

# Harvesting & Cooking

## CONTENT:

- Students will assess if the mushrooms are ready to be picked and learn how to harvest them by hand.
- Students will use their mushrooms to cook at school or research a recipe that they will cook at home.
- Students will create links with home and school.
- Students will learn procedural writing, mathematics and science involved in creating recipes and cooking.
- Students will learn how to prepare the mushrooms to cook them at home.
- Students to participate in a sequencing activity.
- Students will evaluate their cooking experience and recipe used.
- Students will use self-reflection and formative assessment to improve their quality of writing and be able to articulate what they liked and didn't like in the recipe.
- Students will use technology tools to publish their experience and share with their peers as an audience

## SUMMARY OF TASKS/ACTION:

### Harvesting:

- 1) Are your mushrooms ready for harvesting?
- 2) Share resource 2 'Stages of a Mushroom' and let the students decide if they will pick the mushrooms as a button, cup or flat mushroom.
- 3) Have a class discussion about the types of mushrooms they have seen at the shops; "what do the mushrooms look like that you have seen in the supermarket/farmers market?" Do they look the same as the ones in our grow kit yet?
- 4) Ensure when harvesting mushrooms, that you **gently twist them**, in a rotating direction to break the mycelium threads underneath. Do not pull the mushrooms. Explain why.
- 5) There is no need to peel the picked mushrooms.
- 6) Do not soak mushrooms in water to clean – just wipe with a damp cloth

### Cooking - Option A – cook together as a class

- One of the best ways to eat mushrooms is sliced and fried, with a small amount of butter or oil.
- Use the school's canteen to slice and cook the mushrooms, encouraging the students to try them.

### Cooking - Option B – Students source their own recipe and cook at home

- Either go to the school library and find a cookbook and research mushroom recipes,
- or, research using ICT mushroom recipes. Visit [www.australianmushrooms.com.au](http://www.australianmushrooms.com.au)
- or; ask a family member, or someone from your wider community if they have a favorite mushroom recipe to share with you.
- Once the students have found a recipe they wish to cook, they can create a shopping list with the ingredients on the recipe and take it home to cook with their families.

### Sequencing activity – Resource 1

- As a class, refer to resource 1 – Cooking sequence activity
- As a class, decide on the order of the different steps.
  - Wash means washing our hands and our ingredients - remember mushrooms do not need washing, just to be wiped with a damp cloth.
  - Measure means measuring each of our ingredients.
  - Chop means chopping the mushrooms up, and all of your ingredients.
  - Cook means assembling the ingredients and cooking the ingredients together.
- Correct Order: Wash, Measure, Chop, Cook, Eat.

## SUMMARY OF TASKS/ACTION CONTINUED:

### Write a Recipe Review

- Students are asked to write a review on the recipe have chosen.
- **Option A – Fried mushrooms** students can complete resource 3 “Review your recipe” worksheet.
- **Option B – Research and cook your own recipe**
- Ask the students to review the recipes they cooked.
- Ensure the students document their list of ingredients.
- Ensure the students document the process. What did they change? What did they do differently?
- Ask the students to share photos of the experience (this could be done in PowerPoint and linked to ICT).
- By asking the students to review their recipe, this requires a blended approach to reading and writing.
- This could be extended into an oral presentation.

### DID YOU KNOW:

#### **What’s the difference between Button, cup and a Portobello Mushroom?**

They are the same mushroom! They are all *Agaricus bisporus*, in fact, just different ages: button mushrooms are the toddlers; cup mushrooms are the teenagers; and portobellos are much larger versions of their younger selves, are the adults.

### EXTENSION:

Once you have picked your mushrooms you could place them in the sun gill side up to ‘tan’ the mushrooms and get even more vitamin D. This could lead into discussion around what is vitamin D.

### CURRICULUM LINKS

**Health and Physical Education:** (ACPPS036)

**English:** (ACELY1677)

**General Capabilities:** Literacy, Numeracy, Critical and Creative Thinking.