

Cooking Using Nutritious Commodities

Take-home Activity Snapshot

Related “My American Farm” Game



“Let’s Make Something Tasty”
Available at www.myamericanfarm.org.

Grade Levels

- Third - Fifth

Content Area

- Health

Standards

NPH-H.K-4.3, NPH-H.5-8.3 Reducing Health Risks

NPH-H.K-4.6, NPH-H.5-8.6 Setting Goals for Good Health

National Health Education Standards

What Will You Do?

In this activity you will make a tasty ham, cheese and apple quesadilla using nutritious commodities.

Supplies You’ll Need

- Tortillas (2)
- Granny Smith Apple (1)
- Ham Slice (1)
- Shredded/Sliced Cheese (1/2 cup)
- Non-stick Cooking Spray
- Spatula
- Pan
- Knife

- Cutting Board

Getting Ready

This is an activity that is fun to do at home with your family. To get ready, ask an adult to help you get out the supplies you’ll need and clear a place to work. Make sure to carefully wash your hands and any cooking supplies you will need. Properly washing is an important step in food safety.

Make Your Quesadilla: Step-by-Step

Step 1: Check out Your Commodities!

An agriculture commodity is anything that is produced. This could be food, fiber, or natural resources. Today we are focusing on food. Take a look at your tortillas, they are made from grains. Your apple is a delicious and healthy fruit. Ham is a meat which is full of protein and other nutrients to help you grow strong. And cheese is a dairy product, which will give you calcium and vitamins.

Step 2: Remember Food-Safety

You play a big part in making sure your food is safe. Be sure to wash your hands with soap and water before handling any food. Carefully clean your cooking area, use clean cooking utensils, and keep all perishable food in the refrigerator until you need it.

Step 3: Slice

Ask an adult to help you slice the apple into thin slices, as thin as you can. Leave the peel on for extra crunch.

Step 4: Cheese

Slice the cheese or get about ½ cup of shredded cheese. You can use Cheddar, Jack, Mozzarella, or another favorite cheese.

Step 5: Heat

Spray non-stick cooking spray in a pan or skillet and turn the stove on medium heat. Carefully place one tortilla in the pan.





Step 6: Layer

Layer ½ of the cheese, apples, and ham, and then top off with the rest of the cheese. Place the second tortilla on top of all ingredients.

Step 7: Brown

Heat your quesadilla until the bottom tortilla begins to brown. You'll want to check it using a spatula.

Step 8: Flip

Flip your quesadilla to brown the other side.

Step 9: Cut

When the cheese is melted, remove the Quesadilla from the heat using the spatula and place on the cutting board. Carefully cut it into bite-sized wedges.

Step 10: Clean Up

Make sure to clean up your area and put all supplies back where you found them.

Step II: Enjoy!

Enjoy with a tasty, nutritious drink and you have prepared a fun and nutritious meal! Set goals to make nutritious choices each day!

Fun Enrichment Activity:

Do you want to learn more about nutritious food choices? Go to www.mypyramid.gov for more specific information on how you can live a healthy life, making healthy choices. You can also go online with adult permission to find more nutritious and yummy recipes. Print them out and create your own nutritious recipe book, just for you!

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