

**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****Parmesan Crusted Chicken with Fresh Tomato Sauce  
+ Grades 6-8 Common Core English Language Arts -  
Writing - Text Types and Purposes - Narratives****Suggested Recipe Age Range: 6+ with Adult Supervision****Recipe by Chef Amy Lukasik****Parmesan Crusted Chicken with Fresh Tomato Sauce****Ingredients:****Parmesan Chicken:**

- 2 chicken breasts
- 1 cup all purpose flour
- 2 tsp salt
- 1 tsp black pepper
- 1/2 tsp garlic powder
- 2 eggs
- 1/4 c water
- 2 cups panko bread crumbs
- 2/3 cup grated parmesan cheese
- 1 Tbsp salt
- 1 Tbsp Italian seasoning
- 1/2 c shredded mozzarella
- Vegetable oil

**Fresh Tomato Sauce:**

- 1 1/2 lbs vine ripe tomatoes, small dice
- 2 cloves garlic, minced

- 1 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- 1/4 c basil, sliced into chiffonade
- Salt and pepper

**Directions:**

1. Preheat oven to 425 degrees
2. Slice Chicken Breasts into 1" in slices
3. In shallow bowl, mix together 1 cup flour, 2 tsp salt, 1 tsp black pepper and 1/2 tsp garlic powder. Mix well.
4. In another shallow bowl, add eggs and water whisk together.
5. On a sheet tray, add panko breadcrumbs, parmesan cheese, Italian Seasoning and salt and pepper, mix together.
6. Dredge slice of chicken in the flour (shake off excess), then dip floured chicken in egg wash, let any excess egg wash drip off, then place chicken in the breadcrumb mixture. Cover the chicken slice in breadcrumbs and lightly press the chicken, shake off excess crumbs. Repeat with the other slices of chicken.
7. Preheat your saute pan over medium high heat. Add 2 TB vegetable oil to the pan, warm until oil is shimmering, but not smoking. Take the breaded chicken slices and sear each side until golden brown, remove from pan and place on sheet tray. Once all slices have been seared, place tray into oven and bake until chicken reaches and internal temperature of 165 degrees. Once chicken reaches 165 degrees, remove from oven and top slices with mozzarella cheese and return to oven for 2 minutes until cheese melts. Remove from oven and top with Fresh Tomato Sauce.

Fresh Tomato Sauce: Add all ingredients to a bowl and mix well.

**Common Core Connections:**

**Grades 6-8**

**English Language Arts - Writing -Text Types and Purposes - Narrative Writing**

CCSS.ELA-LITERACY.W.7.3: Write narratives to develop real or imagined experiences or events using effective technique, relevant descriptive details, and well-structured event sequences.

**What does this mean?**

Students will work on writing imagined stories using details, proper grammar and in a way that is clear the order in which events happened.

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

Students will write a story about an imagined experience based on the tastes and feeling from this meal!

### What does this look like?

#### Materials needed:

- Article: "A Day in the Life of an Italian" from *Espresso: Your Daily Dose of Italian* <https://selectitaly.com/blog/all-you-can-italy/day-life-italian/>
- Chicken as prepared above (or just the tomato sauce)
- Graphic Organizer as provided
- Pen/Pencil
- Highlighter (optional)

#### Directions:

1. Make the tomato sauce in the recipe above.
2. Taste!
3. Use 5-10 adjectives to describe how it tastes. Challenge yourself to come up with creative adjectives (ex: use "delectable" rather than "good")
4. Read the article, "A Day in the Life of an Italian"
5. Spend a few minutes highlighting some of the key components of being an Italian based on this article. <https://selectitaly.com/blog/all-you-can-italy/day-life-italian/>
6. You will be writing a story from the perspective of an Italian! The highlight of your day will be eating this sandwich. You decide what else will happen in your day!
7. Plan your story about the day you first ate this sandwich.

Introduction: theme, setting, and characters

What is the basic idea of the story? Where does the story take place? When does the story take place? Who is in the story?

Body: mood and plot

What feeling or atmosphere do you want to create in your story? What will happen in the story?

**Conclusion: end of the action, moral, prediction, or revelation**

What will happen last in your story? How will you wrap up the action of the story?  
Will your narrative essay have a moral, make a prediction, or provide a revelation?

8. Write your story and be sure to include at least 5 of the adjectives you brainstormed above. You don't have to just use it to describe the food. Was the smell coming from the bakery you walked by "detectable?" Get creative!
9. Share the story with a family member. Challenge them to draw what the story makes them see!

(If you get stuck with a narrative, see this great resource for how to write a clear narrative!)  
[https://ngl.cengage.com/assets/downloads/greatwi\\_pro0000000335/gw4\\_unit2.pdf](https://ngl.cengage.com/assets/downloads/greatwi_pro0000000335/gw4_unit2.pdf)

#### **Family Discussion Questions:**

**Families/children could discuss or write about:**

- What did you like/not like about this meal?
- What other foods that you have tasted have similar flavors?
- What is similar between life in Italy and our lives? What is different? Why do you think it is different?

#### **Extension Activities:**

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

- Have younger siblings draw a picture based on the story written by the student.
- Write a story from the point of view of the tomato! What would it be like to be used for a delicious meal? Are you proud? Are you sad?
- Do additional research about Italy. Add more accurate details about what life in Italy might be like!

*This original Family Lesson was written by Pilot Light Food Education Fellow, Kate Noggle.*