



My Mix

Grade Levels & Subjects: Grades 6-8 English Language Arts

Learning + Food Objectives:

Students will learn how food connects us to ourselves by writing a paragraph about granola or snack mix using descriptive language that represents who they are.

Common Core Standards:

Common Core English Language Arts

Descriptive Writing

[CCSS.ELA-LITERACY.W.6-8.3](#)

Write narratives to develop real or imagined experiences or events using effective technique, relevant descriptive details, and well-structured event sequences

[CCSS.ELA-LITERACY.W.6-8.3.D](#)

Use precise words and phrases, relevant descriptive details, and sensory language to convey experiences and events



MATERIALS NEEDED

- Pilot Light Video: "Granola"* with Chef Jordan Rawlings: <https://vimeo.com/419037946>
 - *Note: The video used in this lesson is for granola, but if preferable, the teacher can also talk about trail mix or snack mix if students are more familiar with that.
- "A Snack Mix of Me" by Pilot Light Fellow Grace Chang: <https://vimeo.com/505868349>
- Student Worksheet (Attached below)

CLASSROOM PROCEDURE

INTRODUCTION (5-7 minutes)

1. Ask students to write down three details about themselves. (You can leave this open ended or give students some ideas like personality traits, favorites, culture, physical traits, etc. You could also share a few personal examples.)
2. Have three students share out their responses.
3. Using the student sheet below, have students use descriptive language to add to the three details students provided in the introduction (teacher options: ask students to use another adjective, figurative language, etc. to add more to their details).
 - a. EXAMPLE: short → shorter than all of their friends, energetic → an explosion of energy, favorite color is yellow → as yellow as a freshly picked daisy
 - i. Teachers may choose to delete these examples from the student worksheet below.
4. Explain that today they will be writing a paragraph describing a snack mix that represents who they are using descriptive language.

INSTRUCTION (20+ minutes)

1. Share one or both of the following videos with students:
 - "Granola" with Chef Jordan Rawlings: <https://vimeo.com/419037946>
 - "A Snack Mix of Me" by Pilot Light Fellow Grace Chang: <https://vimeo.com/505868349>
2. Give students 1-2 minutes to write down other ingredients (not included in the video) that could be added to a snack mix or granola. Explain to students that snack mix and granola are very similar - they both combine different ingredients to make a delicious combination of flavors. They also can both be customized to include tastes that you like as an individual.
3. Have students share out 5-10 additional ingredients so students begin to see how many options there are to include in a snack mix or granola mixture!
4. Modeling first, explain that students are going to be creating their own snack mix based on characteristics about themselves. Each ingredient added to their snack mix should somehow represent them.
 - a. EXAMPLE: an explosion of energy → My snack mix would include chocolate covered espresso beans because there has to be an explanation for my explosion of energy.

EXAMPLE: shorter than all of their friends → The next ingredient to my snack mix would be mini M&M's. Mini M&M's are shorter than all their other friends but still make everything a little sweeter!

 - i. Teachers may choose to delete these examples from the student worksheet below.
5. Have 3-4 students share out their ingredients and explanations. Ask students what they added to their descriptions after hearing their peers' explanations.

INDEPENDENT WORK AND CLOSING (teacher discretion)

1. Give students a specific amount of time (recommended 10-15 minutes) for their "quick write." During this quick write, students should write a paragraph including what ingredients to add to their snack mix and explain why that ingredient represents them.

2. Have 2-3 students share their favorite/funniest/most unique/important ingredient and explanation.
3. Give students 3-5 minutes to fill out the Reflection section of their sheet.
4. Ask students to share their answer for "After students have shared out their responses, consider why everyone's snack mixes might be very different. Write down your thoughts below." Listen for common themes between answers. Ask students what they noticed about people's answers to this.
5. Have students share out their answer for, "How did you choose what ingredients to include?" If possible, reflect student answers back such as, "So what I'm hearing you say is _____ (you thought about what characteristics most define you, you included foods that are a part of your culture, etc.)."
6. End the lesson by asking students to name their snack mix. Share out several if you have time!

ADDITIONAL RESOURCES

- Articles explaining the history of trail mix:
 - "Food Holiday National Trail Mix Day" - <https://blog.thenibble.com/2013/08/31/food-holiday-national-trail-mix-day/>
- "Your Favorite Healthy Snack" - <https://naturesgarden.net/blogs/natures-garden-blog/your-favorite-healthy-snack-fun-facts-about-trail-mix>

RECIPE FROM VIDEO

Video: "Granola" - <https://vimeo.com/419037946>

Below is the recipe from the video in this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference.

Granola

Serves 8

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

Preparation:

1. Preheat your oven to 300F. Prepare a rimmed sheet pan with parchment, or grease generously with oil.
2. 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.

3. 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.
4. Allow to cool for about 5 minutes before you add 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.

The student worksheet below can be printed or copied onto any online learning platform.



My Mix

1. Write three details about yourself below

1. 2. 3.

2. Using the details you wrote above, add at least one more descriptor to the details above.

EXAMPLE: small → smaller than all of their friends, energetic → an explosion of energy, favorite color is yellow → as yellow as a freshly picked daisy

1. 2. 3.

3. Watch "Granola" (<https://vimeo.com/419037946>) and "A Snack Mix of Me" (<https://vimeo.com/505868349>)

4. What other ingredients could be included in granola or snack mix? List as many as you can!

1. 2. 3. 4. 5.



5. Now, using two of the descriptions you gave above, begin creating your snack mix!

EXAMPLE: an explosion of energy → My snack mix would include chocolate covered espresso beans because there has to be an explanation for my explosion of energy.

EXAMPLE: shorter than all of their friends → The next ingredient to my snack mix would be mini M&M's. Mini M&M's are shorter than all their other friends but still make everything a little sweeter!

1. 2.

Your Turn!

6. Create 5 more examples of ingredients you would include in your snack mix. Be sure to include an explanation of why that item represents you!

1. 2. 3. 4. 5.
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Quick Write!

7. Take the allotted time to write a paragraph linking together how to make your snack mix.

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Reflection

8. After students have shared out their responses, consider why everyone's snack mixes might be very different. Write down your thoughts below.

9. How did you choose what ingredients to include?

10. Now that you have created your own snack mix, what would name it and why?