

Lesson 3



Why
Mushrooms?



OVERVIEW

Students sample mushrooms and describe their taste. Students will try a recipe with mushrooms.

Outcome

Students describe mushrooms using their senses.

Students will be able to taste mushrooms.

Students will be able to describe ways to incorporate mushrooms into recipes.

Learning Objectives

Students will be able to...

- Describe the taste and texture of mushrooms
- Choose snacks using 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

Materials

- Activity Sheets – crayons
- Book
- Mushrooms for senses activity
- Mushroom snacks for taste testing
- Mushroom recipe item for taste testing

Educator Preparation

Lesson Outline			
Step 1	How to care for a mushroom	Warm Up and Motivation	10 minutes
Step 2	What do my senses tell me?	Direct Instruction, Activity Sheet	15 minutes
Step 3	Mushrooms as a snack	Activity Sheet	15 minutes
Step 4	Adding mushrooms to a recipe	Lab	15 minutes

Step 1: How do you describe food

Warm Up

The teacher engages students by asking students to describe their favorite foods

- “What is your favorite food?”
- “How would you describe the taste?”
- “Why is it good to eat mushrooms?”

Step 2: What do my senses tell me?

Introduction

Students will learn about the senses and then use their senses to describe mushrooms. Introduce the topic by reading one of the following children’s books:

- I Hear a Pickle: and Smell, See, Touch, & Taste It, Too! By Rachel Isadora
- My Five Senses by Aiki.
- Look, Listen, Taste, Touch, and Smell by Pamela Hill Nettleton

After introducing the topic, guide students through the following activity using their senses.

Whole Group Instruction and Demonstration

Senses Activity: Selecting Mushrooms

- Put the Senses handouts on the board or they can be individually distributed
- For each sense, find a few words related to things around the classroom.
- After going through all senses pass out their mushroom in a paper bag or a new mushroom (you could use a variety of these for different responses).
- Ask students to go through all the senses besides taste.
 - » Look at the mushroom and describe it
 - » Touch the mushroom and describe it
 - » Listen to the mushroom (you may have them touch it and see if it makes sounds) and describe it
 - » Smell the mushroom and describe it

Step 3: Mushrooms as a Snack

Activity Sheet

Print off the activity tasting sheet for the students. Students need crayons to complete this activity.

Directions: Prepare the mushroom snacks and share with students one snack at a time. For each snack, ask students to use their sense and taste it last. They then need to indicate with a smiley face or frowny face if they liked the mushroom snack. Snacks to utilize

- [Marinated mushrooms](#)
- Fresh white button mushrooms with ranch dressing
- [Mushroom & Pepper Pizza](#)
- [Portabella Pepperoni Pizza](#)
- [Vegetable Garden Omelet](#)
- [Green Beans and Mushrooms](#)
- [Portable Portabella Burger](#)

(Recommendations: Provide students with a variety of textures and preparations of mushrooms by providing at least two of the following:

- Fresh white button mushrooms sliced with condiments and/or dips
- One of the cooked options listed above)

**Note: Prior to selecting recipes for students to try - make sure you understand each students' allergies to accommodate those appropriately.*

Tips:

(If you are part of a school system) Select a recipe that will be served to all students as part of the school meal service the following day. When planning for this lesson, we recommend speaking with your food service director at least one month before teaching this lesson so they can prepare to assist you. Inform the food service director of your classroom lesson, and that you would like to partner with the school nutrition team to tie in the lesson with the school cafeteria. We recommend asking them if they have any recipes including mushrooms that could be added to the school menu. If so, ask if the school nutrition team could prepare a small taste testing of this recipe the day of your lesson. We highly recommend allowing your food service director to have a few minutes to introduce the recipe and themselves.

(If you are a child care center) Select a recipe that will be served to all children as part of the meal service the following day. This will allow for the children to try this new recipe multiple times in multiple formats, which increases the likelihood of children eating the new food item(s).

Step 4: Adding Mushrooms to a Recipe

Whole Group Discussion

Begin by asking students about their favorite meals. Example questions below:

- "What is your favorite meal to have for dinner?"
- "Does your mom or dad make a dish you really like to eat?"
- "Is there a favorite food here at school you like?"

Activity

Use one or two food examples and share how you would add mushrooms to it to make it more nutritious.

Examples:

- [*Grilled Cheese*](#), make a mushroom grilled cheese
- [*Sloppy Joe*](#), add mushrooms to the meat when cooking
- [*Pizza*](#), add mushrooms to the pizza
- Soups, blend mushrooms into cream soups
- [*Portabella Fajitas*](#)
- [*Breakfast Vegetable Quesadilla*](#)
- [*Rainbow Potatoes*](#)

Lab Activity

Have the foodservice team create one of the mushroom recipes for students to taste and take home as an extension of the learning.

Debrief

Pose questions to the class to further discussion about mushrooms

- “What did you learn about your senses and using them to taste?”
- “Will you eat any mushroom snacks?”
- “How can you include more mushrooms in what you eat?”