



Food Education Standard 4: Food behaviors are influenced by external and internal factors.

Build Your Own Toast

Grade Levels & Subjects: Grades 9 - 12 English Language Arts

Learning + Food Objectives

Students will learn how food behaviors are influenced by external and internal factors by evaluating the credibility of sources in order to select ingredients for a toast recipe.

Common Core Standards

Common Core English Language Arts

Writing – Assess Text Credibility

[CCSS.ELA-LITERACY.W.9-12.8](#)

Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.



MATERIALS NEEDED

- Pilot Light Video: Build Your Own Toast with Katie Kelley: <https://vimeo.com/517306220/eb5f270638>
- Student Worksheet (Attached below)

CLASSROOM PROCEDURE

INTRODUCTION (3-5 minutes)

1. Students begin with two prompts: “What are your favorite healthy snacks?” and “List factors that affect your decisions about food:”

2. Students reflect independently on prompts, then share out aloud or via Jamboard. Students and teacher discuss external factors (i.e. commercials, what parents buy, culture, weather) as well as internal factors (i.e. personal tastes, nutrition) that determine what they eat.
3. Teacher bridges into discussing sources. Many commercials and websites provide information on what you should and should not eat. Some of this information is accurate, while some is not.
4. Teacher asks students to find resources that are accurate and others that are inaccurate.
5. Teacher will bring students back together to discuss how they evaluate the website's accuracy.

INSTRUCTION (20 minutes)

1. Teacher will ask students to create a list of criteria for reliable resources.
2. Teacher will then facilitate discussion about list of criteria for a resource to be considered reliable, documenting in a document to be shared with students.
List should include criteria such as:
 - a. Accuracy - use common sense and verify information from 2 sources
 - b. Authority - is the source written by a trustworthy author and/or institution (.edu and .gov websites are best)?
 - c. Is the source current (this is particularly important when doing research on current events or constantly changing topics like medicine - for example, an article on coronavirus from March 2020 is likely out of date)?
 - d. Is the resource relevant for the research I am doing?
 - e. Only use certain sources to jump-start research (Wikipedia, blogs); do not use as your only source
3. Teacher asks students to provide on website they would deem "reliable" and one that is "unreliable."
4. Ask students to share out their website and class will use the checklist to evaluate if each website is reliable. Students provide an explanation for each.
5. Students watch Pilot Light Video "Build Your Own Toast"
6. Students construct their own toast recipe, selecting nutritious ingredients and explaining why each ingredient is nutritious. Students may follow the video model of a nut butter and fruit toast or may construct a variation (i.e. a savory toast using hummus as the protein source with spinach and peppers on top). Teacher models prior to activity.

CLOSING (teacher discretion)

1. Students share their toasts with the class, explaining their choices of ingredients.
2. Students may submit a photo of their own toast

ADDITIONAL RESOURCES

- Article Describing Credible Sources
 - "Is My Source Credible?" by UMGC Library - <https://sites.umgc.edu/library/libhow/credibility.cfm>

- Video Defining Critical Consuming:
 - “Helping Students Identify Fake News with the Five C’s of Critical Consuming” by John Spencer - <https://www.youtube.com/watch?v=xf8mjbVRqao>

RECIPE FROM VIDEO

Video: “Build Your Own Toast” - <https://vimeo.com/517306220/eb5f270638>

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.

Peanut Butter Toast

Serves 1

Ingredients:

- 1 slice of whole wheat bread
- 2 TB peanut butter
- ½ ea banana, in ¼” slices
- Cocoa nibs (optional)

Materials:

- Toaster (optional)
- Butter knife
- Cutting board
- Spoon

Preparation:

1. (Optional) Toast whole wheat bread in toaster.
2. Spread a thick layer of peanut butter on top of toast.
3. Lay banana slices on top of peanut butter.
4. If using, sprinkle cocoa nibs on top.
5. Enjoy!

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



Build Your Own Toast

Today, you will be learning how our food behaviors are influenced by external and internal factors by evaluating and utilizing various sources in order to select ingredients for your own toast recipe.

1. What would you eat for a healthy snack? Why?

2. List factors that affect your decisions about food:

-
-
-
-

3. Factors such as advertising influence food choices. But, not all advisements are accurate. Find one resource that is accurate and one resource that is inaccurate. Include the web address for the resource as well as an explanation of why that source is accurate/inaccurate.

Accurate:	Inaccurate:
Explanation:	Explanation:

4. Create a criteria for other students to use when investigating if a resource is accurate or inaccurate. Include your list below.

-
-
-
-

5. Now, find two examples of reliable sources and two examples of unreliable sources. Challenge yourself to find resources that would be more difficult to decide if it is reliable or not.



Are the following sources reliable? Explain why or why not using the Resource Checklist:

Source 1: _____ Reliable? Explain.	Source 2: _____ Reliable? Explain.
Source 3: _____ Reliable? Explain.	Source 4: _____ Reliable? Explain.

YOUR TOAST RECIPE:

You are designing your own toast with nutritious and delicious ingredients. First, select ingredients to put on your toast. Next, use credible sources to explain why your ingredients are nutritious. Be sure to cite your sources!

Your Ingredients:

1. _____
2. _____
3. _____
4. _____

Use online resources to explain why each ingredient is a nutritious choice. Use the resource checklist to evaluate sources for credibility.

- 1.
- 2.
- 3.
- 4.