

# Quick Breads, Pancake/Waffle Lab and Quick Breads Test

## Summary

A lab preparing pancakes or waffles is another example of a quick bread. Testing knowledge on Quick Breads which are high in carbohydrates and fall in the Bread, Cereal, Grain Food Group on the Food Guide Pyramid.

## 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

Handouts:

Test on Quick Breads

Red pencils or pens to correct tests.

Ingredients needed per unit to prepare either pancakes or waffles - amounts will vary depending on recipe:

1-1 3/4 cup flour

1 tbs. sugar

2 tsp. - 1 tbs. baking powder

1/4 tsp. salt

1 - 2 eggs

1-1 3/4 cups milk

2 tbs. - 1/2 cup cooking oil

syrup

butter

peanut butter

powdered sugar

jelly or jam

## 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 to pass the test on Quick Breads.

## Student Prior Knowledge

Know about quick breads and how to prepare either pancakes or waffles.

## Intended Learning Outcomes

The student will be tested on their knowledge on 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 need to know what characteristics to look for in quick bread products, the preparation technique or methods in preparing them and the purpose of each of the ingredients in pancakes or waffles.

### Instructional Procedures

Call for the Quick Bread Home Assignment that were to be due the last day of the unit.

Ask for any questions that they might have regarding Quick Breads.

Hand out the Test on Quick Breads to each of the students. Have them follow along as you read and go over and explain the test to them.

After everyone has taken the test, correct the test using the red pencil or pen. Collect tests and pencils or pens.

Lab: Review with the students again how to prepare the pancakes or waffles. Hand out the Lab Planning Sheet. (Should have at least 45 minutes)

Allow enough time for the students to prepare, set the table and eat, and clean-up before the end of class. Collect the lab planning sheets.

### Bibliography

Pancake and waffle recipes originally came from the New Cookbook by Better Homes and Garden.

### Authors

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