LESSON PLAN by ____________________________ Sarah Bose

Lesson: Journey Cake (cooking) ____________________________ Length: 70 minutes
Age or grade level intended: 3rd Grade

Academic Standards:
English:
3.2.7 Follow simple multiple-step written instructions.

Performance Objectives:
Given written directions for journey cake, students will read them correctly with 100% accuracy.
Given written directions for journey cake, students will measure the ingredients in a group correctly with 100% accuracy.

Assessment:
I will be making sure students are measuring correctly by walking around and checking before they add it to their ingredients. Also students will be reading the directions back to me. The students will be in groups and the students in each group will make sure that the right amount is taken. The students will not be able to add the ingredients until they have gotten an okay by me.

Advance Preparation by Teacher:
- 1 cup cornmeal, yellow or white, 1 teaspoon baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, 2 large eggs, 1 cup cream-style corn, 1/4 cup vegetable oil, 1 cup sour cream
- Directions for journey cake

Procedure:
Introductions/Motivation
- Before starting this lesson, I will review with the students what we did in the previous lesson. (Different regions and also trading) I will then ask them if making food and trading it would be a type of trade for Native Americans. After reviewing, I will have words posted on the board for students to look at. (recipe, food, culture) (visual) Then I will ask for students to raise their hand and say the word and then use it correctly in a sentence. (Bloom’s, knowledge) After each word we will go over the words to make sure that every student understands the words. (Interpersonal) Then I will ask if any of the students can guess what we are going to be doing.

Step-by-step plan:
1. Words on the board and choose students to say them in a sentence.
2. Describe to students what they will be cooking (journey cake). Also talk to the students and ask them why it might be called journey cake. (Bloom’s, knowledge) After a few of the students make their guesses explain to them why it was.
3. Go over with students different kinds of foods that Native Americans used to eat and how they were popular.
4. Go over what ¾ is and 1 cup is. Also talk about 1 teaspoon. This is where I will talk about standardized measurements and how they are important for something to come out exactly right. Student will also do examples at their desk with measurements before we start cooking. (Intrapersonal) The journey cake is a great thing to cook and fit into the unit because it was one of the most popular foods that Native Americans made. Also the name was important and significant to them. (explain this to students)

5. After doing examples of measurements, pass out the directions to the students. Go over the directions with them and explain each step. (Linguistic) Show where the ingredients and cooking tools are that they are going to be using. (Visual/Spatial)

6. Students will then be split up into 3 groups. They will go through the steps with me of making the journey cake and do each step after they have seen me demonstrate it.

7. After the cake is cooked, we will then eat it. Ask can you tell me the relationship between journey cake and Native Americans? How did it get its name? (Bloom’s, Analysis)

Closure:
- We will come back together as a group and discuss what they thought might have been a little difficult for them to do. Also I would ask what would happen if you did not put the right measurements of ingredient in it? (Bloom’s, synthesis) The students will then put away their materials and each eat a piece of the journey cake. Inform the students that we are going to continue on learning about different areas of Native Americans. The next thing that we will be doing is role playing different stories about Native Americans. Tell the students that we will talk and discuss as a group what role-playing is when we begin to do this.

Adaptations/enrichment:
To enrich this lesson, I could have the students each bring in some kind of food that we talked about that Native Americans eat. We could have our own Native American feast.

Self-reflection:
What did I like? What didn’t I like? Did the students understand what I taught? Were they engaged? What can I change to make it better? Would I use this lesson again?
Recipe and instructions:
This bread accompanied many a traveler of the past and was known as "Journey Cake"...and from that came the name Johnny Cake.

Johnny Cake
1 cup cornmeal, yellow or white
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 large eggs
1 cup cream-style corn
1/4 cup vegetable oil
1 cup sour cream

Preheat oven to 400*F (205*C). Generously grease a 9 or 10-inch iron skillet or a 9-inch square baking pan. Set aside.

In large bowl mix together cornmeal, baking powder, baking soda and salt. Add eggs and mix well. Stir in corn, oil and sour cream. Pour into prepared baking pan.

Bake for 20 to 25 minutes or until browned.

Makes 8 servings.

Cooks Note: For a crispier crust, heat skillet until nearly smoking-hot before adding batter. Bake as described above.