

Quick Pancake Mix: Know What You Are Eating

Summary

At the end of the lesson students will be able to create pancake mix and understand the different measurements and ingredients.

Main Core Tie

Health Education - 6th Grade

[Strand 5: NUTRITION \(N\) Standard 6.N.2:](#)

Time Frame

1 class periods of 30 minutes each

Group Size

Small Groups

Life Skills

Employability

Materials

Recipe for mix
ingredients for mix
measurement tools for cooking

Background for Teachers

General knowledge of materials and measurements used in cooking

Student Prior Knowledge

General measurement knowledge.

Intended Learning Outcomes

Students will be able to make pancake mix from basic cooking supplies utilizing measures and knowledge of the functions of the ingredients.

Students will learn to evaluate the quality of their food by knowledge of what it is made of.

Instructional Procedures

Pass out recipe of product

Explain the steps to the entire class emphasizing the need for accurate measurement and the quality of the ingredients.

Pair up class and do the mix

Strategies for Diverse Learners

Attempt to pair up students so that students who may have problems with the lesson will have a partner that most likely will not. Utilize peer teaching and tutoring.

Extensions

Have the students test the mix at home

Have students go online to discover other foods we buy processed that may be mixed at home.
Check with family members to find if there are any traditional foods that are made from scratch.

Assessment Plan

Students will be formally assessed with a quiz after the lesson.

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