

# LESSON PLAN: PICKLING

Author: Maple Ridge Museum

Subjects and Grade Level: Social Studies (Gr. 2)

Objectives: Make history and historical activities more relevant. Foster an understanding of why people preserved food and some of the methods they used.

## Materials:

1 lb of fresh vegetables (ex. Carrots, cucumbers, beets, onions, etc), 1 cup of vinegar, 1 cup of water, spices mason jars, saucepan, knife,

## For detailed instructions:

<https://www.thekitchn.com/how-to-quick-pickle-any-vegetable-233882>

## Additional Notes:

Pickling takes 2-3 days. Maybe make a batch ahead of time and take it out instead of breaking up the lesson.

## POSSIBLE OPENING QUESTIONS:

Have you had pickles before? Why do you think people pickle things? Why do you think they did so in the past?

## PROCEDURE/STEPS:

1. Open with a discussion about pickling. Including why people used to pickle fresh vegetables.
2. Show the children the steps of pickling and explain how and why you're doing each step. (See link above for detailed instructions).
3. Let the children taste the pickled vegetables.
4. Finish with a closing discussion.

## DISCUSSION AND REVIEW:

Discussion question ideas: Why do you think people that did not have access to fresh fruits and vegetables in the past? What are some other methods of food preservation that you know of?

## ASSESSMENT:

## ENRICHMENT:

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## BACKGROUND INFORMATION:

- Pickling has been used since at least 2400 BCE in order to extend the shelf life of perishable foods.
- In order for this preservation technique to work, the pH must be 4.6 or lower in order to kill most bacteria.
- Pickling was a very important method of food preservation when refrigeration was less common as it allowed for fruits and vegetables to be eaten throughout the year. It was also a common way of preserving food for long trips by sea.
- While pickled foods would lose some of their nutritional value when going through the process of pickling, it was better than some other methods and allowed early settlers to get enough nutrients throughout the year. Getting enough nutrients was a concern for most early settlers because they did not have the luxury of year-round produce or refrigeration.
- The process of pickling likely originated in the Indus Valley Civilization.