

# Independence Series

## Roasted Vegetables with Yogurt Sauce

### Communication

Students respect each other's unique sense of taste and diversity of the group as they adjust the seasonings in their yogurt sauces and share with one another.

### Sustainability

Students apply different cooking techniques to the same seasonal vegetables, resulting in very distinct flavors.



### Life Skills

Students learn a basic set of steps for roasting, hone their tasting skills by choosing ingredients, take risks and exercise courage in the kitchen by improvising the specifics of a flexible recipe.

### Nourishment

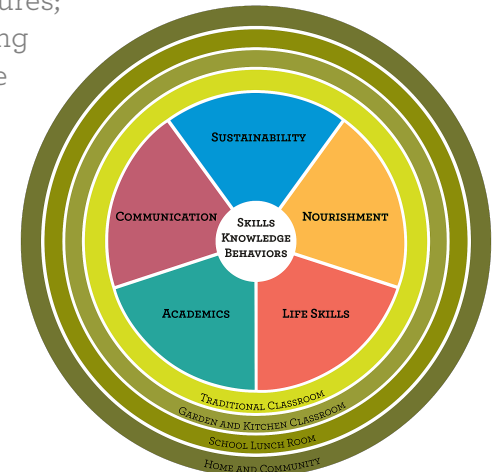
Students focus on the skill of tasting, which builds the ability to cook food for themselves that they really enjoy eating.

### Academics

This lesson fulfills Common Core State Standards for collaborative discussion; speaking and listening; language; following multistep

procedures; integrating quantitative or technical

information; Health Standards for making healthy food choices; safe food handling and preparing nutritious food.



## Independence Series Lesson #2: Roasted Vegetables with Yogurt Sauce Abstract

### Summary

In this 8<sup>th</sup> grade humanities lesson, students roast fall vegetables and explore how roasting enhances flavor through caramelization. In small teams, they make a variety of yogurt sauces by following the same flexible recipe to create different results according to their own preferences.

### Objectives

After this lesson, students will be able to:

- Apply a cooking method without a recipe
- Taste ingredients and adjust a recipe accordingly
- Prepare a simple and versatile sauce

### Assessments

During this lesson, students will:

- Wash, cut, season, and roast seasonal vegetables
- Demonstrate their tasting skills by adapting the yogurt sauce recipe to their taste
- Brainstorm other variations and uses for the yogurt sauce

**Communication** is strengthened by respecting the unique sense of taste of each student as they adjust the seasonings in their yogurt sauces and share with one another. **Sustainability** is highlighted by applying different cooking techniques to the same seasonal vegetables, resulting in very distinct flavors. **Nourishment** is assured by focusing on the skill of tasting, which builds students' ability to cook food for themselves that they really enjoy eating. **Life Skills** are sharpened as students learn a basic set of steps for roasting, hone their tasting skills by choosing ingredients, take risks and exercise courage in the kitchen by improvising the specifics of a flexible recipe.

**Academics** fulfill Common Core State Standards in ELA for collaborative discussions; speaking and listening, language; following multistep procedures; integrating quantitative or technical information; Health Standards for making healthy food choices; safe food handling and preparing nutritious food. See **Connections to Academic Standards** below for details.

*Edible Schoolyard* curriculum emphasizes developing community and personal stewardship, along with skills that will help students navigate different situations throughout their lives; choosing the **right tool** for each job; mastering **knife skills**; knowing **ingredients** and understanding **seasonality**; customizing and improving **recipes**; mastering **tasting** and **seasoning** skills and identifying and recreating flavors from different countries and cultures covered in previous lessons. See **Connections to *Edible Schoolyard* Standards** below for details.

This lesson follows the BEETLES Project's *Learning Cycle* (Invitation-> Exploration -> Concept Invention -> Application -> Reflection) and uses their *Discussion Routines* (Think-Pair-Share, Whip-Around). All are highlighted in *Green\** with an asterisk for easy identification. See the documents BEETLES\_Discussion\_Routines.pdf and BEETLES\_Learning\_Cycle.pdf included in **Resources** below for more information. Games and activities from other sources are also identified in *Green*, without an asterisk.

### Connections to *Academic Standards*

Common Core State Standards, English Language Arts and Literacy, Grade 8

- SL.8.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher- led) with diverse partners on *grade 8 topics, texts, and issues*, building on others' ideas and expressing their own clearly.
  - SL.8.1.b Follow rules for collegial discussions and decision-making, track progress toward specific goals and deadlines, and define individual roles as needed.
  - SL.8.1.b Pose questions that connect the ideas of several speakers and respond to others' questions and comments with relevant evidence, observations, and ideas.
  - SL.8.1.c Acknowledge new information expressed by others, and, when warranted, qualify or justify their own views in light of the evidence presented.
- SL.8.4 Present claims and findings, emphasizing salient points in a focused, coherent manner with relevant evidence, sound valid reasoning, and well-chosen details; use appropriate eye contact, adequate volume, and clear pronunciation.
- SL.8.6 Adapt speech to a variety of contexts and tasks, demonstrating command of formal English when indicated or appropriate. (See grade 8 Language standards 1 and 3 on page 53 for specific expectations.)
- L.8.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
  - L.8.1.d Recognize and correct inappropriate shifts in verb voice and mood.
- L.8.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening.
- L.8.6 Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.

