

## Cock-a-doodle-doo! Making Pancakes from Scratch

### Essential Questions addressed in the Afterschool Unit: Cock-a-doodle-doo! Making pancakes from scratch

- Why is it important to eat breakfast every day?
- What are some of your favorite breakfast foods?
- How can I cook pancakes from scratch?
- What plant does flour come from?
- What is the step-by-step process to turn wheat into flour?
- What is in an egg?
- Where does milk come from?
- How do you make butter?
- How do fruit seeds spread?
- How is jam made?
- Why should we care about farm to table?
- Where can I get healthy, affordable, local food in my community?

### Recommended Booklist:

- Pancakes, Pancakes!* by Eric Carle
- From Wheat to Bread* by Kristin Thoennes Keller
- Milk: From Cow to Carton* by Alike
- Blueberries for Sal* by Robert McCloskey
- Eggs* by Marilyn Singer and Emma Stevenson
- Chicks and Chickens* by Gail Gibbons
- E-I-E-I-O How Old McDonald Got His Farm* by Judy Sierra

### Supplemental Booklist:

- The Little Red Hen* by Jerry Pinkney
- Pancakes for Breakfast* by Tomie dePaola
- From Wheat to Bread* by Staci Taus-Bolstad

## Cock-a-doodle-doo! Making Pancakes from Scratch

<p><b><u>Week 1</u></b>  <b>Lesson:</b></p> <p>Making Pancakes from Scratch</p> <p><b>Book:</b>  <i>Pancakes, Pancakes!</i> by Eric Carle</p> <p><b>Catalyst Questions:</b>          Why is it important to eat breakfast every day?          What are some of your favorite breakfast foods?          How can I cook pancakes from scratch?</p>	<p><b>Notes:</b></p> <p>Find recipe that contains age/skill-appropriate numbers for the Guided Practice section of this lesson. Online recipe sources include: <a href="http://cookinglight.com">cookinglight.com</a>, <a href="http://foodnetwork.com">foodnetwork.com</a>, etc.</p> <p><u><a href="http://teachfitclub.org">My Pancake Journal</a></u> can be downloaded at <a href="http://teachfitclub.org">teachfitclub.org</a>.</p>
<p><b><u>Week 2</u></b>  <b>Lesson:</b></p> <p>Pancakes: From Wheat to Flour</p> <p><b>Book:</b>  <i>From Wheat to Bread</i> by Kristin Thoennes Keller  <i>The Little Red Hen</i> by Jerry Pinkney</p> <p><b>Catalyst Questions:</b>          Where does flour come from?          What is the step-by-step process to turn wheat into flour?</p>	<p><b>Notes:</b></p> <p><u><a href="http://teachfitclub.org">My Pancake Journal</a></u> can be downloaded at <a href="http://teachfitclub.org">teachfitclub.org</a>.</p> <p>Make sure to bring <i>Pancakes, Pancakes!</i> by Eric Carle.</p>

<p><b><u>Week 3</u></b>  <b>Lesson:</b></p> <p>Pancakes: What's in an Egg?</p> <p><b>Books:</b>  <i>Eggs</i> by Marilyn Singer and Emma Stevenson  <i>Chicks and Chickens</i> by Gail Gibbons</p> <p><b>Catalyst Question:</b>          What is in an egg?</p>	<p><b>Notes:</b></p> <p>This lesson requires:          1 hard-boiled egg per student          1 plastic knife per student          1 uncooked egg          Pie dish (for the cracked raw egg)</p> <p><u>My Pancake Journal</u> can be downloaded at <a href="http://teachfitclub.org">teachfitclub.org</a>.</p> <p>Make sure to bring <i>Pancakes, Pancakes!</i> by Eric Carle.</p> <p>**Involves food so be sure to ask about <u>food allergies</u>. Be aware of your program's food and allergy policies.</p>
<p><b><u>Week 4</u></b>  <b>Lesson:</b></p> <p>Pancakes: From Cow to Carton</p> <p><b>Book:</b>  <i>Milk: From Cow to Carton</i> by Aliko</p> <p><b>Catalyst Question:</b>          Where does milk come from?          How do you make butter?</p>	<p><b>Notes:</b></p> <p><u>My Pancake Journal</u> can be downloaded at <a href="http://teachfitclub.org">teachfitclub.org</a>.</p> <p>Make sure to bring <i>Pancakes, Pancakes!</i> by Eric Carle.</p>

<p><b><u>Week 5</u></b>  <b>Lesson:</b></p> <p>Pancakes: From Fruit to Jam</p> <p><b>Book:</b>  <i>Blueberries For Sal</i> by Robert McCloskey</p> <p><b>Catalyst Questions:</b>          How do fruit seeds spread?          How is jam made?</p>	<p><b>Notes:</b></p> <p>Cooking is part of this lesson, so make sure to ask about food allergies and review safety procedures. Groups will not be able to handle hot plates without one adult supervising the hot plate or stove. Consider safety regulations of facility being used before cooking jam. If unable to cook, consider bringing in canned jam (strawberry, blueberry, and blackberry) and fresh berries for the taste test.</p> <p><u>My Pancake Journal</u> can be downloaded at <a href="http://teachfitclub.org">teachfitclub.org</a>.</p> <p>Make sure to bring <i>Pancakes, Pancakes!</i> by Eric Carle.</p>
<p><b><u>Week 6</u></b>  <b>Lesson:</b></p> <p>Pancakes: From Farm to Table</p> <p><b>Book:</b>  <i>E-I-E-I-O How Old McDonald Got His Farm</i> by Judy Sierra</p> <p><b>Catalyst Question:</b>          Why should we care about farm to table?          Where can I get healthy, affordable, local food in my community?</p>	<p><b>Notes:</b></p> <p>Teacher should research sources of locally sourced foods prior to this lesson plan. Resources/ideas are listed in the lesson plan.</p> <p>There is an alternate for the independent practice part of this lesson that involves cooking pancakes from scratch. Check for allergies and go over safety rules.</p> <p><u>My Pancake Journal</u> can be downloaded at <a href="http://teachfitclub.org">teachfitclub.org</a>.</p> <p>Make sure to bring <i>Pancakes, Pancakes!</i> by Eric Carle.</p>



**Notes:**

You will need to print and staple one My Pancake Journal for each student prior to this unit