

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

Syb's Brownies

**+ Grades 3-8 Common Core English Language Arts -
Writing - Production and Distribution of Writing + Social Studies**

Suggested Recipe Age Range: 8-13

Recipe by Chef Caitlin Wahl

Syb's Brownies

makes roughly 15-20 brownies

Ingredients:

- 6 oz. unsweetened bakers chocolate
- 1 cup butter or margarine
- 2 cups sugar
- 4 eggs
- 2 tsp vanilla extract
- 1 cup all purpose flour
- pinch of salt
- 1 12-oz package of semisweet chocolate chips
- 2 cups. miniature marshmallows
- Powdered sugar for garnish (optional)

Equipment:

- whisk or larger fork
- heat safe bowl
- pot
- baking dish
- foil or parchment paper



Directions:

1. Melt your unsweetened bakers chocolate and butter together on a double boiler or in a microwave. If using a microwave, melt down using minute long intervals and stir in between to ensure the chocolate does not burn.
2. Once melted, whisk in your eggs one at a time making sure its fully incorporated. Add in your vanilla, flour and salt. Mix until well blended with a whisk.
3. Fold in your chocolate chips and marshmallows. Pour into a parchment or foil lined baking sheet. Preferably 9 x 13 inch. Bake at 350 degrees for 35-45 minutes, rotating half way. Use a toothpick or a knife to test if they are done by sticking it directly into the center. If it comes out clean, they are done!
4. Let these brownies cool overnight, they are best that way! Before serving, dust with powdered sugar if desired!

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 research the history of chocolate and share 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 chocolate:
 - a. What is the history of eating chocolate?
 - i. How did chocolate change over time?
 - ii. What changes were made, and how were these changes possible?

- b. How did the early Aztec and Mayan cultures make hot chocolate? How is that different from the hot chocolate we often drink today?
 - c. How is chocolate different around the world? How has globalization changed chocolate?
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:

- What is your favorite way to enjoy chocolate? What type of chocolate is your favorite?
- What are some other ingredients that could be added to brownies?
- What does a balanced diet look like?

Extension Activities:

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

- Make the recipe for the Ancient Aztec Xocolatl drink. Several recipes can be found

online. Make hot chocolate in a way you have made it in the past and compare the two.

- Sample cocoa nibs (or unsweetened chocolate) and chocolate chips (milk, semi-sweet, or dark). Evaluate the differences between the unsweetened and sweetened chocolate.

This Family Lesson was written by Pilot Light Staff and was inspired by the Pilot Light lesson [Cocoa: The Great Migration & The Columbian Exchange](#).