- RH.6-8.4 Determine the meaning of words and phrases as they are used in a text, including vocabulary specific to domains related to history/social studies. RI.6.7 Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.
- RST.6-8.3 Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.
- 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).
- RST.6-8.10 By the end of grade 8, read and comprehend science/technical texts in the grades 6–8 text complexity band independently and proficiently.

Health Education Content Standards for California Public Schools, Grades 7&8,

- 1.4.N Describe how to keep food safe through proper food purchasing, preparation, and storage practices.
- 1.8.N Identify ways to prepare food that are consistent with current research-based guidelines for a nutritionally balanced diet.
- 4.1.N Demonstrate the ability to use effective skills to model healthy decision making and prevent overconsumption of foods and beverages.
- 7.1.N Make healthy food choices in a variety of settings.
- 7.2.N Explain proper food handling safety when preparing meals and snacks.

### Connections to *Edible Schoolyard* Standards

Edible Schoolyard 3.0

In the Edible Schoolyard Program

- 1.0 Students work with each other and teachers to develop community and personal stewardship, along with skills that will help them navigate different situations throughout their lives.
- 1.1.1 – 1.3.12 This lesson fulfills all Edible Schoolyard Program standards, numbers 1.1.1 through 1.3.12. See *The Edible Schoolyard Berkeley Standards* for details.

In the Kitchen Classroom, 8<sup>th</sup> grade

- Tools 2.1.1 Choose the **right tool** for each job at the ESY Cooking Station, anticipate steps of the recipe, and take initiative to cook independently.
- Tools 2.1.3 Demonstrate mastery of **knife skills**, safety and care using knives from the ESY Toolbox.

- Techniques 2.2.4 Demonstrate a working knowledge of **ingredients**, understand and explain seasonality, and identify which ingredients are grown in particular seasons.
- Techniques 2.2.6 Read and follow **recipes**, customize recipes when alterations and adjustments are possible, and improvise recipes after choosing seasonal ingredients.
- Techniques 2.2.7 Demonstrate mastery of **tasting** and seasoning skills based on sensory observations, identify and recreate flavors from different countries and cultures covered in previous lessons.

**Independence Series Lesson #2:  
Roasted Vegetables with Yogurt Sauce Lesson**

**Materials**

**For the Chef Meeting**

- K8-2 Visual aid
- Choose Your Own Yogurt Sauce Adventure recipe
- Ingredients and tools for demonstration

**Ingredients**

- Seasonal vegetables
- Olive oil
- Salt
- Pepper

**For the Yogurt Sauce**

- Plain yogurt
- Mustard
- Tahini
- Olive oil
- Salt
- Pepper
- Parsley
- Cilantro
- Dill
- Mint
- Chives
- Lemon
- Lime
- Garlic

- Onion
- Cumin
- Coriander
- Paprika

### Tools

- Sheet pans
- Parchment paper
- Mixing bowls
- Reamer
- Zester
- Vegetable peeler
- Crinkle cutter
- Garlic peeler
- Mortar and pestle
- Chefs' knives
- Paring knives
- Cutting boards
- Measuring cups
- Measuring spoons
- Forks
- Oven mitts

### Equipment

- Oven

### Timeline Overview

Total Duration: 90 minutes

1. *Invitation\** (5 minutes)
2. *Concept Invention\** (15 minutes)
3. *Application\** (60 minutes)
4. *Reflection\** (10 minutes)

## Before you Begin

- Create the Visual Aid
- Copy the Choose Your Own Yogurt Sauce Adventure recipe to hand out
- Collect all the tools and ingredients and distribute them to the tables
- Gather the supplies for the Chef Meeting

## Procedures

### Welcome

#### 1. *Invitation\**: (5 minutes)

- a. Welcome students and introduce the roasted vegetables with yogurt sauce as a chance to practice three essential kitchen skills: roasting, seasoning, and tasting.

### At the Chef Meeting

#### 2. *Concept Invention\**: (15 minutes)

Students learn about the importance of tasting skills and how to roast vegetables.

- a. Explain that these kitchen skills are also important life skills that can be taken beyond the Edible Schoolyard kitchen.
  - i. Especially tasting, though it may sound simple, is arguably the most important skill any cook can have and can be applied for any cooking technique.
- b. Break down the roasting method as four simple steps:
  - i. Wash the vegetables.
  - ii. Cut the vegetables into equal sizes.
  - iii. Season the vegetables with olive oil, salt, and pepper.
  - iv. Cook the vegetables in the oven at 425° F.
- c. Explain how roasting enhances flavor by caramelizing the sugars in the vegetables with high dry heat.
  - i. Ask students to suggest other foods that can be roasted.
- d. Describe the yogurt sauce as a quick and versatile sauce that can pair with many other dishes to enhance or balance flavor.
  - i. Explain that today each table group will have an opportunity to make and share a variety of yogurt sauces to truly experience that versatility and hone their tasting skills.



