

The Edible Schoolyard Berkeley 7th Grade Kitchen Scope and Sequence

<i>ROTATION 1 - FALL</i>					
<i>Lesson #</i>	<i>Recipe</i>	<i>Main Focus</i>	<i>From the Garden</i>	<i>ESY Standard</i>	<i>Academic Connection</i>
<i>K7 – 1 (90-110 Min)</i>	Tortillas!	Corn Week 1 Comparison of food processing methods using different levels of technology	Corn	<u>Edible Schoolyard 2.0 In the Kitchen, Grade 7: Techniques 2.4:</u> Understand the versatility of ingredients, and realize that certain ingredients are available in particular seasons. Concepts 3.8. Approach lessons with intention by thinking through how the recipe relates to the kitchen, garden, and wider environment as a whole. Concepts 3.10. Fully engage their senses and use descriptive vocabulary to discuss observations, situations, events, moods, and other subjects including and beyond food.	<u>California State: Common Core, Speaking and Listening</u> 7.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly. 7.4. Present claims and findings (e.g., argument, narrative, summary presentations), emphasizing salient points in a focused, coherent manner with pertinent descriptions, facts, details, and examples; use appropriate eye contact, adequate volume, and clear pronunciation. CA Common Core RST, 6-8, 3. Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.
<i>K7 – 2 (90-110 Min)</i>	Popcorn and Roasted Squash Seeds	Corn Week 2 The role of corn production and processing in the lives and cultures of ancient Mesoamericans	Popcorn Winter squash	ROTATION 1 - FALL	Common Core 7.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly.

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<p><i>K7 – 3 (50 Min)</i></p>	<p>--</p>	<p>Corn Week 3 (in the academic classroom)</p> <p>The impact of food and diet on lifestyle</p>	<p>--</p>	<p><u>Edible Schoolyard 1.0 In the Edible Schoolyard Program:</u> Tools 1.1. Engage in structured groups to complete tasks and practice teamwork. Tools 1.2. Make positive contributions to small group discussions. Tools 1.3. Communicate relevant questions to classmates; build language and listening skills by practicing self-control, self-awareness, and noticing our impact on others.</p>	<p><u>California State: Common Core, Speaking and Listening</u> 7.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly. 7.2. Analyze the main ideas and supporting details presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how the ideas clarify a topic, text, or issue under study. RH, 6-8, 7.: Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts.</p>
<p><i>K7 – 4 (80-90 Min)</i></p>	<p>Three Sisters Tacos (corn tortillas, beans, roasted squash, pico de gallo)</p>	<p>Corn Week 4</p> <p>Comparison of ancient Mesoamerican and modern agricultural techniques, and the impact of these differences on lifestyle and environment</p>	<p>Cilantro Onions Garlic Winter squash Tomatoes</p>	<p><u>Edible Schoolyard 2.0 In the Kitchen, Grade 7:</u> Tools 1.1: Use and care for tools and equipment at the ESY Cooking Station, and begin to choose the right tool for each job. Concepts 3.11: Make historical connections between the diets of different cultures historically and the foods we eat today.</p>	<p><u>California State: History-Social Science</u> s7.7.1 Study the locations, landforms, and climates of Mexico, Central America, and South America and their effects on Mayan, Aztec, and Incan economies, trade, and development on urban societies. 7.7.5 Describe the Meso-American achievements in astronomy and mathematics, including the development of the calendar and the Meso-American knowledge of</p>

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					<p>seasonal changes to the civilizations’ agricultural systems.</p> <p>Common Core RST, 6-8, 3. Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.</p>
<p><i>K7 – 5</i> <i>(80-90 Min)</i></p>	<p>Polenta with Pepper and Tomato Sauce</p>	<p>Corn Week 5</p> <p>A case study of the 18th and 19th century Italian pellagra epidemic as an illustration of the connection between food production and processing methods, culture, and health</p>	<p>Tomatoes Onions Garlic</p>	<p><u>Edible Schoolyard 2.0 In the Kitchen, Grade 7:</u> Techniques 2.4: Understand the versatility of ingredients, and realize that certain ingredients are available in particular seasons. Techniques 2.6: Read and follow recipes with increasing skill, begin to recognize when alterations or adjustments are possible, and improvise recipes when ingredients are provided.</p>	<p>Common Core, Speaking and Listening 7.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others’ ideas and expressing their own clearly.</p>

