

Title of Lesson: Groovy Grains: Pancakes

Topic: Origins of basic food ingredients; wheat refinement	Length of Lesson: 1-1.5 hours
Target Audience: Kindergarten to Grade 2; works best with fewer than 20 children	Prepared By:
Description/Key Concepts: Listen to Eric Carle’s book “Pancakes, Pancakes!” and show different stages of wheat refinement (in jars) to illustrate where basic food ingredients (incl. whole grains) come from; then make pancakes or bannock.	
Learning Outcomes: 1) Students will understand origins of basic ingredients for pancakes. 2) Students will understand how flour is made, and the different types of flour that can be used in cooking. 3) Students will understand that whole grain flour is healthier than white flour. 4) Students will have a greater appreciation for foods made with whole grains.	
Learning Environment: Classroom with electric griddle OR classroom then kitchen. *Be sure to keep children from touching hot griddle*	
Materials: - Jars of wheat berries, bran, whole wheat and white flour - Pancake recipe and ingredients (attached – use half recipe for smaller groups) - Fruit jam for topping - Plates and forks, or napkins (can eat smaller pancakes on napkins with hands) - Mixing bowls (2), measuring cups (wet and dry), measuring spoons, griddle/frying pan, flipper, large spoon/ladle, plate for cooked pancakes, spoon for jam, wet cloth for drips	
Introduction: - Ask where they get their food. - Say: Today we are going to talk about where some of our foods come from. - Ask who has eaten pancakes; what kind of toppings they like; have they ever made pancakes. - Ask if any students have food allergies; continue accordingly.	

Content and Activities:

- 1) Listen to the reading of Eric Carle's book "Pancakes, Pancakes!" (<https://www.youtube.com/watch?v=ypGA7236sQI>)
- 2) Have students look at samples of wheat, bran, whole wheat flour, and white flour
- 3) Discuss where the other ingredients come from for making pancakes
- 4) Time permitting, do a or b:
 - a) Break into groups of 3-4 kids – each group will prepare one pancake recipe
 - b) Have children watch facilitator prepare pancake recipe (may need to double depending on size of group)
- 5) Cook pancakes
- 6) While cooking, discuss healthy eating (e.g. foods which make us healthy and strong, and those which can make us sick if we eat too many of them; fibre)
- 7) Enjoy eating the fresh pancakes topped with jam

Check for Understanding:

- 1) What kind of flour is healthiest?
- 2) What other foods could you cook or bake with whole wheat flour?

Conclusion:

- Ask for feedback on the pancakes.
- Distribute pancake recipe for children to take home.

Updated: Nov. 27, 2013

Additional Notes:
