

Quick Breads, Muffin Method Lab

Summary

Understanding the muffin method will help you to prepare quick breads using this method.

Main Core Tie

Food And Nutrition I

[Strand 3 Standard 3](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Overhead Transparency:

Steps to the Muffin Method for review.

Handouts:

Quick Bread Quiz

Lab Planning Sheets for Muffin Lab from previous class

Lab Planning Sheet to plan pancakes or waffles

Ingredients needed for the basic recipe per unit:

1 $\frac{3}{4}$ cup flour

$\frac{1}{3}$ cup sugar

2 tsp. baking powder

$\frac{1}{4}$ tsp. salt

1 egg

$\frac{3}{4}$ cup milk

$\frac{1}{4}$ cup oil.

Additional items:

cupcake wrappers

butter

jelly or jam

blueberries

Background for Teachers

This is a short unit on Quick breads. It should take five 90 minute class periods 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 muffins using the muffin 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 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

Using overhead transparency, review the steps to the Muffin Method.

Hand out the Quiz on Quick Breads. Go over it before the students take it. Correct when finished.

Hand out a Lab Planning Sheet. Make sure the students rotate the job responsibilities. The students need to plan a lab for next time preparing pancakes or waffles after they complete the test. They will only have half of the hour for the lab.

Refer to the attachment for notes for making pancakes or waffles. The students need to complete the answers on their study sheet as you give them the information on preparing the pancakes or waffles. The students can choose which they would prefer to make. The pancakes will take less time to prepare and will make fewer pancakes than the waffles. I recommend that they preheat their oven to 200 degrees so they can keep the pancakes or waffles warm until they have enough for all in their unit to eat together. They need to order additional ingredients if they want butter, syrup, jelly or jam, powdered sugar, and peanut butter. I would suggest that they pour the syrup into a liquid measuring cup for ease in pouring and less spilling. They can also warm it up in the microwave. The lab planning sheets need to be turned in before they leave.

Lab: Hand out lab sheets for muffins. They are making variety muffins if they choose. Explain the lab and then allow enough time (at least 50 minutes) to prepare and eat their muffins, evaluate them and cleanup before leaving. When the muffins come out of the oven, check them for peaks and tunnels. Turn in their muffin lab sheet for credit. Reminder that the test on Quick Breads will be next time.

Bibliography

Muffin recipe originally came from the New Cook Book by Better Homes and Garden.

Authors

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