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 by 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.

Authors

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