

PECANS

Healthful Living Lesson Plan 1

Suggested Grade Level: K-3

Objective: The learner will demonstrate understanding of proper nutrition by researching, preparing, serving, and eating healthy dishes prepared with pecans.

Materials Provided: None

Materials Needed: Recipes, ingredients, and cooking facilities
Teachers can find pecan recipes at www.ncpecans.org

Activity:

Work as a class to find recipes containing pecans that can be served for each course of a meal. For example, a Waldorf Salad might serve as an opening course, etc.

Locate recipes for a main course, vegetable, soup, and dessert.

Find assistance to prepare the meal. This would be a great way to celebrate Thanksgiving and perhaps invite parents or other special guests.