

No Cook Tomato Sauce and Pasta

Instructions and ingredient quantities are written for a class of approximately 20 children.



Ingredients

4 pints local cherry tomatoes
2 bunches of basil
1 bunch of parsley
3/4 cup olive oil
salt and pepper
4 cloves garlic
8 oz. Parmesan cheese
1 lb. box of spiral or bow tie pasta

Before you start cooking:

Set up the students' tables for the cooking class. Wash the tables/desks and lay table cloths over them. Put a cutting board, plastic knife, plastic fork, and small paper plate at each child's place. Put a small bowl, large bowl and spoon at each table.

Materials

At Each Student Cooking Station

Cutting boards or paper plates (one per child)
Plastic knife (one per child)
Tablecloths (one per table)
One large bowl (one per table)
Mixing spoon (one per table)
Graters-hand held graters for younger children (one per table)
Small bowl (for the grated Parmesan)
Small paper plates (one per child)
Plastic forks (one per child)

At the Teacher's Station

Knife
Cutting board
Large pot
Induction burner or electric burner
Colander
Mixing spoon
Extension cord
Grater
Pot holders

At Sink Area and for Clean Up

Sponge, dish soap, paper towels



Hand-held graters help younger children to grate cheese and other ingredients safely.

Steps with the Students

Keep it clean

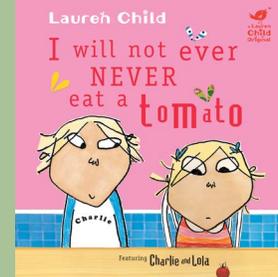
Ask students to wash their hands. Review proper hand washing techniques: Wet hands with clean water, add soap, rub hands together vigorously and scrub thoroughly. Rub hands with soap for at least 20 seconds (sing the ABC's), rinse with clean water.

Introduce the Ingredients

Write the list of ingredients on the board. Show students the ingredients in their whole form and point out which part we eat. This is your opportunity to tell the story of the vegetables and to create buy-in from the kids to try them. If possible, purchase several different types of cherry tomatoes for the recipe, varying in shape or color. Show students a photograph or story about the farmer who grew the tomatoes (most farmers have great websites with this information available). Do you have a favorite recipe for tomatoes or a positive story about growing or eating them? Do you remember picking them from your grandmother's garden? Share this with students along with interesting tomato facts and nutritional information for this delicious vegetable.

Literature Connections

I Will Never Not Ever Eat a Tomato
by Lauren Child



Curriculum Connections

Use hands-on cooking classes as a mechanism for teaching curriculum concepts. A few ideas for activities to accompany the tomato sauce recipe include:

1. Ask students to estimate the temperature of boiling water. First, measure the temperature of tap water. Will the boiling water be hotter or colder than the tap water? Do they think boiling water is a higher or lower temperature? Record their estimations. When the water is boiling, measure its temperature.
2. Ask students at each table to count the number of tomatoes in their pint. Who has the most? Who has the least? Older students can estimate before they count and record the number with tally marks. Can they sort their tomatoes into groups of "2" or "5"? Which table has the most tomatoes? How many more do they have?
3. Cut a tomato and show students that one whole has two halves.

Curriculum Alignment

Find a list of which Common Core State Standards and NC Essential Standards this lesson plan aligns with on the lesson plan page at www.growing-minds.org.

Introduce the Equipment

Show students the tools they will use to make their pasta. Demonstrate the proper way to hold and use the tools.

What's going to happen? Review the Steps with Students

Go over each of the steps of making the recipe, from washing the vegetables to trying the pasta and sauce (yes-tasting it is a step!). **Write the steps on the board.**

Step 1. Fill the large pot half full with water, cover, and put it on high heat to boil.

Step 2. Wash the tomatoes and herbs.

Step 3. Check on the water. When it is boiling, add the noodles, a few drops of oil, and stir. Cook for the designated cook time (on the pasta package).

Step 4. Chop the cherry tomatoes. Add to the large bowl.

Step 5. Rip or cut the herbs into very small pieces. Add to the tomatoes.

Step 6. Mince the garlic in the choppers. Add to the tomato mixture.

Step 7. Drain the pasta. Add the pasta and three tablespoons of the olive oil to the tomato mixture and stir. (An adult does this step).

Step 8. Grate and add the cheese.

Step 9. Taste it!

Step 10. Clean up.

Get Them Cooking!

Put the Water on to Boil

Set up the teacher's station with a burner, pot, pot holders, and spoon. Fill a pot with water and put it over high heat. Explain that once the water is boiling, you'll add the pasta. Explain that cooking the pasta in the boiling water will make it soft and edible.

Wash and Prepare the Ingredients

Choose several children to wash the tomatoes and herbs by running them under water (with a teacher's assistant or volunteer's help). Evenly divide the ingredients between the children's tables.

Cook the Pasta

When the water has begun boiling, add the pasta. Read (or have one of the students read) the pasta box to determine how much time to cook it. Determine with the class when (on the clock) the pasta will be ready. Put one student or table in charge of reminding the class to check the pasta at the designated time.

Chop, Tear, Mix

While the pasta is cooking, ask students to take a seat at the tables/desks. Remind them that instructions for the recipe are on the board and they should refer to them if they have questions. Demonstrate how to cut the cherry tomatoes into halves or quarters and guide students cutting all of their tomatoes. Demonstrate how to remove the herb leaves from the stem and tear or cut the herbs into very small pieces. Prompt students to do the same. Ask the students to take turns using the chopper to mince the garlic. (Create a pattern with this step by having the students chant Chop, Chop, Chop, Pass; Chop, Chop, Chop, Pass; Chop, Chop, Chop, Pass.) Prompt students to put the tomatoes, herbs and garlic in their large bowls. Meanwhile, ask one student at each table to grate the cheese (a hand held cheese grater is perfect for younger children). Drain the pasta when it is fully cooked and divide it between the student groups, adding it to their tomato mixture with the correct measurement of olive oil. Ask students to gently stir their pasta and tomatoes. Add the cheese.



Last Steps

Taste it!

Give each child a bit of pasta and sauce on a small paper plate. Prompt the children to try the pasta together all at once.

Clean Up

Kids can help in the clean up process by putting their plates in the trash and helping to pick up debris on the floor.

Did you know. . .

The chemical lycopene gives the tomatoes their red coloring and is an important antioxidant. Lycopene helps people maintain a healthy heart and improves memory functions!



Tomatoes are thought to originate in Peru. The name comes from the Aztec "xitomatl," which means "plump thing with a belly button".

More Tomato Activities

Taste Test Time!

As a class, try samples of several different types of cherry tomatoes. Record student's preferences in a bar graph or pictograph.

Tomato Portrait

Bring several different types of tomatoes to class that vary in size, shape, and color. Put one tomato at each table and ask students to choose one to draw and sit at that table. Give students paper and colored pencils and teach them about drawing a still life (and paying attention to detail).

Tomato Hunt

Fold a few pieces of white paper in half and staple them in at their middle fold. Give each student one of these "books" and ask them to record anything they eat or see that has tomatoes for one entire week. Brainstorm with the students several things to look out for: salads, ketchup, pizza, spaghetti.