

Summer 2020 Lesson

Class: Cooking,

Teacher: Mrs. Stuart

Grade Band: 2nd -5th

Objective: To make a refreshing,
light summer beverage

Lesson: Aguas frescas

Tools needed:

Blender, knife, cutting board,
pitcher or large jar, strainer

Ingredients: 4 cups chopped fruit:
Watermelon, Cantaloupe or other
melon, or cucumbers, pineapple or
strawberries, 1-2 T sugar, syrup or
honey, 3 C water, ice

Process:

- 1) Choose the fruit or fruits you will use,
- 2) Chop up 4 cups of it for each pitcher
- 3) Set aside one piece of fruit per serving for garnish if desired
- 4) Add to blender with water
- 5) Blend to desired thickness
- 6) Taste with a spoon
- 7) Add sweetener, and lime juice
- 8) Blend again
- 9) Strain if desired
- 10) Serve over ice

Note: you can add ice to the blender if it's a super hot day and you want it to be colder. Just add less water at the beginning.

Vocabulary: Blend, chop, strain, sweeten, desired, thickness, garnish