

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

Granola

**+ Grades K-12 Common Core English Language Arts -
Writing - Text Types and Purposes - Opinion Pieces & Arguments**

Suggested Recipe Age Range: 6 and up with adult help

Recipes by Jordan Rawlings:

Granola**Ingredients:**

- ½ cup oil, such as canola, olive, or coconut (melted)
- ½ cup liquid sweetener such as maple syrup, honey, or agave
- 3 cups rolled oats
- 3 cups nuts and seeds, such as almonds, pecans, pepitas, sunflower seeds, or unsweetened coconut
- pinch of salt
- 1 cup dried fruit or chocolate chips

**Directions:**

Preheat your oven to 300F. Prepare a rimmed sheet pan with parchment, or grease generously with oil.

In a large bowl, combine all ingredients aside from any dried fruit or chocolate, and stir until all ingredients are evenly distributed and coated with oil and syrup. Spread into an even layer on your sheet tray and bake for 20-30 minutes, stirring every 10 minutes, until granola is evenly golden brown, toasty smelling, and almost dry looking. Allow to cool for about 5 minutes before adding any dried fruit or chocolate. If you like less clumpy granola,

stir often in the oven, but if you like your granola with more clusters, add fruit right after removing from oven, and tamp down granola with the bottom of a glass before allowing it to cool completely in the pan. Granola can be kept at room temperature in an airtight container for up to a month.

Common Core Connections:

Grades K-12

English Language Arts - Writing -Text Types and Purposes - Opinion Pieces & Arguments

Kindergarten: Use a combination of drawing, dictating, and writing to compose opinion pieces in which they tell a reader the topic they are writing about and state an opinion or preference about the topic (e.g., My favorite granola has. . .).

Grade 3: Write opinion pieces on topics or texts, supporting a point of view with reasons.

Grade 6 Write arguments to support claims with clear reasons and relevant evidence.

Grade 11-12: Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence

What does this mean?

Common Core in grades Kindergarten through 12th asks students to develop opinions or arguments (in older grades) and support them with evidence. This skill builds in complexity year after year. In this project, for example, a first grader may write a sentence or two stating his/her opinion and why, while a high school student might write a multi-paragraph/page piece including analysis and supporting evidence.

In this lesson, you (the student) will be writing **an opinion or argument piece about granola.**

Prompts for this writing could include:

- What are the best ingredients to include in granola? Why?
- Is granola healthy? Why or why not?
- What are the healthiest snack options?
- What are the healthiest foods to eat for breakfast?
- Write a piece convincing your family members or friends to make granola and provide reasons why (include specific ingredients they should use).
- How does advertising affect the choices we make and what do advertisers use to affect those choices? Look up granola ads online if you've never seen one. How is granola advertised? What are your thoughts about how it is advertised?
- Design an advertisement for your granola.
 - Name and design a package for your granola.
 - Then design and create an advertising campaign around your product.

What does this look like?

Materials needed:

- Pens
- Paper (or computer)
- Research tools (a computer, books, friends or family members)

Directions:

1. Begin by brainstorming and writing your opinion/argument and possible reasons and evidence that supports your opinion.
2. Begin your first draft.
3. Read your draft aloud and make any changes. You can also give your rough draft to a friend or care giver for feedback.
4. Write your final draft. Share your writing with family or friends. If you'd like, you could create an illustration to go along with your writing.

Students in grade K-1 will be writing a sentence or two that states their opinion and a brief reason that supports their opinion. This could also be done orally if preferred.

To meet the expectations of this standard, your opinion piece writing starting in 2nd grade should include the following):

- Introduce the topic or text they are writing about, state an opinion, and create an organizational structure that lists reasons.
- Provide reasons that support the opinion.
- Use linking words and phrases (e.g., because, therefore, since, for example) to connect opinion and reasons.
- Provide a concluding statement or section.

Starting in 6th grade:

- Introduce precise claim(s), distinguish the claim(s) from alternate or opposing claims, and create an organization that establishes clear relationships among claim(s), counterclaims, reasons, and evidence.
- Develop claim(s) and counterclaims fairly, supplying evidence for each while pointing out the strengths and limitations of both in a manner that anticipates the audience's knowledge level and concerns.
- Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.
- Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.
- Provide a concluding statement or section that follows from and supports the argument presented.

Family Discussion Questions:

Families/children could discuss or write about:

- What would you add or remove to make the granola more flavorful?
- Describe the taste textures of each ingredient.
- What is the best time of day to eat granola?

Extension Activities:

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

- Prepare the granola and package it up to share with a few friends, family members, or neighbors. You could also provide them information about what is in it and why you included each ingredient.
- Buy a bag of granola at the grocery store and compare it to your homemade granola to store bought. What are the similarities and differences? Which type do you prefer? Do a taste test with family or friends, take a poll, and graph the results.

This original Family Lesson was written by Pilot Light staff and was inspired by the Pilot Light lesson, [Granola](#).