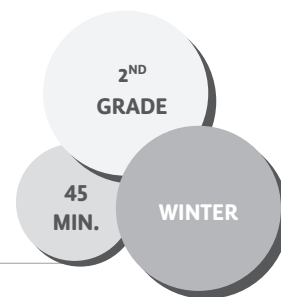


# Stir-Fry

**THEME:** PREPARING HEALTHY FOOD



## ESSENTIAL QUESTION

*How can we prepare a healthy dish featuring a variety of vegetables?*

## LEARNING OBJECTIVES

- ✓ Students will be able to prepare vegetables for a healthy dish.
- ✓ Students will be able to determine the ingredients they prefer in a stir-fry.

## MATERIALS

- Induction burner
- Extension cord
- High-heat oil such as canola or sunflower
- Ingredients for sauce (listed below)
- Vegetables, aromatics, and toppings:  
A stir-fry works with just about any vegetables. See the chart below for some possibilities, but also feel free to use whatever you have available in your region at the time. It is ideal to have at least 1 aromatic and as many vegetables as you like. Toppings are completely optional.
- Bowl of raw vegetables for sampling
- Materials for cleanup

### For each student:

- Fork
- Tasting cup
- Make-Your-Own Stir-Fry Worksheet (p. 332)
- Pencil

### Tray of the following for each group of 4–6 students:

- 2–3 cutting mats
- Bowls for vegetables
- Container for compost
- Small cups of toppings

## PREPARATION

- › Replicate the illustration of the stir-fry process as a poster (optional).
- › Photocopy Make-Your-Own Stir-Fry Worksheet for each student.
- › Set up a Stir-Fry Station in the classroom with the induction burner, where students will be able to see you cooking.
- › Prepare the sauce. If you have a small enough group, you can prepare the sauce with your students, allowing a different student to measure each ingredient and stir them in.
- › Prepare vegetables that require chopping, such as mincing garlic and slicing carrots.
- › Set aside a small sample of the raw vegetables so each student can try.
- › Set up trays by portioning vegetables students will be preparing, such as chard or broccoli, into bowls and distributing prepared toppings into small cups. Give each group a different vegetable to prepare.

### *Ingredients for Stir-Fry Sauce*

- 3 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- ½ cup vegetable broth or water
- 1 ½ Tbsp cornstarch

**POSSIBLE AROMATICS, VEGETABLES,  
AND TOPPINGS FOR THE STIR-FRY**

<b>AROMATICS</b> (1–2 tablespoons)	<b>VEGETABLES</b> (4 cups)	<b>TOPPINGS</b> (optional)
• Ginger	• Carrots	• Squeeze of lemon or lime
• Garlic	• Broccoli	• Cilantro
• Shallot	• Cauliflower	• Basil
• Scallion	• Kale	• Sesame seeds
• Onion	• Rainbow chard	• Chopped nuts (check class allergies)
	• Cabbage	
	• Bok choy	
	• Spinach	

## ACTION STEPS

**1. Engage:** Gather students in a circle, and explain, *Today, we’re going to make a dish where we cook vegetables in a sauce.* Pass around some samples of the raw vegetables (but not aromatics) that they might be using in their stir-fry. Review the difference between “raw” versus “cooked” vegetables. Have students taste the vegetables, and, after each one, ask: *How would you describe how it tastes?* Explain, *The way we’ll cook our vegetables is called a stir-fry. This is a way of cooking that comes from China. We’re going to put our vegetables in a skillet with very high heat and cook it really quickly and add a flavorful sauce toward the end. You can cook pretty much any vegetable from the garden this way. Ask, How do you think our vegetables will taste different after we cook them? (10 min.)*

**2. Wash Hands Break! (5 min.)**

**3. Demonstrate Vegetable Prep:** Model for students how to prepare the vegetables you’ve brought for them. For example, show them how to break broccoli florets or tear chard or kale into small pieces over a cutting

mat. Show them any parts of the vegetable that won’t be going into the stir-fry, and explain that they should put those parts into the compost container. **(5 min.)**

**4. Preparing Stir-Fry:** Remind students to share with their group. Pass out trays to each group with vegetables to prepare. Once they’ve finished, show students the Make-Your-Own Stir-Fry Worksheet and explain, *You’ll create a recipe for a stir-fry by circling the ingredients that you’d like to include, giving your stir-fry a name, and writing some directions for cooking this unique dish.* As students are working on their worksheets, begin cooking the aromatics on high heat. After one to two minutes, when the aromatics begin to soften and release their aroma, call up one group at a time to add their prepared vegetables, starting with those that will take the longest to cook. Cook all the vegetables until they’re tender but retain a crunch. Add the sauce and toss to incorporate. **(15 min.)**

**5. Tasting:** Once the stir-fry is ready, pass out tasting cups to students, and have them garnish, decorate the top of their portion, with the toppings at their table. Remind them to share the ingredients with the rest of their group and to wait until everyone has their sample before trying. Ask students to describe the flavors. Ask, *How does the flavor compare to how the vegetables tasted before they were cooked? (5 min.)*

## REFLECTION

Have students discuss the following questions in small groups, then share with the class: **(5 min.)**

- *Why is stir-frying a good way to cook garden vegetables?*
- *Would you prefer to eat this stir-fry with rice or noodles?*
- *What vegetables did you add to your make-your-own stir-fry?*
- *How would you tell your friend or family how to make a stir-fry?*
- *Ask yourself: Did I share with my classmates and help make the dish?*

## ADAPTATIONS

**Create-Your-Own Version:** Instead of making one stir-fry for the whole class, have small groups work together to choose which vegetables they want to include in their own stir-fry. Then cook them separately, having each group name and present their unique creation.

**Older Students:** Making a stir-fry is a perfect opportunity for older students to practice their knife skills. Instead of preparing vegetables to be chopped yourself, demonstrate for students how to chop or slice each vegetable, talking through proper knife safety, and then allowing them to work with knives.

**Garden:** Have students harvest vegetables from the garden, especially if you did the second grade fall lesson, Plant a Rainbow.

**At Home:** Have students bring home their Make-Your-Own Stir-Fry Worksheet to share with caregivers.

## ACADEMIC CONNECTIONS

English Language Arts Common Core State Standards

### **CCSS.ELA-LITERACY.SL.2.1**

Participate in collaborative conversations with diverse partners about *grade 2 topics and texts* with peers and adults in small and larger groups.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Make-Your-Own Stir-Fry Worksheet

**DIRECTIONS:** Circle the ingredients that you'd like to put into your stir-fry!

**Name Your Stir-Fry:**

\_\_\_\_\_

**Write the directions for preparing your stir-fry:**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

