

Nacho's Gazpacho (Grades 2-4)

Focus Lesson: To Market: Nacho's Gazpacho

Materials:

Gazpacho for Nacho by Tracey Kyle
 Ingredients (as seen in back of book)
 School Refrigerator
 Lined Paper
 Print outs of Gazpacho recipe found in back of book (enough for small groups)
 Measuring cups for each group
 Big Bowls for each small group
 Individual paper bowls
 Individual spoons

Time: 1.5 hours

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

***Common Core Standards:**

CCSS.ELA-Literacy.RL.3.1

Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

Thinking Skill: Following and Creating Healthy Recipes.

Objective:

Students will read and answer questions about literature
 Students will follow the directions of a healthy recipe to make a dish
 Students will create their own healthy recipe

Connection:

Students will make connections using multicultural literature, the book's recipe, and will develop their own healthy recipes.
 Students will think about what makes a healthy meal and how to create one.

Explicit Instruction:

Has anyone ever eaten gazpacho? Share their experiences.

Gazpacho is a cold soup. Have you ever had a cold soup for lunch or dinner? In this story we'll learn about a family that eats cold soup. Can you think of a reason people might like cold soup?

Read Aloud: *Gazpacho for Nacho* by Tracey Kyle

Discuss the story and make connections:

- Has there ever been a time you were picky about what you ate?
- What did Nacho realize once he went to the market?
- Describe what made Nacho's special dish healthy.

Guided Practice:

Divide students in small groups (3-4) and have all ingredients they need to make Nacho's gazpacho. Provide each table with measuring cups, bowls, and large spoons to make the recipe. When students are finished put bowls in refrigerator to chill.

Independent Practice:

While gazpacho is chilling in the refrigerator:

Now you are going to make your own healthy recipe! Think about what makes a recipe healthy and how you could make sure yours is. First, decide what food you would like to prepare. Second, write down all the ingredients that you need to make your special dish. After you list your ingredients make a step by step list of how to make your special dish.

1. Determine how much of each ingredient you will need.
2. List all of the ingredients and the amount for each.
3. Do you need to mix the ingredients in a bowl?
4. Will you need to chop vegetables?
5. Do you need to stir it into a soup?
6. Do you need to bake it in the oven?
7. Does it need to go into the refrigerator?

After everyone has finished a rough draft meet in pairs to edit each recipe. When final corrections are made collect recipes and compile into a class book entitled: Our Healthy Cookbook. Make copies so that each student can take home a copy.

After students have finished recipes, have them eat their version of Nacho's Gazpacho!

Reflection – Group Share:

Today you were great chefs! You not only followed a recipe but you also created your own! Let's share the recipes you created.

- What kind of foods did you use?
- What makes your recipe healthy?
- Was your recipe anything like Nacho's?

Reading list:

Gazpacho for Nacho by Tracey Kyle

Teacher Note:

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