

Families:

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. Watch the Family Meal video for the lesson as a family.
2. Make the recipe as a family.
3. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
4. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!



Pilot Light Family Meal Lesson

Brussels Sprouts

+ Grades 6-7 Common Core Math - Ratios and Proportional Reasoning

Suggested Recipe Age Range: 8 and up (with adult supervision)

Recipe by Chef Erika Sims:

Brussels Sprouts - serves 4 people**Ingredients:**

- 1 lb brussels sprouts
- ½ cup oil (like olive oil)
- 1 tbps Mrs. Dash Onion and Herb blend (or other spices)
- 1 tsp crushed red pepper flakes
- 1 ½ tbsps kosher salt
- 1/2 cup panko or breadcrumbs
- ¼ cup shredded parmesan cheese

Materials:

- 1 baking tray
- 1 large bowl
- 1 small bowl
- Cutting board and a knife

Directions:

1. Preheat oven to 375 degrees.
2. Cut up the brussels sprouts. Larger ones into quarters and the smaller ones into halves.
3. Toss in oil and all the spices.
4. Put onto sheet tray and lay all the brussels cut side down.
5. Sprinkle with panko and shredded cheese.



6. Put into preheated 375 degree oven and bake for 10 minutes.
7. At the 10-minute mark, rotate the pan, and then cook for another 10 minutes.
8. Check for doneness and seasoning then enjoy!

Common Core Connections:

Grades 6-7

Ratios and Proportional Reasoning

6.RP.A: Understand ratio concepts and use ratio reasoning to solve problems.

7.RP.A: Analyze proportional relationships and use them to solve real-world and mathematical problems.

What does this mean?

In general, Common Core Mathematics asks students to think more critically about mathematical operations - for example, students are asked not only what is 4 times 3, but also asked to explain why 4 times 3 is 12.

In this lesson, these specific Common Core math standards have students using ratios and proportions to solve problems, including real-world problems, like when you double a recipe!

What does this look like?

Materials needed:

- Pencil
- Paper
- Calculator if needed

Directions:

You make the brussels sprouts recipe above from Chef Erika and really enjoy it. You decide that the next time you have your aunts, uncles, and cousins over for dinner, you will make this recipe. You are not sure how many people will be attending, so you do some math to make sure you are prepared. Remember, the recipe above serves 4 people, and be sure to show your work for each problem!

1. How many pounds of brussels sprouts will be needed to serve 12 people?

2. How many pounds of brussels sprouts will be needed to serve 14 people?

3. How many cups of breadcrumbs will be needed to serve 12 people?

4. How many cups of breadcrumbs will be needed to serve 14 people?
5. How many cups of oil will be needed if you are making this recipe for only 2 people?
6. To go with the brussels sprouts, you have asked your family what type of meat or protein that they would like. The choices are steak, chicken, or fish. There are 12 people in total eating, and $\frac{1}{2}$ of them want steak, $\frac{1}{3}$ would like chicken, and $\frac{1}{6}$ would like fish.
 - a. How many people chose steak?
 - b. How many people chose chicken?
 - c. How many people chose fish?Explain in a paragraph how you solved and show all of your work.
7. If for every $\frac{1}{2}$ pound of brussels sprouts you add $\frac{1}{4}$ cup of oil, how many cups of oil will you use if you make only $\frac{1}{4}$ pound of brussels sprouts? Solve and show your work.
8. The pound of brussels sprouts costs \$3.00, but sales tax, it costs \$3.15. If sales tax stays the same, how much with tax would two pounds of brussels sprouts cost?

Family Discussion Questions:

Families/children could discuss or write about:

- What is your favorite vegetable? What is your least favorite vegetable? Why?
- Is there a vegetable that you thought you did not like, but then you tried it and changed your mind?
- What are other ways we prepare vegetables other than roasting?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Research to find out if brussels sprouts are grown near you.
- Try cooking brussels sprouts in more than one way or maybe add different spices to two batches. Have those eating them give a review of each (how many stars out of five) and have them explain why they feel that way.
- Brussels sprouts, especially when not cooked properly, have a tendency to taste bitter. What other foods taste bitter to you? Consider other types of tastes like sweet, salty, sour. Draw a picture or make a collage that categorizes your favorite food by taste.

This original Family Lesson was written by Pilot Light staff.