

Lesson Plan – DEMO: Quinoa Eggs Benny with Cheese Sauce

GRADE 11/12 **TOPIC** QUINOA EGGS BENEDICT

PLO: Students will be able to:

- A6 - adapt ingredients and methods to create original recipes
- B2 - choose and demonstrate appropriate cooking methods for particular products
- D1 -analyse comparative costs of convenience, restaurant, and self-prepared foods
- D2 - analyse global and environmental health issues related to the production and consumption of food



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Objectives:

- Enhance students’ problem solving skills through critical analysis of the recipe
- Students construct their own ideas around gluten free meals, ingredients
- Follow instruction throughout the demonstration
- Identify new ingredients used in the recipe and it’s nutrition properties

Motivator:

Quinoa Video: <https://www.youtube.com/watch?v=TvmEzTb9aS8> (00:00 – 3:30)

Body:

List of supplies needed:	List of all equipment needed:	
Dry Quinoa (165 mL cooked) Egg Salt Pepper Onion Finely Chopped Parmesan Cheese Clove Garlic Minced Cornstarch Oil Milk (milk powder & water) Margarine Cheddar Cheese (shredded) Ham Vinegar Envelopes	Small sauce pan Small mixing bowl Large mixing bowl Skillet Custard cup Slotted spoon Wooden spoon Knife (for cutting ham)	
Preplanning and preparation steps to be done:	When:	Done:
Test recipe Make grocery list Get groceries INQUIRY Activity: Type out recipe and place in envelopes: different #'s are associated to each step and students will read out recipe to teacher & student demoing the recipe.	weekend before week before week before or weekend	

Time	Outline of steps in the class
5 Min intro for demo with video	Play Quinoa video: 0-3:30min
Points to be discussed during the class (narrative):	
<p>1 min - Talk to students about the demo we will be doing</p> <p>3:30 min - Show quinoa video: this will help explain the nutrient properties of the “superfood”</p> <p>- instruct students to pull out their notebook or piece of paper to copy down recipe during the demo: this will be part of their Entrance Slip for next class.</p> <p>While video is playing make sure everything is set up for demo to be ready to start directly following video</p>	

Time	Outline of steps in the class
65 min	Demo
Points to be discussed during the class (narrative):	
<p>This is a longer demo and requires the use of both partners: Get the help from a student for the demo (Student will be partner 2)</p> <p>* Have a student already selected to help you.</p> <p>INQUIRY Activity:</p> <p>Introduce the recipe activity</p> <p>Each table has 2 envelopes on it – PLEASE DO NOT OPEN</p> <p>- they are numbered</p> <p>- As we go through the recipe each table will have 2-3 chances to read out a step to partner 1 or 2.</p> <p>- Partner 1 or 2 will then perform that step of the recipe</p> <p>* tell students that they are to pay attention, as each step is key to the success of this lab next class.</p> <p>** remind them about team work and to watch how partner 1 and 2 communicate with one another, timing is important for the success of this recipe.</p> <p>***the recipe will be posted on FreshGrade and it is their responsibility to bring it to next class (entrance slip)</p> <p>AND BEGIN with envelope #1...</p> <p>Partner 1:</p> <p>Make Quinoa Patty</p> <ol style="list-style-type: none"> 1. Place Quinoa and 160 mL water in a small saucepan. Bring to a boil. Reduce to a simmer and cover for 10 minutes. Remove from heat and place to the side for 5 minutes. 2. Allow Quinoa to cool (place in bowl and put in fridge for 5 minutes). 3. In a large bowl, add onion, garlic, egg, salt, pepper, parmesan, and quinoa. Mix in cornstarch until combined. Form 2 patties. 4. Heat oil in skillet over medium heat. 5. Cook patties in skillet for about 3-4 minutes per side, or until brown. 6. Place ham on skillet to warm up. About 30 seconds per side. Place a ham slice on each of 	

your quinoa patties.

Partner 1:

Poach eggs

1. Have Student Fill a saucepan just under halfway full
2. Place on stove bring to a simmer over medium heat. Add vinegar (the acid will help the eggs keep their shape).
3. Crack one egg into a custard cup.
4. Carefully slip the egg into the water. You can use a wooden spoon to gently guide the egg from spreading. Repeat for the next egg.
5. Cook eggs for 3-5 minutes depending on how runny you want your yolk. Remove the egg with a slotted spoon and place on top of the ham on the quinoa patty.

Partner 2:

Make Cheese Sauce

1. Pour milk into a saucepan. Gradually add the cornstarch, stirring until smooth. (cornstarch is used as a thickening agent)
2. Add the margarine, salt and pepper. Turn heat to medium and stir constantly and bring to a boil
3. Boil 1 minute to thicken. Add cheese and stir until smooth
4. Spoon cheese sauce onto eggs

Have student help with clean up

Closing – 5 min

Remind students about Entrance slip and lab for next class

- ENTRANCE SLIP: Apron, recipe, partner and unit organization

INQUIRY ACTIVITY:

End of week reflection will follow for my observation