



# Sweetpotato Raisin Pie Breakfast Oatmeal



<p><b>Grade Level(s):</b> 6<sup>th</sup>-8<sup>th</sup> grade</p>	<p><b>Lesson Description:</b> Students review learn how to use a microwave safely and measure, mash, fold in and follow a recipe to create a healthy breakfast.</p>	<p><b>Timeframe:</b> Minutes: 70 min (40 min remote &amp; in-person students together in a virtual classroom) (30 min in-person students do lab &amp; remote students' complete asynchronous lesson)</p> <p>Suggested days: 1 day</p>
<p><b>Goals &amp; Objectives</b></p> <ul style="list-style-type: none"> <li>Students will... Review microwave safety Review how to wash and prep a sweetpotato for microwave cooking Review how use a measure (digital scale &amp; measuring spoons) Learn how to use kitchen tools for measuring, mashing, mixing, and folding in. Read and follow a recipe.</li> </ul>		<p><b>Prepared By:</b> Barnanne Family &amp; Consumer Sciences Teacher Zebulon GT Magnet Middle School Wake Country Public School System</p>
<p><b>North Carolina Family &amp; Consumer Sciences Education Standards:</b></p>		
<p>3.01 Understand the impact of choices on wellness. 3.02 Understand kitchen basics. 3.03 Understand nutritious meal planning and preparation.</p>	<p>3.02 1. How to be safe and sanitary in the kitchen? 2. What are the basic kitchen tools? 3. How to follow a recipe?</p> <p>3.03 1. How do you measure, cut, mix and cook in preparing food?</p>	



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### Family & Consumer Sciences National Standards 3.0

Family & Consumer Sciences National Standards <http://www.nasafacs.org/national-standards-and-competencies.html>

8.2.5 Practice standard personal hygiene and wellness procedures.

8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.

9.2.5 Demonstrate practices and procedures that assure personal and workplace health and hygiene.

9.5.3 Prepare food for presentation and assessment.

#### Materials Needed

- Computer
- Measuring tools (digital scale & measuring spoons)
- Cutting tools (cutting board & chef knife)
- Stovetop & saucepan
- Mixing, Mashing & Folding in tools (mixing tools, potato masher & rubber scraper)
- Microwave
- Sweetpotato
- Microwave-safe plate/paper towel
- Recipe

<p><b>Anticipatory Set</b> 5 Minutes</p> <p>All students (in-person &amp; virtual)</p>	<p>Microwave Safety Matching Activity - <a href="#">Appendix A</a> Quizizz link <a href="https://quizizz.com/admin/quiz/5fd6720cfd40d001babef14">https://quizizz.com/admin/quiz/5fd6720cfd40d001babef14</a></p> <p>PDF Document <a href="file:///C:/Users/bwcreech/Downloads/Microwave_Quiz_Key.pdf">file:///C:/Users/bwcreech/Downloads/Microwave Quiz Key.pdf</a></p>	<p>*computer * <a href="#">Appendix A</a> (online in Quizizz or copy and cut – 1 per student * Free <a href="#">Quizizz</a> account</p>
<p><b>Activity 1</b> 15 Minutes</p> <p>All students (in-person &amp; virtual)</p>	<p>Sweetpotato VS Yam Reading – <a href="#">Appendix B</a> Text Dependent Reading Activity (Lexile level 800-1000)</p> <p>Students using the RUNNERS Reading Strategy to complete the reading and answer the questions. – <a href="#">Appendix C</a></p> <p>Quizizz link <a href="https://quizizz.com/admin/quiz/5fd017c3b0f112001d9a1b99">https://quizizz.com/admin/quiz/5fd017c3b0f112001d9a1b99</a></p> <p>Quiz: <a href="https://ncsweetpotatoes.com/pop-quiz-sweet-potato-or-yam/">https://ncsweetpotatoes.com/pop-quiz-sweet-potato-or-yam/</a></p>	<p>*computer * <a href="#">Appendix B</a> – SweetPotato VS Yam Reading * <a href="#">Appendix C</a> – Runners Reading Strategy * Free <a href="#">Quizizz</a> account</p>
<p><b>Activity 2</b> 15 Minutes</p> <p>All students (in-person &amp; virtual)</p>	<p>Cooking Terms PPT Activity (mixing &amp; cutting terms) – <a href="#">Appendix D</a> Students complete PPT in live time with teacher to learn mixing &amp; cutting terms</p> <p>Teacher can drop the PPT into a <a href="#">Nearpod</a> or <a href="#">Pear Deck</a> and make the PowerPoint interactive. Or Teacher can have students complete <a href="#">Note Catcher</a> during <a href="#">PowerPoint presentation</a></p>	<p>*computer * <a href="#">Appendix D– Cooking Terms ppt</a> *Free <a href="#">Nearpod</a> account *Free <a href="#">Pear Deck</a> * <a href="#">Appendix E – Note Catcher</a></p>

<p><b>Activity 3</b> 30 Minutes</p> <p><b>In-person</b> students complete the Kitchen Lab – SweetPotato Pie Oatmeal</p> <p><b>Remote</b> students log out of live synchronous session and complete asynchronous activity</p>	<p><b>*In-person</b> students complete Microwave sweet potato prior to completing the recipe.. using skills learned in lesson #1</p> <p>Kitchen Lab – SweetPotato Pie Oatmeal – <a href="#">Appendix F - recipe</a></p> <p><b>*Remote</b> students complete Remote students can find pictures of the mixing and cutting terms online and paste into the note catcher. Or Students can choose 4 mixing and 4 cutting terms and <a href="#">Flip Grid</a> themselves doing the skill.</p>	<p>*computer *<a href="#">Appendix F – recipe</a> *Kitchen tools for completing recipe (digital scale, knife, cutting board, fork, measuring tools, saucepan, potato masher, spoon, rubber scrapper) *Sweetpotato and recipe ingredients. *microwave *stove</p> <p>Remote Students <a href="#">Appendix E – Mixing and Cutting PPT</a> Note Catcher</p>
<p><b>Summary/Evaluation</b> 5 Minutes</p> <p>In-person students only</p>	<p>Lab Reflection – <a href="#">Appendix G</a></p>	<p>*<a href="#">Appendix G</a> – Lab Reflection</p>
<p><b>Source/Other Resources</b></p>	<p>Pop Quiz: Sweetpotato or Yam? (2019, June 26). Retrieved December 21, 2020, from <a href="https://ncsweetpotatoes.com/pop-quiz-sweet-potato-or-yam/">https://ncsweetpotatoes.com/pop-quiz-sweet-potato-or-yam/</a></p>	