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ROTATION 2 - SPRING					
Lesson #	Recipe	Main Focus	From the Garden	ESY Standard	Academic Connection
K7 – 6 <i>(80-100 Min)</i>	Fried Rice	Historical developments in Chinese agricultural technology, and their impacts on rice production and Chinese culture	Mix of seasonal vegetables (broccoli, carrots, leeks, herbs)	<u>Edible Schoolyard 2.0 In the Kitchen, Grade 7:</u> Tools 1.3: Select correct knives from the ESY Toolbox. Refine knife skills by using different cuts and sizes while demonstrating knife safety and care. Concepts 3.11 Make connections between the diets of historic cultures and the foods we eat today	<u>California State: History-Social Science 7.3.2:</u> Describe agricultural, technological, and commercial developments during the Tang and Sung periods.
K7 – 7 <i>(80-100 min)</i>	Ghanaian Black Eyed Peas	The global movement of food during and as a result of the Columbian Exchange	Onions Greens Carrots Potatoes Cilantro	<u>Edible Schoolyard 2.0 In the Kitchen, Grade 7:</u> Concepts 3.11 Make connections between the diets of historic cultures and the foods we eat today	<u>California State: History-Social Science 7.11.2</u> Discuss the exchanges of plants, animals, technology, culture, and ideas among Europe, Africa, Asia and the Americas in the fifteenth and sixteenth centuries and major economic and social effects on each continent.
K7 – 8 <i>(80-100 Min)</i>	Middle Eastern Meze Platter (hummus, pita, cruditee, and dates)	The influence of the four climatic regions of the Arabian Peninsula on regional agriculture and diet	Carrots Mint Parsley	<u>Edible Schoolyard 2.0 In the Kitchen, Grade 7:</u> Tools 1.3: Select correct knives from the ESY Toolbox. Refine knife skills by using different cuts and sizes while demonstrating knife safety and care. Techniques 2.4: Understand the versatility of ingredients, and realize that certain ingredients are	<u>California State: History-Social Science 7.2.1</u> Identify the physical features and describe the climate of the Arabian Peninsula, its relationship to surrounding bodies of land and water, and nomadic and sedentary ways of life.

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				available in particular seasons.	
<i>K7 – 9 (80-100 Min)</i>	Maki Sushi	Knife skills, cutting techniques and food presentation	Mix of seasonal vegetables (radishes, carrots, leeks, herbs)	<p><u>Edible Schoolyard 2.0 In the Kitchen, Grade 7:</u> Tools 1.3: Select correct knives from the ESY Toolbox. Refine knife skills by using different cuts and sizes while demonstrating knife safety and care. Techniques 2.4: Understand the versatility of ingredients, and realize that certain ingredients are available in particular seasons. Techniques 2.7: Refine tasting skills and adjust seasoning, compare and contrast different recipes in conversation using more advanced descriptive vocabulary.</p>	RST, 6-8. 7. Integrate quantitative or technical information expressed in words in a text with a version of that information expressed visually (e.g., in a flowchart, diagram, model, graph, or table)
<i>K7 – 10 (80-100 Min)</i>	Iron Chef	<p>Assessment</p> <p>Teamwork and collaboration, kitchen skills and systems</p>	<p>Seasonal vegetables</p> <p>Herbs</p> <p>Eggs</p>	<p><u>Edible Schoolyard 2.0 In the Kitchen, Grade 7:</u></p> <p>Assessment: ALL</p>	<p><u>California State: Common Core, Speaking and Listening</u> 7.1.b. Follow rules for collegial discussions, track progress toward specific goals and deadlines, and define individual roles as needed. c. Pose questions that elicit elaboration and respond to others’ questions and comments with relevant observations and ideas that bring the discussion back on topic as needed. d. Acknowledge new information ...</p>

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