- ii. One of the most exciting things about tasting as a skill is that every person has slightly different taste, so when we cook together, we have the opportunity to taste what other people find delicious.
- e. Once again, encourage the students to take the lesson as an opportunity to hone in on the nuances of flavors and their own tastes.
- f. Ask the students to wash their hands and join their table group.

### At the Table

#### 3. *Application\**: (60 minutes)

Students roast vegetables and prepare yogurt sauce.

- a. Meet with the table groups to introduce the ingredients, review the recipe, and assign jobs.
- b. Prepare the vegetables.
- c. While the vegetables are roasting, prepare the yogurt sauces (generally by breaking students into three pairs or groups of three).
  - a. Set the table; eat; clean up.

### At the Closing Circle

#### 4. *Reflection\**: (10 minutes)

Students reflect on today's class time.

- a. Ask students to answer the following questions:
  - i. What was your favorite roasted vegetable?
  - ii. Were there any yogurt sauce combinations that paired particularly well with any of the roasted vegetables?
- b. Have students share their yogurt sauce recipes.

### Contributors

All lessons at the Edible Schoolyard Berkeley are developed in collaboration with the teachers and staff of the Edible Schoolyard and Martin Luther King Jr. Middle School.

Learning Cycle and Think-Pair-Share discussion routine © The Regents of the University of California. All materials created by BEETLESTM at The Lawrence Hall of Science.

### Resources

K8-2\_Visual\_Aid.pdf

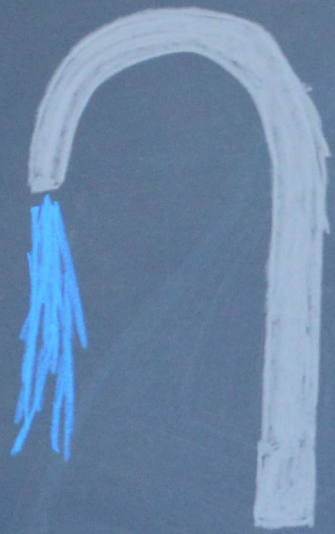
Choose\_Your\_Own\_Yogurt\_Sauce\_Adventure\_Recipe.pdf

BEETLES\_Learning\_Cycle.pdf (See lesson G6-0)



# Roasted Vegetables

Wash



Cut into bite size pieces



Season

with olive oil  
salt and pepper

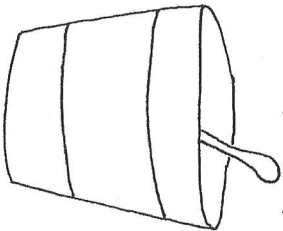
Cook at 400° in  
a single layer





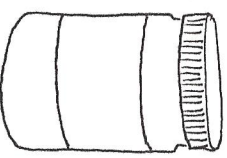
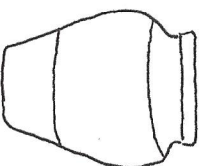
# Choose your own Yogurt Sauce adventure

① Start with plain yogurt.



② Stir in up to 2 tablespoons of:

MUSTARD or TAHINI

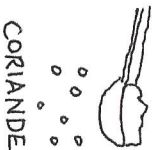


OR skip to step ③

③ stir in up to 1 teaspoon of:



CUMIN



CORIANDER



PAPRIKA

OR skip to step ④

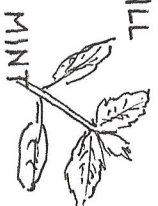
④ stir in up to 1/4 cup, chopped, of:



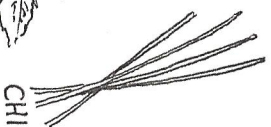
PARSLEY



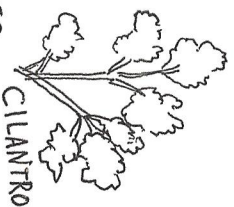
DILL



MINT



CHIVES

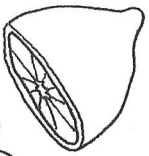


CILANTRO

OR skip to step ⑤

⑤ stir in up to 2 tablespoons of:

LEMON or LIME



OR skip to step ⑥

⑥ stir in up to 2 teaspoons, minced, of:



GARLIC

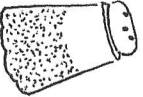


ONION

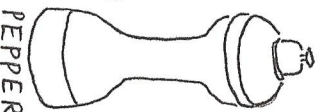
OR skip to step ⑦

⑦ Season to taste with:

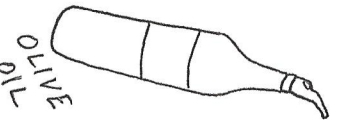
SALT



OR skip to  
step ⑧



PEPPER



OLIVE  
OIL

⑧ Taste, and return to steps 2-7 as desired.

⑨ ENJOY! Delicious as a sauce or

dip for vegetables, a marinade for meat, a drizzle for falafels or savory pancakes or a dressing for salads and cole slaw.