**Lesson Plan**  Submitted by: Melanie Chow

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| **Grade** | 8 |
| **Topic** | Breakfast; French Toast Day 1 |
| **Time** | 80 minutes |

**PLOs:**

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| --- | --- |
| **A7** | Identify basic functions of common ingredients used in food preparation |
| **B1** | Use recipes to prepare simple dishes |
| **B2** | Use a variety of cooking methods to prepare food |

 **Objectives:**

* Understand the importance of a balanced breakfast

**Motivator:**

* Brain break; decide what fruit to bring to make own fruit salad

**Body:**

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| --- | --- |
| **List of consumable supplies needed** | **List of all equipment needed** |
| 1 egg30 mL milk1 mL cinnamon7 mL salt1 mL vanilla15 mL margarine2 slices bread | French Toast recipeEggs worksheetBreakfast worksheetMeasuring spoonsMetal spatulaShallow plateForkElectric fry panFlipperPlate  |
| **Preplanning and preparation steps to be done** | **When** | **Done** |
| Photocopy French Toast Recipe x 28Photocopy Eggs worksheet x 28Photocopy Breakfast worksheet x 28Place following on dem table:* Egg, milk, cinnamon, salt, vanilla, margarine, bread
* Measuring spoons, metal spatula, shallow plate, fork, electric fry pan, flipper, plate
 |  |  |
| **Time** | **Outline of steps in the class** | **Points to be discussed** |
| 8:40, 1:45 | Introduction* Go over breakfast notes
* Egg worksheet
* French toast demonstration
 | Alright, so who has made French toast before? If you love French toast but don’t know how to make it, you’re in luck because you’re going to learn how to make it today. But before I do the demo there are a few notes about breakfast that we have to go over, so why don’t we take those out right now.  |
| 8:43, 1:58 | Go over breakfast notes* Complete worksheet with students.
* Have students guess answers
 |  |
| 9:05, 2:10 | Egg worksheet* Draw egg diagram on white board
* Recall Canada’s Food Guide

\*note: if needed, brain break between breakfast notes and egg worksheet.Brain Break: Yahtzee with word: albumenHave 1 minute. Only 1 person in unit can write. Person writing cannot contribute words |  |
| 9:15, 2:20 | Demonstration* How to test fry pan for French toast? (drizzle water onto pan; water will “dance”)
* Margarine after testing b/c margarine and water together will splash. (happens because margarine boils at higher temp, water gets too hot, will splatter)
* Look at fruit salad, use lemon juice.
* Lemon juice to prevent browning (oxidation)
* Allowed to sit down and eat before final unit checks
* Reminder to bring fruit for friendship fruit salad
 |  |
|  | Closure* If you’ve finished your worksheet that’s great, you will hand that in next day after you’ve made your French toast
* Don’t forget to bring in a piece of fruit for your fruit salad! You may want to talk to those in your unit so you don’t all bring the same fruit.
 | If you’ve finished your worksheet that’s fantastic! I’m going to ask you to hold on to that however until after you’ve made your French toast because you’ll probably need your recipeAlso don’t forget to bring any syrup and fresh fruit for next day! You may want to talk to those in your unit so you don’t all bring the same fruit.  |
| 80 minutes | **Total time** |

**Closure/Summary:**

If you’ve finished your worksheet that’s fantastic! I’m going to ask you to hold on to that however until after you’ve made your French toast because you’ll probably need your recipe

Also don’t forget to bring any syrup and fresh fruit for next day! You may want to talk to those in your unit so you don’t all bring the same fruit.

**Evaluation (How did it go? What to do differently next time?):**

**Prior knowledge and supporting materials:**