

Exploring the Slow Cooker (Crockpot)

Focus Lesson: How does a slow cooker work?

Materials:

The Ugly Vegetables by Grace Lin
 Slow cooker recipe
 Pencils
 Paper
 Bowls/napkins
 3 bone-in, skin-on, thawed chicken breasts, skinned and excess fat trimmed (about 1 1/2 pounds)
 4 cups low-sodium chicken broth
 3 medium carrots, sliced into 1/4-inch-thick rounds
 3 medium parsnips, sliced into 1/4-inch-thick half-moons
 2 stalks celery, peeled and finely sliced
 1 medium onion, chopped
 1 2 -inch piece Parmesan rind
 1 teaspoon yellow curry powder
 Kosher salt and freshly ground black pepper
 1 cup frozen peas
 1/2 cup loosely packed fresh dill fronds, chopped (about 1 small bunch)
 Grated Parmesan and lemon, for serving

Grade: 3-5

Time: 1-1 1/2 hours

**Be aware of any food allergies. Make changes accordingly.

***Common Core Standards:**

CCSS.MATH.CONTENT.3.NF.A.1

Understand a fraction $1/b$ as the quantity formed by 1 part when a whole is partitioned into b equal parts; understand a fraction a/b as the quantity formed by a parts of size $1/b$.

CCSS.MATH.CONTENT.3.MD.A.2

Measure and estimate liquid volumes and masses of objects using standard units of grams (g), kilograms (kg), and liters (l).1

Thinking Skill:

Understanding fractions
 Measuring skills

Objective:

Students will understand how a slow cooker works and how long it takes to cook something in it.
 Students will read a sample recipe and understand the set-up of a recipe.
 Students will use measuring tools to properly measure ingredients in the recipe.
 Students will learn and use different measuring techniques (lbs, cup, teaspoon).
 Students will understand that a fraction is part of a whole.

Connection:

Some great foods to eat on cool or cold nights are soups or stews. What are some kinds of soups or stews you have eaten?
 We are going to learn about the kind of food a mother makes in this story by Grace Lin.

Explicit Instruction:

Read *The Ugly Vegetables*. Show students pictures. After book invite responses.

In this story the mother makes a really good soup. Sometimes, homemade soup is made in something called a slow cooker or crockpot. Does anyone have any idea what a slow cooker is?

Explain to students that a slow cooker cooks food at a low-high heat, usually for a minimum of 2 hours and a maximum of 12 hours.

Show students the “how stuff works” webpage and briefly explain the slow cooker. The last thing you want to do after a long day is spend loads of time cooking a good meal! The slow cooker can really be on all day and cook your dinner for you while you’re gone at work or school.

Guided Practice:

Explain to students that the class is going to make a slow cooker recipe for chicken and vegetable soup.

Show students the recipe webpage and walk them through how the recipe is prepared. All recipes have directions and ingredients. They also give a time estimate for how long it will take to cook, and how many servings it will make.

You will often see fractions in recipes, such as $\frac{1}{2}$ cup. What does that mean? Give a demonstration using water to fill up graduated sizes of measuring cups and spoons. Remember that fractions are parts of wholes. 1 cup would be filling a one cup-sized measuring cup (show students by example). $\frac{1}{2}$ cup would be only filling up half or using a $\frac{1}{2}$ cup-sized measuring cup (again show). Measuring cups and spoons are all labeled to make this easier for us.

Independent Practice:

To review fractions, have students complete the worksheet (attached in reading list).

Cook the recipe as a class. Help students measure out the ingredients and understand what they are measuring and show fractions again. Demonstrate how to measure fractions. It helps to have graduated sized measuring cups and spoons.

Working in pairs have students double the recipe and write out the new amounts for the soup ingredients.

Reflection – Group Share:

Give students each a taste of the soup in a small dixie cup. Explain that we are splitting our soup into x number of servings so we can all have some (x = number of students in class. Ask them what they liked best about the chicken vegetable soup.

Reading list:

The Ugly Vegetables by Grace Lin
<http://www.mathworksheetsland.com/3/13unfrac/lesson.pdf>
<http://home.howstuffworks.com/slow-cooker.htm>

Teacher Note: **Be aware of any food allergies. Classrooms have generally become nut free due to risk of severe allergic reactions. Make changes accordingly.