

**MANCHESTER COLLEGE**  
**Education Department**

**Lesson Plan By:** Candy Preston, Erica Hudson, Katie Stoneburner, and Tyler Kottkamp

**Lesson:** Mmm Mmm Good

**Length:** 60 minutes

**Grade Intended:** Second

**Academic Standard:** Language Arts

*2.2.8 Follow two-step written directions.*

**Academic Standard:** Mathematics

*2.5.5 Estimate and measure capacity using cups and pints.*

**Academic Standard:** Science

*2.6.3 Describe that things can change in different ways, such as in size, weight, color, age, and movement. Investigate that some small changes can be detected by taking measurements.*

**Performance Objectives:**

2.2.8 Given a recipe, the students working in groups will prepare the given food with 90% accuracy.

2.2.5 The students will follow the recipes, measuring the ingredients with 90% accuracy.

2.6.3 In their journals, the students will write a paragraph describing the changes to the food they prepared having at least three observations.

**Advance Preparation by Teacher:**

Copies of recipes for the students

Obtain the ingredients on the recipes

Lay out ingredients for each group

Ask for parent helpers

Crock Pot

Cookie sheets

Measuring cups

Bowls

Utensils

Paper plates

Napkins

Set out cream in the morning and bring it to room temperature

**Procedure:**

**Introduction:**

Have any of you helped your moms or dads prepare meals?

What is a recipe?

What are some changes you have seen from the food you have prepared?

**Step-by-Step Plan:**

1. Put the students into groups and assign parent helpers
2. Pass out the recipes \*See attached recipes for biscuits, butter, and apple butter and step-by-step directions.
3. Allow students time to read and prepare recipes
4. As students are finishing up their foods they should work on the “fun packets” provided for them (food word search, food crossword puzzle, etc.)
5. Check on food throughout the day
6. When everything is finished cooking the students will eat a sample from each recipe

**Closure:**

Student will record the observations they made throughout the day in their journal.

**Adaptations/Enrichments:**

Directions in Spanish

Autistic student will have a resource aide with him throughout the activity

**Self-Reflection:**

Were the students able to prepare the food?

Were the directions too difficult?

Did the students handle the multi-step process well?

**Bloom's Taxonomy:**

Application/Synthesis: Preparing the food

Evaluation: Observing the changes

**Gardner's Intelligences:**

Interpersonal: Working with groups

Mathematical/Logical: Measuring

Bodily/Kinesthetic: Preparation of the food

## Recipes:

Obtained from [www.recipelink.com](http://www.recipelink.com)

### **Biscuits:**

#### **Ingredients:**

5-2/3 cups self-rising flour

1-3/4 cups and 2 tablespoons shortening

2-1/2 cups milk

1. Combine and mix the ingredients together. Divide the dough into smaller portions for students to work with. Pour out onto floured waxed paper. Pat the dough out with your hands until dough is not sticky (add a little flour if necessary). Cut biscuits with a biscuit cutter.
2. Bake on a cookie sheet at 425 degrees F for 20-25 minutes.

Makes about 30 biscuits.

### **Butter:**

#### **Ingredients:**

whipping or heavy cream

salt

several friends to help take turns

1. Pour the cream into the jar, about half full.
2. Place the lid tightly on the jar and begin shaking the jar up and down at a steady rhythm. Students should take turns shaking the jar. After about 20 - 30 minutes the butter should come as lumps that float on the top.
3. When no more curds seem to form, remove the lid and scoop out the butter curds. The butter will be soft and mushy. Put the curds in a bowl and rinse under cold running water to remove any milk.
4. Put the butter in the refrigerator to cool. After about an hour, the butter will be firm enough to mold. While you are doing this, taste the butter. It may seem sweet; just add a pinch of salt, blend and the taste will be more familiar.
5. The butter can now be shaped into balls, pats or what ever shape you desire.

## **Apple Butter:**

### **Ingredients:**

6 (14 oz cans) unsweetened apple sauce  
3 cups sugar (white)

1 tablespoon cinnamon  
1 teaspoon nutmeg  
1/4 teaspoon cloves

Put applesauce and sugar in crock pot.

Cook on high for 3 hours. After 2 hours add seasoning.  
This makes about 6 cups