



North African Oranges

A sweet cinnamon dish bursting with citrus flavors followed by the crunch of slivered almonds

Lesson Plan

Grade Level & Subject Area: 7th or 8th 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 cinnamon-spiced oranges. 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 cinnamon-spiced oranges 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 cinnamon-spiced oranges.
2. Students will be able to correctly write two “fun facts” from the lesson plan.
2. Students will be able to correctly list all major ingredients in cinnamon-spiced oranges.

1. HISTORY

- a) Oranges originated in Southeast Asia and were later brought to Africa and the other continents.
- b) Cinnamon bark is widely used as a spice, and is principally used in cooking as a condiment for adding flavor.
- c) Cinnamon-spiced oranges can be used in North African cuisine as both a sweet dessert incorporating powdered sugar, dried dates, and almonds, or as a savory fruit salad incorporating onions, cilantro, and cumin seeds.

2. GEOGRAPHY

- a) North African orange producers include Egypt, with the 9th highest amount of oranges produced, followed by Morocco and Syria.
- b) Cinnamon is native to Sri Lanka.

3. “FUN FACTS”

- a) Cinnamon was so highly prized in ancient cultures that it was regarded as a gift fit for royalty.
- b) Orange blossom water is a fragrant product made by distilling bitter orange buds and flowers. It is most popularly used in North Africa and West Asia as a condiment for salads and very sweet desserts.

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 all fruits prior to preparation.
3. Students will carefully use knives to prepare ingredients.

4. Students will learn to prepare a fresh fruit dish 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/cinnamon> or <http://en.wikipedia.org/wiki/oranges>) ...We know, we know. *Wikipedia*. We're only suggesting it because this article does provide referenced information about both cinnamon and oranges, 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