

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

Pancakes

**+ Grades K-3 - Common Core English Language Arts - Reading -
Key Ideas and Details**

Suggested Recipe Age Range: 7 and up (with adult supervision)

Pancake Recipe by Chef Claire Smyth:

In the book *I Love Saturdays y Domingos* by Alma Flor Ada, the narrator/main character talks about how when she visits one set of her grandparents, who are European-American, they make pancakes, and when she visits her other grandparents, who are Mexican-American, they make huevos rancheros. Below you will find a recipe for pancakes from Chef Claire Smyth as well as a recipe for huevos rancheros.

Pancakes - serves 4

Ingredients:

- 1 1/2 c all purpose flour
- 3 1/2 tsp baking powder
- 1tsp salt
- 1 Tbsp sugar
- 1 1/4 c milk
- 1 egg
- 3 Tbsp melted butter slightly cooled

Directions:

1. Combine all ingredients and whisk well until a smooth batter forms.
2. Heat your griddle and grease with butter.

3. Ladle $\frac{1}{4}$ cup circles and cook until bubbles start to form along the edge of the pancake.
4. Flip, and you're ready to rock and roll!

Huevos Rancheros

Ingredients:

- 4 Tostada shells
- 1 (16 ounce) can refried beans
- 1 cup cheese
- 1 cup salsa
- 1 tbsp Butter
- 4 Eggs
- Additional toppings such as avocado or sour cream

Directions:

1. Preheat oven to 500 degrees.
2. Place tostada shells on the baking sheet.
3. Add toppings based on each person's individualized taste. If using avocado or sour cream, add on top after baking tostadas.
4. Heat a large skillet over medium heat. Crack the egg(s) onto the skillet. Cook the egg until desired temperature and taste.
5. Set one egg on the top of each tostada shell.
6. Bake tostadas in the oven for about 10 minutes.

Common Core Connections:

Grades K-3

English Language Arts - Reading Literature - Key Ideas and Details (Standard 1)

Students will ask and answer such questions as who, what, where, when, why, and how to demonstrate understanding of key details in a text.

What does this mean?

After reading a text at your child's grade and age level, your child should understand what he/she has read (or heard if being read aloud to) and answer questions such as who, what, where, when, and why. In grade 3, your child will also be able to identify evidence from the text (parts of the text) that show the answers to those questions.

What does this look like?

Materials needed:

- The book *I Love Saturdays y Domingos* by Alma Flor Ada (physical copy or e-book)

*If you prefer, you can practice the skill below with any story/piece of literature, either read aloud or read by your child.

- Pencil and paper (if writing answers to questions)

Directions:

1. Read or listen to the text.
2. Answer the following questions.

Grades K-1:

For younger students, you can ask the following questions aloud after reading or at different points throughout reading. Questions can be simplified if needed. You could also have younger students draw pictures to answer the questions and have them explain their drawings to an adult or sibling.

Grade 2-3:

Older students can follow along while the text is being read aloud and help read words that they may know. They can then answer the following questions aloud or in writing.

1. **Who?** Who is the story about? Who are the characters?
2. **What?** What happens or what is the story about?
3. **Where?** Where does the story take place? Where do the characters go?
4. **When?** When does the story take place?
5. **Why?** Why does the narrator/main character talk about both her grandpa and grandma and her abuelito and abuelita?
6. **How?** How does the story end?

Family Discussion Questions:

Families/children could discuss or write about:

- Is there a day of the week/month that you get together with your family?
 - At this, or any family gatherings, what types of foods are typically eaten?
- What is/are your ethnic background(s)?

- How do these backgrounds connect you with different types of foods?
- What else would you like to learn about your family or ethnic background?
- What types of foods do you like to eat on Saturdays and Sundays?
- What is your favorite pancake topping?
- What are some pancake toppings you would like to try?
- What type of energy did you use to make our pancakes (electrical, heat, motion, etc.)
- Pancake is a compound word. Two words are combined to make a new word: pan and cake make pancake. What other compound words can you think of (rainbow, campfire, snowball, etc.)
- What would you do if you were told to double this recipe? What would you do if you were told to cut this recipe in half?

Extension Activities:

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

- Make pancakes for a specific holiday or season: dye them green and make them into shamrocks for St. Patrick's Day, add peppermint extract for the winter, etc.
- Experiment making pancake batter thicker or thinner based on ingredients. Notice what happens to the pancakes when you use a thicker batter versus a thinner one.
- Host a pancake party (could be virtual): Have your child send invitations, play music, decorate, and organize a build-your-own-pancake event for family members or friends. They will feel proud hosting their very own event!

This original Family Lesson was written in collaboration by our Food Education Fellows, Ali Pollock and Jessie Wood, and Pilot Light staff.