

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

Cinnamon Bread

**+ Grades 3-10 Common Core English Language Arts - Reading-Literature
- Key Ideas and Details**

Suggested Recipe Age Range: 7 and up with adult supervision

Recipe by Chef Mitch Cavanah:

Cinnamon Bread**Ingredients:**

- 1/4 c. oil
- 1 c. sugar
- 1 egg
- 1 c. buttermilk
- 1/2 t. salt
- 1 t. baking soda
- 1/2 t. cinnamon
- 2 cups flour

Swirl mixture:

- 1/3 cup sugar
- 1 1/2 t. cinnamon

Directions:

1. Combine all ingredients (except swirl mixture) in a mixer bowl (or by hand) and beat until well blended and smooth.
2. Grease a loaf pan and pour 1/3 batter into bottom of pan and spread to edges.
3. Sprinkle on 1/3 of the swirl mixture and marble in with a fork. Pour in another 1/3

of batter and spread in even layer, sprinkle with another 1/3 of swirl mixture and marble into the batter. Finish with the final 1/3 of batter and final 1/3 of swirl mixture in the same manner.

4. Bake in preheated 350 degree oven for 50-60 minutes. This is a dense bread so be sure to check the middle of the loaf to be sure it is bake all the way through. Add up to 10 minutes of time if needed. Enjoy!

Common Core Connections:

Grades 3rd - 10th

English Language Arts: Reading Literature - Key Ideas and Details (Standards 1 and 2)

RL.3-10.1: Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers

RL.3-10.2: Recount stories, including fables, folktales, and myths from diverse cultures, determine the central message, lesson, or explain how it is conveyed through key details in the text.

What does this mean?

These standards mean students are able to ask questions about the story and answer a question. They can also tell you why they think this way by mentioning something they heard from the story. They are able to tell a story they heard being told or read. Students can retell important details and tell you what is the lesson the story wants you to learn.

In this lesson, you (the student) will be working on having a sit down experience - on the floor with pillows and blankets. After making the cinnamon bread with your family, you will sit down, sip tea (hot or cold), and eat the bread on your pillows and blankets, just like they were eaten in ancient times -like in Egypt, India, or China!

What does this look like?

Materials needed:

- Pillows
- Blankets
- Teapot and tea cups for hot tea OR pitcher and glasses for cold tea
- plates/napkins
- Forks
- Book of myths, legends, folktales (whatever you might have in your house will work, or you could look online for one of the ones mentioned at the bottom of the sheet)

Directions:

1. After making the cinnamon bread, place on plates for each member of your family
2. Pour hot or cold tea to drink for each person
3. Set up a place in your home for everyone to sit - bring in pillows and blankets and make it very cozy
4. Spread them out so you can recline while you are eating - like a Roman emperor!
5. Each person bring in their plate and cup/glass
6. Sit on floor together

7. One person read a story to the group, stopping and asking about the characters, the setting, the conflict, etc.
 - a. These can be easy or hard, depending on the age of the people in the group
8. While everyone is enjoying their cinnamon bread and tea, talk about the story, everyone else can share a story they know too!

Pick a folktale, myth, legend, or fairytale to read or recite during this time together:

- Books to read and discuss - these are great books to read while sitting on the floor together:
 - Ancient China:
 - *Cat and Rat* by Ed Young - story about the Chinese calendar
 - *Lon Po Po* by Ed Young - a Red Riding Hood type story
 - Ancient India:
 - *The Elephant's Friend & other tales from India* by Marcia Williams
 - Learn about the history or cinnamon rolls: "The History of Cinnamon Rolls" by Alison Ingraham on LEAFtv
<https://www.leaf.tv/articles/the-history-of-cinnamon-rolls/>

Family Discussion Questions:

Families/children could discuss or write about:

- Have a talking circle - where students and family members discuss what they know about the different **ingredients**:
 - cinnamon - what does the spice do for the bread?
 - Buttermilk - how was this different from regular milk?
 - Baking soda - why is it used in baking?
- **Discuss the tea** -
 - What do you like about the tea?
 - Did you choose hot or cold?
 - Does it matter if you drink hot or cold?
- **Discuss family time**:
 - What did you like the most about sitting on the floor together?
 - How did sitting on the floor help you understand the civilizations who used to sit and eat like this?

Extension Activities:

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

- Try the same type of tea both hot and iced and compare them.
- Research how humans' diets have changed over the past few decades and the past few centuries.
- Research the benefits of various spices including cinnamon.

This original Family Lesson was written by Pilot Light Food Education Fellow, Bonnie Hoffman