



# Rio Grande Educational Collaborative Before and After School Program Lesson Plan

**TITLE OF LESSON:** BLTs

**DATE:**

**SITE NAME:**

**CLASS SIZE:**

**NAME(S) OF INSTRUCTOR:**

**DURATION OF LESSON:**

**CREDIT (website used/name of author):** <https://www.tastingtable.com/cook/recipes/How-to-Make-Classic-BLT-Sandwich>

**COMMON CORE STANDARDS:** CCSS.ELA-LITERACY.SL.1.1, CCSS.ELA-LITERACY.SL.4.1

## LEARNING OBJECTIVES:

**Students will understand the following:**

- Develop familiarity with cooking meat on the griddle and slicing vegetables
- Prepare food safely and understand the precautions necessary to do so

## ACTIVITY:

### Instructional Sequence:

(Step by step instructions, should another instructor pick up and teach the lesson successfully)

For each cooking lesson, students and teachers will:

- Spray and wipe the table with food-safe sanitizing spray.
  - Wash their hands for 20 seconds with soap and warm water.
  - Be responsible for cleaning up after themselves.
1. Divide the students into groups of two and call each group up one at a time.
  2. Assign roles to each student to prepare these ingredients:
    - a. Cook the bacon and toast the bread
    - b. Toast one side of the bread until golden brown, two strips of bacon per group
    - c. Wash vegetables and slice tomatoes
    - d. As with all of the ingredients, just slice enough for their group
  3. Have a separate group of students prepare the mayonnaise while the others are cooking.
    - a. Mix about a quarter cup of mayonnaise in a separate bowl with lemon zest and lemon juice from half a lemon.
  4. When everything is prepped, assemble ingredients on a plate and cut the sandwich in half. Each group shares one sandwich.

## MATERIALS:

**The following materials or equipment needed for this lesson:**

(Include special equipment request)

- Griddle or hotplate
- Bacon
- Lettuce
- Tomato
- Bread
- Lemon
- Mayonnaise
- Cooking Oil
- Cooking Utensils

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**SITE SUPERVISOR'S SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**INSTRUCTOR'S REFLECTION:**

**Reflection on the lesson given:**

1. How many students participated in the lesson given? \_\_\_\_\_
2. Name(s) of instructors participated. \_\_\_\_\_
3. How long did your lesson take? (Amount of time) \_\_\_\_\_
4. How did the students feel about the lesson? \_\_\_\_\_
5. Did the students like the lesson? \_\_\_\_\_
6. What part of the lesson did the students like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What part of the lesson did the students not like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Were the students interested in the topic of the lesson? \_\_\_\_\_
9. Was the content of the lesson difficult for the students? \_\_\_\_\_
10. What could you have changed to make the lesson interesting? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. Did you have any trouble getting your lesson together? (Idea & Materials) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. How do you rate your lesson? (1-10) Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SITE SUPERVISOR'S REFLECTION:**

**Reflection on the instructor's lesson:**

1. How many students participated in lesson? \_\_\_\_\_
2. How many instructors participated in lesson? \_\_\_\_\_
3. Did the students enjoy the lesson? \_\_\_\_\_
4. What part did the students enjoy? \_\_\_\_\_  
\_\_\_\_\_
5. What part did the students NOT enjoy? \_\_\_\_\_  
\_\_\_\_\_
6. What could have been changed to make the lesson interesting? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Was the content of this lesson difficult for students to understand? Why? \_\_\_\_\_  
\_\_\_\_\_
8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)  
\_\_\_\_\_  
\_\_\_\_\_
9. Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_