

Utilizing Plant Parts

Unit: Food Waste & Preservation

Duration: 45-90 minutes

Standards:

National Standards for FCS

8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

CT Career and Technical Education Performance Standards

K. Food Preparation: Demonstrate preparation for all menu categories to produce a variety of food products.

G.17 Demonstrate skills in safe handling of knives, tools, and equipment.

Description:

When cooking with plants, we are sometimes left with a considerable amount of waste - potato peels, carrot tops, squash seeds, etc. In this lesson, students will identify common waste sources involving plant parts and how we can better utilize them in the kitchen. Ideas for a recipe: carrot top pesto, butternut squash soup with roasted seeds as garnish, corn soup with stock made from cobs, etc.

Objectives:

- Identify plant structures and what parts of showcased plants are edible.
 - Describe alternative uses for plant parts that might otherwise be discarded.
-

Vocabulary:

- Food scraps- parts of food items that are typically discarded rather than eaten

Materials:

- Ingredients and kitchen equipment for recipes
-

Recipe:

- [Carrot Top Pesto](#)

- [Butternut Squash Soup with Roasted Seeds](#)
- [Corn Soup with Corn Husk Broth](#)
- [Broccoli Stem Hummus](#)

Procedure:

1. Have the  [**FWP-1.04 Utilizing Plant Parts Slides**](#) projected.
2. Welcome students. Pass them a piece of paper and direct them to the Do-Now on the board.
 - a. The Do-Now is on slide #2-3 and directs students to an image of common vegetables.
 - b. Students will answer on their paper:
 - i. Which parts of these vegetables are edible?
 - ii. Which parts of these vegetables are commonly discarded?
 - iii. Can you think of a creative cooking idea to utilize any leftover food scraps?
 - c. Once students are finished, ask them to share their findings.
3. Next, show students  [**How To Cook With Food Scraps | Dear Test Kitchen**](#) to inspire the following activity.
4. Share with students that they will work in groups to make a dish out of commonly discarded food scraps. Assign groups and recipes.
 - a. You can either have students come up with their own recipes or you can have them utilize the recipes below:
 - i. Carrots - must use the carrot tops. Potential recipe: [Carrot Top Pesto](#) over roasted carrots.
 - ii. Butternut squash - must use the seeds. Potential recipe: [Butternut Squash Soup with Roasted Seeds](#)
 - iii. Corn - must use the corn husks. Potential recipe: [Corn Soup with Corn Husk Broth](#) (you may need to make the broth in advance for this group or get it started.)
 - iv. Broccoli - must use stems. Potential recipe: [Broccoli Stem Hummus](#) with broccoli florets for dipping.

End here for 45 minute class and pick up the next class. Continue for 90 minutes.

5. Students make their recipes, clean, and taste all recipes together (family style).
6. Before students leave, ask them "Is there a food scrap you will now consider using in your cooking instead of discarding? If so, which one(s)?"

Assessment(s):

- Formative assessment: Students participate in a Do-Now identifying parts of vegetables that are typically discarded.
- Summative assessment: Student groups will make recipes using common food scraps.

Resources:

- [Carrot Top Pesto](#)
 - [Butternut Squash Soup with Roasted Seeds](#)
 - [Corn Soup with Corn Husk Broth](#)
 - [Broccoli Stem Hummus](#)
 - [!\[\]\(aca6fcc8bd95e8255b9ea1b1d08ef300_img.jpg\) How To Cook With Food Scraps | Dear Test Kitchen](#)
 - [!\[\]\(0083087c61cec498ac803a4aec5bb1bd_img.jpg\) FWP-1.04 Utilizing Plant Parts Slides](#)
-

Extensions:

- [!\[\]\(79de0df6c6ddd2d4eb74f1cc5f48ec50_img.jpg\) Can a Chef Make Amazing Dishes from Scraps? | Food Scrap Challenge](#)
- [14 Creative Ways to Use Food Scraps](#)