrooms?”

Teachers are then encouraged to utilize the video about selecting, storing, and cleaning mushrooms.

[How-to Videos: Select, Store and Clean Mushrooms](#) | [Mushroom 101 Videos \(mushroomcouncil.com\)](#)

Step 2: What do you do with a Mushroom?

Introduction

Students will learn about mushrooms and care while participating in an activity. Explain to the class that today’s lesson is to learn about how to handle and care for mushrooms so they last longer.

Introduction Activity: Selecting Mushrooms

- Pass a soft object (stuffed animal for example) and a firm object (small ball) around the room. Ask students the following questions:
 - » Describe how the object feels
 - » Which one is softer and which is harder?
 - » Do your parents ever feel fruits or vegetables at the grocery store before buying them?
- Explain to students that the harder object is described as **firm**. **Firm** means solid surface and strongly felt.
- Now pass around a firm mushroom for students to feel. This is how they should feel when you buy mushrooms.

Whole Group Instruction and Demonstration

Activity: Lead discussion about how to buy, store, and care for mushrooms. Use PowerPoint slides to help guide the instruction and demonstrate with real mushrooms for the class.

- Store mushrooms in a porous (not air-tight) container.
- Handle mushrooms gently.
- Wipe off mushrooms with a damp cloth to prepare.
- Trim rough stems.

Step 3: Mushroom Care Activity

Activity Sheet

Print off the activity sheets for the students. Students need crayons and scissors to complete the activity.

Directions: Go over each step of directions, pause after each step and have the class complete the step before moving on.

- Color the part of the mushroom you would feel for firmness with your favorite color
- Color the mushroom brown where you would wipe it off
- Cut off the part that you would trim if it was rough

(Instructor Note: If students are not yet cutting, change that step to color a different color vs. cutting)

Step 4: Mushroom Care Lab

Whole Group Discussion

Begin by asking students about their Mushroom Activity Sheet. Example questions below:

- “Do you know how to pick out a mushroom?”
- “How would you care for the mushroom?”

Lab Activity

Set up a care lab for mushrooms. This will allow students to feel actual mushrooms and practice handling and caring for them.

Lab Stations can be set up before the lesson.

Station 1: Storage

Show students two storage bag options a plastic bag or a brown paper bag. Ask students to choose the best storage bag. (Brown paper bag is correct)

(Instructor's Note: Allow students to color and decorate their mushroom bag while the class goes through the remaining lab in small groups or individually.)

Station 2: Mushroom Picking

Allow students to select a mushroom from a large bowl of mushrooms. Encourage them to feel the mushrooms and check for firmness.

Station 3: Cleaning

Give each student a damp paper towel and a dry paper towel. Guide them in gently cleaning their mushroom by wiping it with the paper towel and then patting it dry.

Station 4: Trimming

Have students feel the stem of their mushroom. Ask them if their stem needs to be trimmed and where. A teacher should trim the stem for the students.

Debrief

Pose questions to the class to further discussion about mushrooms

- “What did you learn about caring for mushrooms today?”
- “Will you help your family when they grocery shop to pick out good mushrooms?”
- “Why is how you care for mushrooms important?”