

# Quick Breads, Biscuit Method Lab

## Summary

Understanding and following the steps to the biscuit method will help you to read, follow the directions and prepare similar quick breads.

## Main Core Tie

Food And Nutrition

[Strand 3 Standard 3](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Overhead transparency for the Steps to the Biscuit Method to review steps before lab.

Handouts:

Quick Bread Crossword Puzzle for review.

Ingredients needed for the entire class to prepare given recipes:

Bread Sticks (double recipe for Biscuits Supreme)

4 cups flour

2 tbs. baking powder

4 tsp. sugar

1 tsp. cream of tartar

1/2 tsp. salt

1 cup shortening

1 1/3 cup milk

butter

seasonings - parmesan cheese, garlic powder or salt, salad supreme, etc.

Cinnamon Rolls (2 units preparing a single recipe of Biscuits Supreme):

4 cups flour

2 tbs. baking powder

4 tsp. sugar

1 tsp. cream of tartar

1/2 tsp. salt

1 cup shortening

1 1/3 cup milk

butter

brown sugar

white sugar

raisins

nuts

powdered sugar

water

vanilla

Nut Biscuits Spirals (double recipe):

4 cups flour  
1/4 cup sugar  
2 tbs. baking powder  
1 tsp. salt  
1 cup butter or margarine  
2 beaten eggs  
1 cup milk  
2 tbs. butter or margarine  
1/2 cup nuts  
6 tbs. brown sugar  
powdered sugar  
water  
vanilla

Strawberry Shortcake (2 units preparing a single recipe):

2 pkg. frozen strawberries  
1 cup sugar  
4 cups flour  
4 tsp. baking powder  
1 cup butter  
2 eggs  
1 1/3 cup milk  
2 12-oz. tubs Cool Whip  
Thread and toothpicks

### Background for Teachers

This is a short unit on Quick Breads. It should take five 90 minute class period in all. The teacher will be giving two demonstrations on the biscuit method and the muffin method on two different days and the students will complete a lab during the next class period following the demonstration.

The Quick Bread Recipes will be used for the whole unit. Each day will be listed as a separate lesson plan.

Teacher will need to know about Quick Breads to give information to the students to complete their study sheet during lectures and demonstrations.

### Student Prior Knowledge

Know what quick breads are and how to prepare a recipe using the biscuit method.

### Intended Learning Outcomes

The students will know what quick breads are and that they belong to the Bread, Cereal, Grain Food Group on the Food Guide Pyramid which are high in Carbohydrates. They should be able to identify the difference between simple and complex carbohydrates. They will know what characteristics to look for in quick bread products, the preparation technique or methods in preparing them and the purpose of the ingredients that the recipe calls for.

### Instructional Procedures

At the beginning of class, ask if anyone can identify the steps to the Biscuit Method. Go over the steps.

Hand out the Quick Bread crossword puzzle so the students can work on it while waiting for the food or other groups to complete their recipe for reviewing information about Quick Breads. Identify when it will be due and corrected.

Hand out the Lab Planning Sheets so the students will know who does what cooking and clean up jobs and what ingredients are needed to prepare recipe.

Make sure all of the necessary ingredients are available for the students.

Each student will have an opportunity to sample all four of the different recipes - Bread Sticks, Cinnamon Rolls, Nut Biscuit Spirals, and Strawberry Shortcake. While they are eating, discuss the different recipes and what they liked and didn't like.

Allow enough time for the students to complete the lab, set their table, eat and cleanup with everything in order before leaving.

Each unit must turn in their Lab Planning Sheet after they have evaluated it at the end of the hour.

### Bibliography

Quick Bread recipes were originally taken from the New Cook Book by Better Homes and Garden.

### Authors

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