

Groovy Grains: Pancakes



Approximate Instructional Time: 1 to 1.5 hours

Lesson Overview: Students will learn about grains and food origins while making pancakes.

Learning Outcomes:

- Students will understand origins of basic ingredients for pancakes.
- Students will understand how flour is made, and the different types of flour that can be used in cooking.

Materials:

- Jars of wheat berries, bran, whole wheat and white flour
- Pancake recipe

“Pancakes, Pancakes” book by Eric Carle, or the following video:

<https://www.youtube.com/watch?v=ypGA7236sQI>

Preparation & Set-Up:

- Label and fill small jars with wheat berries, bran, whole wheat and white flour
- Set up tables with ingredients, utensils and equipment

LESSON

Discussion: Ask what grains are. Explain that they are small, hard dry seeds with or without an attached hull, harvested for human or animals to eat. Ask what wheat is, where it is grown and how we use it. Read or view “Pancakes, Pancakes”.

Learning Plan: Show the progression of wheat to flour in the jars, explaining that whole wheat (with the husk included) is healthiest because it has fibre. Fibre is good for us and helps us go to the bathroom regularly! Make pancakes and enjoy topped with jam.

Appendices:

Pancake recipe