



# Why Mushrooms?



## LESSON 3

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## 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 explain school meals.

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
- Describe school meal requirements
- Modify a recipe to include mushrooms

## Standard Alignment

- ELA
  - » L.7.3a. Choose language that expresses ideas precisely and concisely, recognizing and eliminating wordiness and redundancy.
  - » R. 4. Determine the meaning of words and phrases as they are used in a text, including figurative and connotative meanings; analyze the impact of a specific word choice on meaning and tone.
- Science
  - » MS-ESS3-4 Earth and Human Activity
  - » Construct an argument supported by evidence for how increases in human population and per-capita consumption of natural resources impact Earth's systems.

- » MS-LS1-4. Use argument based on empirical evidence and scientific reasoning to support an explanation for how characteristic animal behaviors and specialized plant structures affect the probability of successful reproduction of animals and plants respectively.
- Math
  - » Ratios and Proportional Relationships • Analyze proportional relationships and use them to solve real-world and mathematical problems.
- Family and Consumer Sciences
  - » Comprehensive Standard 3.0
  - » Explore knowledge, skills, and practices used in food preparation food science, food technology, and nutrition careers.

## Materials

- Activity Sheets
- Mushrooms for tasting (use the same varieties from Lesson 2; suggested mushroom varieties for tasting raw include white, brown, cremini, and portabella)
- Handouts
- Spices and supplies for spice mixes (using recipes from the [Spice It Up! Handout](#))
- Dips for tasting (such as hummus, ranch, sweet chili sauce, etc.)
- Computer for Mushroom recipes

## Educator Preparation

Print out all activity sheets and handouts, tasting supplies, spices and containers for spice mixture, pre-made dips for tasting. Consider incorporating your food service director in this lesson. Secure some school based recipes for students to modify.

Lesson Outline			
Step 1	How do you describe food?	Warm Up and Motivation	15 minutes
Step 2	What do I taste?	Direct Instruction, Activity Sheet	30-45 minutes
Step 3	What makes a school meal?	Direct Instruction, Guest Speaker	45 minutes
Step 4	Adding Mushrooms to a Recipe	Activity Sheet Extended Learning: Lab	30 minutes to 1 hour and 30 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 I taste?

## *Introduction*

Students will learn about the five tastes. Ask the following questions to get students thinking about tastes.

- How does popcorn taste?
- What about Cotton Candy?
- What about a pickle?
- What about bananas? Pretzels?
- How about a Mushroom? Is that one harder to describe?

After introducing the topic, guide students through the following presentation before tasting.

## *Whole Group Instruction and Demonstration*

**Presentation:** Lesson 3 PowerPoint, Section 1

- Share about tastes recognized in food.
- Explain Umami

## *Tasting Activity*

Lead students through a tasting activity:

- Give students their mushrooms properly stored in their brown bag
- Ask students to taste each type of mushroom, write their likes and descriptions under the Like or Dislike column

- Ask students to taste their favorite mushroom again with a spice blend
  - » Set up a spice station. Provide small cups or plastic bags for students to create mixes
  - » Review spices using these resources: [Spice it Up Handout \(usu.edu\)](http://usu.edu) or [Use Herbs and Spices Instead of Salt \(nih.gov\)](http://nih.gov)
- Ask students to taste their favorite mushroom using a dip and describe it
- Serve one to three dips for students to try

## Step 3: What Makes a School Meal?

### *Whole Group Instruction*

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

- What is your favorite main dish of school lunch?
- What sides do you enjoy during school lunch?
- What are your favorite breakfast items?

### *Presentation*

**Presentation:** Lesson 3 PowerPoint, Section 2, School Meals

Or

### *Guest Speaker*

Ask your school's food service director to serve as a guest speaker. Have them share some basic knowledge about school meal requirements and meal planning. Encourage them to share a few recipes with the students that they think could be enhanced with mushrooms.

## Step 4: Adding Mushrooms to a School Recipe

### *Whole Group Instruction*

Begin by asking students to select a school meal recipe to enhance. You may coordinate with your food service director to obtain some recipes or use the link at the end of the previous presentation.

- "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?”

## Presentation

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

Examples:

- Grilled Cheese, make a mushroom grilled cheese
- Pizza, add mushrooms to the pizza
- Soups, blend mushrooms into cream soups

## Lab Activity

Begin by asking students to select a school meal recipe to enhance with mushrooms. You may coordinate with your food service director to obtain some recipes or use the link at the end of the school meals presentation.

After choosing the recipe, prepare a recipe sheet with all the ingredients needed for the recipe with the mushroom type and amount added.

*Extended Learning Opportunity: If possible, conduct the lab the next class period as extended learning opportunity or ask food service to prepare a meal to sample with incorporate mushrooms. If conducting a lab experience, have students complete the lab plan.*

## Debrief

Pose questions to the class to further discussion about mushrooms.

- “What did you learn about your taste buds?”
- “Will you eat any mushroom snacks?”
- “How can you include more mushrooms in what you eat at home?”