

## Granola/Snack Mix: A Mix of Me



**Grade Level(s) and Subject:** Grades 3-5 English Language Arts

**Lesson Duration:** 35-40 minutes

### OBJECTIVES AND STANDARDS

**Lesson Objective:** Students will be able to create a granola or snack mix and write an explanation of how their recipe represents them and their preferences for different ingredients.

Food Education Standards:	Content Area Standards:	This lesson also aligns to:
<p>FES1: Food connects us to each other.</p>	<p>CCSS.ELA-Literacy.W.3-5.1: Write opinion pieces on topics or texts, supporting a point of view with reasons and information.</p>	<p>CASEL Skills:</p> <ul style="list-style-type: none"> <li>● Self-awareness</li> <li>● Social awareness</li> <li>● Relationship skills</li> </ul> <p>Learning for Justice Social Justice Standards:</p> <ul style="list-style-type: none"> <li>● Identity 4: Students will express pride, confidence and healthy self-esteem without denying the value and dignity of other people.</li> <li>● Diversity 6: Students will express comfort with people who are both similar to and different from them and engage respectfully with all people.</li> </ul>

### LESSON SYNOPSIS

In this lesson, students will learn how food connects them to themselves and others by creating their own granola or snack mix and writing about how their recipe reflects their preferences.

LESSON PREPARATION

Prep steps	Materials
<ul style="list-style-type: none"> <li>● Preview and get ready to play/project videos. If class time is limited, select portions of the video(s) to show the class                             <ul style="list-style-type: none"> <li>○ "Granola"* with Chef Jordan Rawlings (Duration 04:01): <a href="https://vimeo.com/419037946">https://vimeo.com/419037946</a> <ul style="list-style-type: none"> <li>■ 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.</li> </ul> </li> <li>○ "A Snack Mix of Me" by Pilot Light Fellow Grace Chang (Duration 08:09): <a href="https://vimeo.com/505868349">https://vimeo.com/505868349</a></li> </ul> </li> <li>● Print copies of student worksheet (Attached below)</li> <li>● (Optional) Collect example images of different types of granola and snack mix</li> </ul>	<ul style="list-style-type: none"> <li>● Writing utensils</li> </ul>

VOCABULARY

- Pantry [ **pan-tree** ] (noun) - a room or closet used for food storage (*from Granola video*)
- Parfait [ **pahr-fey** ] (noun) - a cold dessert made of layers of fruit, syrup, ice cream or yogurt, and whipped cream (*from Granola video*)
- Fiber [ **fahy-ber** ] (noun) - mostly indigestible material in food that stimulates the intestine to move its contents along (*from Snack mix video*)

LESSON ACTIVITIES

**INTRODUCTION (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 could be found in them.

2. List out some of the items that can go into granola/snack mix as students mention them (or have a list pre-written).
  - a. *Teacher note: If your 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. The teacher can tally the number of students that like, dislike, or are neutral for each item.
  - a. *Teacher note: If needed, model respectful and neutral language about differing food preferences - for example, not saying an ingredient is "gross" because you may not like it, because another person might. Model language like "It's not for me" or "I prefer a different food".*

### INSTRUCTION (30 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.
  - a. "Granola" with Chef Jordan Rawlings: <https://vimeo.com/419037946>
  - b. "A Snack Mix of Me" by Pilot Light Fellow Grace Chang: <https://vimeo.com/505868349>
    - i. *Teacher note: You may choose to show one or both videos. You may also preview the videos and choose portions of each to show the class.*
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 of the introduction.
3. Tell students that they are now going to write about a granola or snack mix recipe that is unique and reflects them and what they like to eat. They can also create a special name for this combination that represents them.
4. Students can begin with pre-writing to brainstorm what they would put in their granola/snack mix and why. Depending on the level of your students, students can also use metaphors and similes in their writing. Students can use the worksheet attached and model first before having students work independently.

Starting in 3rd grade, Common Core writing asks students to meet the following criteria in writing opinion Pieces:

1. Introduce the topic or text they are writing about, state an opinion, and create an organizational structure that lists reasons.
2. Provide reasons that support the opinion.
3. Use linking words and phrases (e.g., because, therefore, since, for example) to connect opinion and reasons.
4. Provide a concluding statement or section.

### CLOSING (Teacher discretion)

1. Students can share their writing with their classmates. This sharing could facilitate students connecting to one another based on their likes and dislikes. For example, a student could share their

writing, and could ask classmates if they like one of the ingredients (thumbs up, down, sideways/neutral).

2. If students make granola later with their family, encourage them to take a photo and share with the class afterwards.

### CONSIDERATIONS (What adaptations are needed for diverse learners and/or varying dietary needs?)

- Be familiar with your school and/or district's allergy policies as well as any food restrictions for the students in your particular class.
- Students can work in partners to brainstorm and share drafts of their writing.

### ASSESSMENTS

- Use a narrative writing checklist or rubric appropriate for your grade level to help guide student reflection.
- Have students read their stories to each and practice providing constructive feedback.
- Students can present their writing or compile them into a class book.

### EXTENSION IDEAS

- Check out Pilot Light's [Food Education Center](#) for free food education lessons and resources for home and school.
- **Content Integration:**
  - Literacy: Generate descriptive language for the different ingredients that could be included in granola or snack mix - think about the different colors, shapes, and textures of the ingredients. The "Snack Mix" video provides good examples of this language.
  - Math: Use their ideas for granola or snack mix to discuss measurement and ratios.
  - Science: Discuss the changes that happen to the ingredients in the granola recipe when heat is applied (the mixture is baked in the oven).
  - Social Studies: Talk about what different ingredients might be found in snack mixes from various countries or parts of the United States. How does the availability of ingredients impact what someone might include in their granola or snack mix?
  - SEL: Cultivate empathy by discussing how it feels to learn about a classmate and share about one's self through the ingredients in their granola or snack mix.
- **Related Texts:**
  - *How to Cook Everything Kids* by Mark Bittman
  - *Pick a Plate: Snacks* by Charis Mather

**REFLECTION AND NEXT STEPS**

Activities that worked	Topics to revisit	Community extension opportunities

**RECIPE CONNECTION**

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

**Granola** - Serves 8

Ingredients:

- 1/2 cup oil, such as canola, olive, or coconut (melted)
- 1/2 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.

# Granola/Snack Mix: A Mix of Me

Name: \_\_\_\_\_

## Granola/Snack Mix: A Mix of Me

List your five favorite ingredients that you would put in your granola/snack mix and explain why. Then, put your ideas together by writing at least one paragraph with a topic sentence, supporting details, and conclusion. If you'd like, give your special granola mix a name and include that in your writing!

### Pre-Writing Brainstorm:

My granola/snack mix recipe that represents me includes:

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

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

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

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

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

The name of my granola (or snack mix) is \_\_\_\_\_ because \_\_\_\_\_.

Now, using your ideas in our pre-writing, write about your recipe and how it represents you!

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