# PILOT LIGHT Anywhere

# Build Your Own Toast

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

### Learning + Food Objectives
Students will learn how food behaviors are influenced by external and internal factors by evaluating and utilizing various 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.6-8.8

Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism 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 you 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. Teacher then provides students with several inaccurate/extreme sources, and students discuss how they evaluate the website's accuracy.
    Some possible sources for discussion are:
    a. "Spaghetti-Harvest" - https://www.youtube.com/watch?v=tVo_wkxH9dU&feature=emb_logo
    b. Overly restrictive or extreme diets like "What is the Tom Brady Diet?" - https://www.verywellfit.com/tom-brady-diet-4686003

## INSTRUCTION (20 minutes)
1. Teacher reveals list for evaluating sources (included in worksheet).
    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events or constantly changing topics like medicine - for example, an article on coronavirus from March 2020 is likely out of date)?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
2. Teacher asks students to provide one website they would deem "reliable" and one that is "unreliable."
3. 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.
4. Tell students they will be watching a video that shows how internal and external factors influence their choices when making a snack. Students watch Pilot Light Video "Build Your Own Toast"
5. 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 review checklist of reliable sources.
2. Students may submit a photo of their own toast.

## ADDITIONAL RESOURCES

- Article Describing Credible Sources:
    o "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

## 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. Resource Checklist:
   - **Accuracy** - use common sense and verify information from 2 sources
   - **Authority** - is the source written by a trustworthy author and/or institution (.edu and .gov websites are best)?
   - 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)?
   - Is the resource **relevant** for the research I am doing?
   - Only use certain sources to jump-start research (Wikipedia, blogs); do not use as your only source

4. 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: _____ | Source 2: _____ |
   |---|---|
   | **Reliable? Explain.** | **Reliable? Explain.** |

| Source 3: _____ | Source 4: _____ |
|---|---|
| **Reliable? Explain.** | **Reliable? Explain.** |
| | |

**YOUR TOAST RECIPE:**

You are designing your own toast with <u>nutritious</u> and <u>delicious</u> 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.