

## Culinary Arts Lesson Plan

### Lesson Title: Canning - Preserving Foods for the Future

#### Content Standards:

- **CTE Standard 3:** Safety and Sanitation - Demonstrate proper safety and sanitation practices in food preparation.
- **CTE Standard 6:** Food Production - Explore various food production techniques, including preservation methods like canning.
- **CTE Standard 7:** Cultural Awareness - Recognize the impact of culture on food preservation techniques and culinary practices.

#### Supporting Standards:

- **Social Studies Anchor Standard #20:** Diversity and Identity
- **ELA College & Career L&S Standard #2:** Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

#### Anticipatory Set:

1. Invite community canners, such as local food preservation experts or experienced home canners, to share their knowledge and experiences with the class. They can discuss the importance of canning, share personal stories, and demonstrate different canning techniques.
2. Facilitate a class discussion on the essential question: "How do we preserve foods through canning?" Encourage students to brainstorm their initial thoughts and ideas about the canning process and why it is crucial for food preservation.
3. Show a short video or presentation on the history of canning, its significance in extending food shelf life, and its cultural relevance in different communities.
4. Highlight the flexibility of canning by discussing how different communities may have unique canning practices, use specific terms, and preserve culturally significant foods.

#### Lesson:

1. Introduce the basic principles of canning, focusing on two primary methods: Boiling Water Bath Canning and Pressure Canning. Explain the differences between the two methods and when each is appropriate.
2. Discuss the necessary equipment for canning, including mason jars, lids, bands, canning racks, funnels, and tongs. Explain their roles in the canning process and the importance of using proper canning equipment.
3. Teach the step-by-step canning process, including preparing the jars, filling them with food, adding brine or syrup, and sealing the jars. Emphasize the importance of following tested and approved recipes for safe canning.
4. Introduce students to various foods that are commonly canned, such as fruits, vegetables, jams, and pickles. Discuss the different techniques used for canning each type of food.

#### Guided Practice:

1. Divide the students into small groups and provide them with different canning scenarios or recipes based on the community's foods and preferences. For example, one group can work on canning local fruits, while another group focuses on pickling vegetables.

	<ol style="list-style-type: none"> <li>2. Have each group follow the canning process step-by-step, with teacher guidance and support. Ensure that safety and sanitation practices are strictly followed during the activity.</li> <li>3. Encourage students to use the vocabulary related to canning while discussing their progress and asking questions.</li> </ol>
<b>Group/Independent Practice:</b>	During the hands-on canning activity, emphasize the importance of proper safety and sanitation practices, including using clean equipment, following approved recipes, and processing jars correctly.
<b>Closure:</b>	<ol style="list-style-type: none"> <li>1. After the canning process is complete, gather the entire class for a taste test session. Open and sample the canned products from each group.</li> <li>2. Have students share their experiences, what they have learned, and any challenges they faced during the canning process.</li> <li>3. Conduct a group critique of the canned products, discussing appearance, taste, and overall success of the canning process.</li> <li>4. Revisit the essential question and have students reflect on how their understanding of food preservation through canning has evolved.</li> </ol>
<b>Materials:</b>	<ul style="list-style-type: none"> <li>• Canning equipment</li> <li>• Fresh produce</li> <li>• Cooking equipment</li> <li>• Whiteboard/flipchart</li> </ul>