



Food Education Standard 1: Food connects us to each other.

## A Granola/Snack Mix Recipe for Me

**Grade Levels & Subjects:** Early Childhood and K-2 English Language Arts

### Learning + Food Objectives:

Students will learn how food connects them to themselves (and others) by learning how to make granola or snack mix and identifying their likes and dislikes through writing and drawing.

### Common Core Standards:

Common Core English Language Arts

Stating an Opinion through Writing and/or Drawing

### [CCSS.ELA-LITERACY.W.K-2.1](#)

Use a combination of drawing, dictating, and writing to compose opinion pieces in which they tell a reader the topic or the name of the book they are writing about and state an opinion or preference about the topic or book



### 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

\* - Opportunity to show visuals for added student engagement

#### INTRODUCTION (3-5 minutes)

1. Ask students if they have ever had granola (trail mix, or snack mix) \* and ask them to identify some of the things that are in them.

2. List out some of the items as students mention them (or have a list prewritten). If you students are not familiar with granola, teacher can show a few examples and ways that it is eaten (with yogurt, with milk, by itself) ✨
3. Tell students that today they are going to learn more about themselves and food by thinking about what they like and dislike and creating their own granola/snack mix.
4. Using the list created in step 2, go one by one through each item and ask the students to put a thumbs up if they like that food item, thumbs down if they do not, or “sideways” thumb if they are not sure. Teacher can tally the number of students that like, dislike, or are neutral for each item.

## INSTRUCTION (20 minutes)

1. Tell students that they are now going to watch videos about making granola and snack mix. As the videos are being played, students can think about if they like the ingredients that are mentioned, or perhaps think about if they have ever had those ingredients. Teacher may choose to show one or both videos.
  - "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. After watching the video, ask students to name some of the things that the chef included in her granola recipe. ✨ If students will struggle to come up with other ingredients that could be added during the independent portion of this lesson, make a list with students of other ingredients that could be included in a granola recipe or reference the list made in step 2.
3. Tell students that they are now going to create a granola or snack mix recipe that reflects them and what they like to eat. Students can use the worksheet attached and model first before having students work independently (or with parent/guardian support). The second worksheet is designed for grades 2 and up where students start to identify why they like each ingredient.

## CLOSING (teacher discretion)

Students can share their drawings/writing with their classmates. This sharing could facilitate students connecting to one another based off of likes and dislikes. For example, a student could share what is in his/her granola and could ask classmates if they like one of the ingredients (thumbs up, down, sideways/neutral). If students make granola later with their family, encourage them to take a photo and share with the class afterwards.

## 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>
- *Quick as a Cricket* by Audrey Wood
- *I Like Myself* by Karen Beaumont

## 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.



## A Snack Mix Recipe for Me

List your five favorite ingredients that you would put in your granola or snack mix. Draw a picture of each ingredient in the boxes.

My snack mix recipe includes:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## A Granola Recipe for Me



My snack mix recipe includes:

1. \_\_\_\_\_ because \_\_\_\_\_.

2. \_\_\_\_\_ because \_\_\_\_\_.

3. \_\_\_\_\_ because \_\_\_\_\_.

4. \_\_\_\_\_ because \_\_\_\_\_.

5. \_\_\_\_\_ because \_\_\_\_\_.