

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

Roasting a Chicken and Making Stock

+ Grades 6-10 Common Core English Language Arts - Informational Text - Key Ideas and Details

Suggested Recipe Age Range: 11 and up with adult help

Recipe by Chef Daniel Weiland:

Roasted Chicken and Stock

Lemon Pepper Roasted Chicken

Ingredients:

- 1ea whole chicken
- 2Tbs lemon pepper seasoning
- 1/2 cup water



Directions:

1. Season the entire bird generously w/ lemon pepper seasoning.
2. Preheat the oven to 425 degrees.
3. Tie the chicken. Take a square of foil large enough to fit into a large saute pan or
4. roasting pan and place into the pan. Put chicken in the center of the foil and create a rim w/ the foil.
5. Add water.
6. Roast in the oven for about an hour or 20 minutes in the oven per pound of chicken. For example a 3 pound chicken will take approximately 60 minutes and a 4 pound chicken would cook in approximately 1hr 20min. It is suggested that you take the temperature of the chicken at this time and it should read 165 degrees.
7. Allow the chicken to rest for 20-30 minutes.
8. Any juices that have accumulated into the foil sheet should be set aside. Take the

breasts off the bird and take the legs off too, setting any bones aside. Shred the meat from the legs and reserve those bones as well.

9. The chicken meat is now ready to serve.

Chicken Broth

Ingredients:

- The reserved bones and juice left from the roasted chicken
- Water, enough to cover the bones

Directions:

1. Put all of the bones and juice into a medium sized pot and cover the bones w/ water.
2. Bring up to a boil and then turn it down to a simmer for 1.5 hours.
3. Turn off the heat and let sit for 20 minutes.
4. Strain the stock and dispose of the bones
5. Stock is ready to use or can be chilled or frozen. Fresh stock will keep for 4-5 days.

Common Core Connections:

Grades 6th-10th

English Language Arts: Reading Informational Text - Key Ideas and Details (Standard 2)

Students will determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.

What does this mean?

Students should be able to read an informational/nonfiction text and identify what the text is mostly about, as well as find details from the text that support the ideas that the text is presenting.

In this lesson, you (the student) will be working on

What does this look like?

Materials needed:

- Article- [“How Bone Broth Became Kobe Bryant’s Secret Stone Age Weapon”](https://www.washingtonpost.com/news/morning-mix/wp/2015/01/22/how-bone-broth-became-kobe-bryants-secret-stone-age-weapon/) by Peter Holley (2015, January 22). Retrieved May 7, 2020, from <https://www.washingtonpost.com/news/morning-mix/wp/2015/01/22/how-bone-broth-became-kobe-bryants-secret-stone-age-weapon/>
- Pens
- Paper (or computer)
- Discussion partners (family members or friends, etc)

Directions:

1. Read the article as a family or individually.
2. Annotate the article as you read for key details.
3. Have a family discussion focused around the following:
 - a. 6th-8th
 - i. What was the text about (summarize without judgement)?

- ii. What was the author's main point?
 - iii. Explain what the text suggests about bone broth.
 - 1. What details from the text support these ideas?
- b. 9th-10th
 - i. Summarize the text without judgement.
 - ii. What is the central idea/theme of the text?
 - 1. Choose a statement(s) that supports the theme of this text.
 - iii. How is the theme developed throughout the text?
 - iv. Explain the pros and cons of the central idea in this article. Are there any inconsistencies?

Family Discussion Questions:

Families/children could discuss or write about:

- Why would athletes drink bone broth?
- What are the benefits of bone broth?
- What is the history of broth and its origins with neanderthals?

Extension Activities:

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

- Research and compare the benefits of known sports drinks to bone broth
- Research what are other foods that could help your body heal?

This original Family Lesson was written by Pilot Light Food Education Fellow, Judith Martin.