

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****Chicken Sandwich with Roasted Potatoes +
Grade 6-8 Common Core English Language Arts - Reading - Key Ideas and
Details & Writing - Text Types and Purposes**

Suggested Recipe Age Range: 12 and up (with adult supervision if needed)

Recipe by Chef Kasani Jamison:

Chicken Sandwich with Roasted Potatoes**Ingredients:**

- 6 oz chicken breast (rested at room temp for 30 mins)
- Himalayan Pink or Kosher sea salt, to taste
- 2 tsp. black pepper (or to taste)
- 1 sandwich bun
- 1 Mighty Vine tomato (any brand tomato works)
- 1 small bunch of fingerlings potatoes (baby red potatoes also works)
- 2 leaves of lettuce
- 1 clove of garlic
- ½ cup extra virgin olive oil
- 2 T lemon juice
- 2 T dried rosemary
- Ketchup, to serve

**Directions:**

1. Whisk 1 garlic clove (grated or chopped), 2 Tbsp. lemon juice, and 2 tsp. black pepper in a tin bowl (any bowl works). Whisking constantly, stream in ½ cup oil until emulsified.

2. Rinse a small batch (12-14) Fingerling potatoes, and boil at high heat for 15 mins.
3. Butterfly chicken breast. in a tin bowl add pepper, lemon juice, rosemary and grated garlic. Allow to sit at room temperature for 30 minutes (this allows the chicken to retain its moisture, and subsequently, its flavor when grilled. When grilled at room temperature, the meat caramelizes more easily. Natural sugars are released which pairs very well with savory (salt) flavors. The scientific name for this is called The Maillard reaction. It is a chemical reaction between amino acids and reducing sugars that gives browned food its distinctive flavor.
4. Remove potatoes from boiling water, and place on a cutting board and smash gently with a roasting pan.
5. Place potatoes in a roasting pan, and add a pinch of salt and pepper.
6. Roast at 450° for 15 mins.
7. Prepare a cast iron grill pan (or saute pan) for medium-high heat. Grill chicken, turning once halfway through, until well charred and cooked through, 8-10 minutes. Transfer to a roast pan (or whatever is available) and rest for 5 minutes.
8. Then remove from the oven and allow them to rest.
9. Grill buns cut side down until lightly charred, about 30 seconds. While the chicken is resting, prepare mayo on both top and bottom bun, then at the bottom bun add lettuce, then tomato. Finish with placing the top bun on the sandwich.

Common Core Connections:

Grades 6-8

English Language Arts - Reading - Key Ideas and Details (Standard 1) and Writing - Text Types and Purposes

6-8.RL.1: Students will cite the textual evidence that most strongly supports an analysis of what the text says explicitly as well as inferences drawn from the text.

6-8.W.2: Students will be able to write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.

What does this mean?

- Your child should be able to analyze and draw conclusions from their reading using solid textual evidence.
- Your child should be able to write for the purpose of explaining what they have read and anything else that a question or prompt may ask them to answer.

In this lesson, you (the student) will be working on drawing inferences from several informative articles in order to develop a clear understanding of the importance of nutrition, specifically of chicken, as well as citing direct evidence from those articles.

Materials needed:

- Access to technology (Google Classroom, Google Docs, etc.).
- Pencil and Paper (if preferred)
- Article 1: “Do People Know Where Their Chicken Comes From?” by Tom de Castella

BBC News <https://www.bbc.com/news/magazine-29219843>

- Article 2: “A Look at the Poultry Industry: How Does Chicken Get on Your Plate?” by *FarmAid.org*
<https://www.farmaid.org/issues/industrial-agriculture/a-look-at-the-poultry-industry-how-does-chicken-get-on-your-plate/>
- “Industrial Chicken Farmers” Clip from *Food, Inc on Youtube.com*
<https://youtu.be/enwU5jIXSlU>

Questions:

1. Read both articles listed above, and watch the youtube link listed as well. Answer the questions below:
 - What methods do farmers use in order to mass produce their products within the poultry industry? Cite 2 examples from either article.
 - To what extent do ethics play a role in the poultry industry and production? How do ethics influence our view on nutritional origin (where the food comes from)? Cite 2 examples from either article.
 - Using two examples from article 2, how do big corporations establish control over farmers within the poultry industry?
 - List three important statistics within the two articles, and explain WHY they are important to know.

Vocabulary:

1. Define the following terms in the context of the articles:

- Ethics:
- Poultry:
- Industry:
- Contract:
- Consumer:
- Localized:
- Production:

Journal Activity:

1. Write a journal (250-300 words) on a separate sheet of paper focusing on ONE of the three question options:
 - a. What did you find surprising and/or interesting about the information presented in the two articles and video?
 - b. How has this information changed the way you think about the nutritional origin of your food?
 - c. In what ways can you attempt to be more aware of your food choices and products?

Family Discussion Questions:

Families/children could discuss or write about:

- In what ways can we be more conscientious about the origin of the foods we eat?
- What research would be beneficial for us to look into regarding the meat industry?
- What methods can we use to engage in healthier shopping choices? Checking the ingredients and labels?
- What are some goals we can make/things we can change in order to live a healthier lifestyle?
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Extension Activities:

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

- Finding additional chicken recipes to make at home, being aware of the nutritional value of the recipe.
- Researching healthier alternatives that can be implemented into this chicken sandwich recipe, an example being using different types of bread .

This original Family Lesson was written by Pilot Light Food Education Fellow, Gary Werner.