

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 Lesson
Mountains of Roots
+ Grades 3-8 Common Core English Language Arts -
Writing - Production and Distribution of Writing + Science

Suggested Recipe Age Range: 8-13

Recipe by Chef Lindsey Shifley

Mountains of Roots

Serves 4+

Ingredients

- 2 large potatoes (baking potatoes or sweet potatoes)
- 1-2 other root vegetables of any sort. Think rutabaga, celeriac (celery root), turnips, kohlrabi, carrots and beets (yellow or red) - They all work!
- 4 Tablespoons oil or butter
- 2 Tablespoons pure maple syrup or sugar
- 2 Tablespoons dried Italian seasoning. Any fresh herb mix will work here. Be creative! Do you like tacos? Use dried taco mix!
- 1/2-3/4 cup grated parmesan cheese.
- salt and pepper

**Equipment:**

- 1 large mixing bowl
- 2 small mixing bowls
- measuring cups/spoons
- baking sheet(s)
- knife

- small spoons
- cutting board
- oven
- toothpicks (optional)

Directions:

1. Preheat the oven to 350 degrees.
2. If using butter, melt 4 Tbsp in a small mixing bowl. If using oil, measure and add to the bowl. (Feel free to use a combination of both. For example, 2 Tbsp of oil + 2 Tbsp of butter). To the same bowl, add 2 Tbsp of maple syrup and a healthy pinch of salt and pepper. Mix with spoon slowly until well combined.
3. In another small bowl, combine 2 Tbsp of dried Italian seasoning, 1/2 cup or more of parmesan cheese, and 1/2 tsp of salt and pepper each. (If you are using sugar instead of maple syrup, add 2 Tbsp to this bowl). Mix slowly with a clean spoon until well combined.
4. Thinly slice the potatoes and other root vegetables to be the same or a variety of thicknesses, no wider than a 1/2 inch if possible.
5. In a large bowl, add the sliced root rounds and butter/oil mixture. Using your clean hands, massage the rounds with oil and coat all the sides.
6. Wash your hands.
7. On a lightly oiled baking sheet (you can also line with aluminum or parchment paper for easy clean up), begin layering the root rounds into mountains (about 3-5 layers thick) and sprinkle some herby cheese in between each layer. Space your mountain stacks an inch or two apart. If using carrot rounds, these are great to add closer to the top for the "peaks." Top each stack with some parmesan cheese mixture.
8. If there is any oil left in the bowl, drizzle it over the tops and sides of your mountain stacks.
9. Wash your hands.
10. Roast at 350 degrees for 35-40 minutes or until the edges begin to turn brown and caramelize and you can pierce the mountains easily through with a toothpick, fork or knife.
11. Options for cooking creativity:
 - a. Garnish with some more herbs, cheese, salt and pepper to taste.
 - b. If your stacks fall over while baking, don't worry! You can stack them back up on your home plate!
 - c. You can use a muffin tin to form your mountains. Remember to lightly grease the molds or use paper muffin cups.
12. Roast the rounds on the baking sheet in one flat layer (rather than stacks) and season each with the cheese mixture. This will take only 20-25 minutes to bake. Once cooled slightly, you can stack your mountains and hold them together with toothpicks. Which method is more fun to prepare? To eat? Does one roasting method taste better than the other?

Common Core Connections:

Grades 3-8

English Language Arts - Writing - Production and Distribution of Writing - Standard 4:

Students will produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

What does this mean?

Common Core in grades 3-8 identifies three types of student writing: opinion pieces, informative/explanatory writing, and narratives (real or imagined stories). Common Core standards around literacy build in complexity throughout the grades. That means that the standards can sound the same for younger, as well as older grades, but the kinds of writing produced will be different.

In this lesson, you (the student) will be working on informative/explanatory writing in which you will pick a topic related to mountains, research it, and then write about your findings.

What does this look like?

Materials needed:

- Pens
- Paper (or computer)
- Research tools (books, the internet, family members or friends, etc)

Directions:

1. Choose one or more of the follow prompts/questions to answer related to mountains:
 - How many mountain ranges are located in the United States? Where are they located?
 - Where are the highest mountain peaks located in the United States? Where is the highest mountain peak in the world? What is the difference between the highest mountain peak in the United States and in the world?
 - Can there be mountains under the oceans too? Where is the tallest underwater mountain located in the world? Is the tallest mountain in the world found above water or underwater?
 - Mountains can be classified into five different types based on the cause that formed the mountain, type of rocks, shape and placement on land. What are the different types, and how are they similar and different?
 - Have you ever traveled to a mountain range? Describe the mountain range and tell the reader what you did there.
 - What mountain range would you like to visit? What kinds of animals and plants would you see?
 - Would you like to live in the mountains? Why or why not?
2. Research the question(s) you chose. Write down any notes or ideas you find to use later in your writing.
3. Begin your first draft (at least 2 paragraphs in length): Write a thesis statement or a topic sentence that explains what your writing will be about.
4. Write about 2-3 supporting details or examples that support your thesis. Think

- about what facts or examples you find that show that your thesis statement is true.
5. Write a concluding statement that restates (puts in different words) your thesis (your first sentence).
 6. Read your draft aloud and make any changes. You can also give your rough draft to a friend or care giver for feedback.
 7. Write your final draft. Share your writing with family or friends if you like.

To meet the expectations of this standard, your writing should be **at least 2 paragraphs long** and include the following:

- Introduction:** Introduce a topic clearly, provide a general observation and focus, and group related information logically; include formatting (e.g., headings), illustrations, and multimedia when useful to aiding comprehension.
- Facts and details that relate to the topic:** Develop the topic with facts, definitions, concrete details, quotations, or other information and examples related to the topic.
- Transition Words:** Link ideas within and across categories of information using words, phrases, and clauses (e.g., in contrast, especially).
- (Grades 4-8) Use specific vocabulary related to the topic:** Use precise language and domain-specific vocabulary to inform about or explain the topic.
- (Grades 6-8) Establish and maintain a formal style.**
- Conclusion:** Provide a concluding statement or section related to the information or explanation presented.

Family Activities and Discussion Questions:

Families/children could discuss or write about:

- Have you ever been to a mountain range or seen mountains in the distance? If not, what are some other landforms you have seen.
- Would you like to live in the mountains? Where would you live if you could live anywhere in the world? Why?
- What are other types of landforms that you know of? Are there any near where you live?

Extension Activities:

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

- When people live in the mountains (at certain altitudes), recipes have to be cooked at different temperatures. Research why that is. How would you have to modify this recipe to cook it at a higher altitude like 5000 feet above sea level?
- Do any of the root vegetables in this recipe grow in your area? If so, when can they be grown and why?

This Family Lesson was written by Pilot Light Staff in collaboration with Chef Lindsey Shifley.