**Name:** Andrea MacMurray **Grade:** Older Preschool

**Subject Area:** Health/Safety Development **Specific Topic:** Cooking Pancakes

**Length of Time:** 20 minutes **Date Taught**: 4/14/11-4/15/11

**Purpose**: For children to develop an understanding of nutrition.

**Curriculumn Standards:**

NH Early Learning Guidelines

Health and Safety

Nutrition: children’s growing understanding of food and its effect on their bodies.

**Objectives**:

1. The children will be dumping, pouring, scooping, measuring, cracking eggs, and stirring various ingredients in order to mix pancake batter.

**Background Knowledge Needed:** The Early Sprouts curriculum. Squash is part of the gourd family. There are two varieties to squash summer and winter squash. The winter squash – butternut squash is shaped like a vase, it has a yellowish/tan skin color it is sweet and nutty. As the squash ripens the inside turns a deeper orange and becomes sweeter. It tastes similar to a sweet potato. Squash grows on vines with large leaves and flowers. Squash because it grows on a vine is actually a fruit. The tough skins of squash make it ideal to store in cool, dry areas.

**Materials Needed:**

Ingredients Needed:

1. 1 ½ cup butternut squash
2. 1 cup white whole wheat flour
3. ¼ teaspoon salt
4. 1 tablespoon canola oil
5. 1 teaspoon cinnamon
6. 2 teaspoons baking powder
7. 2 teaspoons brown sugar
8. 1 ¼ cup milk
9. 1 egg
10. Non stick cooking spray
11. Maple syrup

Supplies and Equipment Needed:

1. Blender
2. Measuring cups and spoons
3. Griddle or large skillet
4. Cook top or portable burner
5. Spoons to scoop squash
6. Spatula

We will be making the batter today and cooking it tomorrow. Therefore, we do not need all the supplies and materials today, but we will need them tomorrow morning. Today we need the blender, measuring cups and spoons.

**Student Grouping**: Open during choice time.

**Preparation for Experience:**

1. Cook squash – Cool It
2. Gather all ingredients and place on table
3. Gather the materials needed to mix the batter

**Outline of Experience:**

**Introduction**: Today we are going to mix up the batter for Butternut Squash Pancakes that we will enjoy on PJ Day! First things first we need to go wash our hands with warm water and soap.

**Body of the Lesson:** I will reassure the children that they all will get a turn to participate. I know that it is hard to wait for your turn but you will get a turn to help. I will go around the table letting the children take part. For instance one or two children could be scooping cooled cooked squash out and putting it in a bowl. I then would be going around the table letting the children measure the flour, cinnamon, salt, brown sugar, baking powder, canola oil, egg, and squash. They would be dumping the ingredients into the blender. The children could then all take turns pressing the on/off button on the blender.

**Conclusion**: Thanks for your help! These pancakes are going to be so yummy tomorrow morning. You can tell your families you made them the pancakes for tomorrow! I am going to pour the batter into a bowl and put it in the refrigerator to make tomorrow morning for you and your families.

**Assessment Plan**: This will be a team learning experience with Heather and me. At times I will be taking anecdotal notes and at times she will be. We will both also take turns taking photo documentation of the children scooping, cracking, pouring, and measuring ingredients.

**Child Guidance/Classroom Management Plan**: To best prepare for this learning experience I will have all the ingredients and materials needed at the table. This will help me/Heather with child management because we will not have to get up from the table to go get something. Prior to the learning experience I explained to the children that they will all get a turn. I will do my best to give multiple children something to do at the same time.

**Adaptions and Modifications**: None

**Extension Plan**: The Early Sprouts curriculum often cooks. The children are involved on a weekly basis of extending their nutrient understanding. You could extend butternut squash into making banana squash smoothies.

**References**:

Kalich, K, Bauer, D, & McPartlin, D. (2009). *Early sprouts cultivating healthy food choices in*

*young children.* St. Paul, MN: Redleaf Press.