



## Mediterranean Hummus

*A savory garbanzo bean dip that is the perfect companion to pita bread or pita chips*

### Lesson Plan

Grade Level & Subject Area: 7th or 8<sup>th</sup> Grade Science, Health, or Humanities

Length of Unit: 15 minutes for background lesson; 30 minutes for food preparation

#### ABSTRACT

This unit presents a brief background of the history, geography, and significance of hummus. Through cooking, eating, lecture, and discussion, students are exposed to a healthful food in a new way. As the culminating activity of this unit, students will have the opportunity to prepare and enjoy hummus as a delicious food with origins in another part of the world. The overall goal of this unit is to encourage students to try a potentially new food in order to expose them to the possibilities offered by foods from other cultures.

#### Learning Objectives

1. Students will be able to identify the geographic origin of hummus.
2. Students will be able to correctly write two “fun facts” from the lesson plan.
3. Students will be able to correctly list all major ingredients in hummus.

#### 1. HISTORY

- a) Hummus is one of the oldest prepared foods, dating back to ancient Egypt.
- b) Chickpeas, the main ingredient in hummus, have been part of the human diet for more than 10,000 years.
- c) The chickpea was used as a food item in [Palestine](#) before 4000 BC, was one of the earliest crops cultivated in [Mesopotamia](#), and was a common street dish in [ancient Rome](#).

#### 2. GEOGRAPHY

- a) Hummus is a popular food in various local forms throughout the [Middle Eastern](#) world and Greece.
- b) Hummus is a common part of everyday meals in Israel.
- c) Olive oil, an important ingredient in hummus, comes from olives indigenous to Syria, Palestine, and Crete.

#### 3. “FUN FACTS”

- a) The word “hummus” is the Arabic word for chickpea.
- b) Chickpeas are also known as “garbanzo beans.”
- c) “Garbanzo” is the Spanish translation of chickpea.
- d) Italian for chickpea is “cece.”
- e) [Cicero](#), a famous ancient Roman philosopher, was named for an ancestor who had a wart on his nose shaped like a chickpea.

**Skill Objectives**

1. Students will wash their hands with soap and water prior to beginning food preparation.
2. Students will practice proper food safety by washing appropriate ingredients prior to preparation.
3. Students will carefully use knives to prepare ingredients.
4. Students will learn to prepare fresh hummus from single ingredients.
5. Students will try a food they may not have eaten before.

**ADDITIONAL TEACHER RESOURCES**

- A. On Food and Cooking: The Science and Lore of the Kitchen by Harold McGee.
- B. Wikipedia (<http://en.wikipedia.org/wiki/hummus>) ...We know, we know. *Wikipedia*. We're only suggesting it because this article does provide a referenced overview of the history of hummus, and the site provides links to other valuable resources.

Please click a link below to download the recipe and lesson plan formatted to your class size

10 Students

20 Students

30 Students