

Lesson Preparation - Fruit Sauce

Overview:

Students will learn how to prepare fruits and vegetables in different ways and store them in the freezer as a way to preserve seasonal produce.

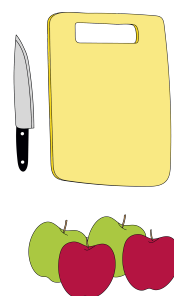
Use this lesson plan with any of the recipes in the **Freeze it** section on the website.

Lesson time: 20-30 minutes for discussion and food prep

Cook time: recipe dependent

Ingredients and Equipment (*recipe dependent)

- Fruit or vegetables of choice
- Sugar or honey
- Pot or Crockpot
- Knives and cutting boards
- Food processor, blender or immersion blender
- Reusable freezer safe containers



***See website for corresponding recipes**

Teacher Background

1. Check out the BC Agriculture in the Classroom website to find a [Fresh Story](#) about the fruit you're cooking with. Resources are available for both primary and intermediate grades. **Tip** - if your school participates, use produce from your BC School Fruit and Vegetable Nutritional Program.
2. Freezing is a method of food preservation that extends shelf life by inhibiting growth of microorganisms and lowering water activity (reducing free water in food). When properly packaged, freezing can preserve perishable foods for months or longer.
3. Review [food safety](#) and proper [knife handling](#).

Before Class

- Print recipe of choice from the Freeze it section
- Wash produce
- Set up workstations

Lesson Plan - Fruit Sauce



Learning Outcomes

- Explore which fruits and vegetables grow locally
- Learn about freezing as a method of food preservation
- Develop an understanding of the benefit of preserving locally grown food

Lesson

1. Introduction

- Talk about the fruit/vegetable you will be preparing.
 - Where does it grow?
 - How does it grow (on a tree, a plant or underground)?
- Discuss ways to use the prepared fruit/vegetable.
 - Large batches of fruit sauce can be frozen in containers and used throughout the year on yogurt, oatmeal, pancakes/waffles, etc.
 - Extra squash or pumpkin can be pureed and used in baking
 - Extra zucchini can be grated and frozen for adding to muffins
- Explain the benefits of freezing as a method to preserve seasonal produce.
 - Being able to continue to eat local foods past their growing season
 - Eating local food reduces our environmental impact (imported foods use a lot of resources being shipped from other countries)

2. Stations

- Each student should be involved in food preparation.
- Students can work in small groups and take turns sharing equipment.
- Each student will chop and prepare the food per the recipe instructions.

3. Reflections

- Reflect on the look, feel, smell, colour, and/or taste of the fruit/vegetable.
- What are other ways to prepare fruit for freezing? Hint: chopped and frozen for smoothies, made into pie, crisps or freezer jam.
- ★ Students should **not** be pressured to taste food. Valuable learning happens by participating in preparation and discussion.