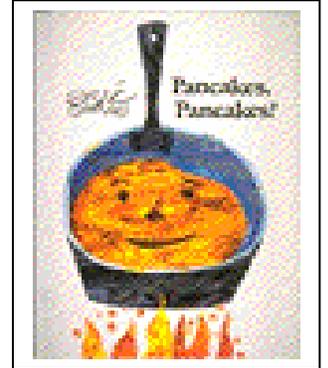




www.homebaking.org

Book and Bake... *Pancakes, Pancakes!*



Educators: *Pancakes Pancakes!* travels well...to elementary classrooms, after school clubs, child care centers, camps, or home.

- Older youth, help build younger children's literacy, food skills and healthy lifestyles.
- Classroom educators, tie multiple learning outcomes together.
- Adult leaders, help youth prepare fruits, grain foods and learn what's nutritious about a favorite breakfast, lunch or dinner...pancakes.
- Parents or older siblings invest 45 minutes with their children and reading skills develop and a nutritious, inexpensive meal is ready to share.

You'll need: Book: *Pancakes, Pancakes!* By Eric Carle

Pancake Recipe ingredients: Recipe for 6 pancakes

- 2 cups all purpose biscuit mix (Jiffy), enriched or whole wheat
- 2 large eggs
- 1 to 1½ cups orange juice
- 1 tablespoon butter, melted *OR* vegetable oil

Option: ¾ cup bran flakes and ½ cup milk

Fruit Sauce: Makes 1 ½ quarts

- 1 8-oz. can mandarin oranges (undrained)
- 1 15,-oz. can peaches, apricots (undrained)
- 2 cups fresh or frozen fruits (blueberries, strawberries, peaches, nectarines)

Other supplies: A 2005 Food Guide Pyramid (www.mypyramid.gov)

- Paper plates and forks
- 1 tall 6-cup (48-oz) container or pitcher (to blend in)
- Electrical cord/strip for appliances
- Duct tape to secure cord (for safety)
- Electric skillet or griddle
- 1 hand-held blender
- Copies: recipe page and take-home pancake certificate
- Vegetable oil or cooking spray
- Pancake turners
- One small container baking powder, small bowl and 1 tablespoon
- 1-quart plastic freezer bags (1 per 6 pancake recipe)
- Large spoon(s) (for stirring)
- 1 cup dry measuring cup(s) and 1 cup liquid measuring cup(s)

Let's Book! Read together *Pancakes, Pancakes* by Eric Carle.

What nutrients does Orange Pancakes with Fruit Sauce provide?

The fruits, eggs and enriched flour provide:
Folic Acid
B-vitamins
Iron
Vitamin C
Vitamin E
Carbohydrates
Protein
Dietary fiber
Phytonutrients

Add a glass of lowfat milk and add calcium Vit. D and more protein!



Let's Think...Critical Thinking skills: Ask the group

- *When is a good time to enjoy pancakes?* (Morning, noon, or night!) Pancakes are original fast food. No drive through is required and they are an inexpensive, nourishing food you can make.
- *How long do you think it will take to prepare pancakes and fruit sauce?* 15 minutes Is it faster than driving through a fast food lane? (yes)
- *How much will this simple meal cost a family of four?* 12 pancakes (\$1.50), 1 qt. milk (.70), + 1 quart fruit sauce (1.75) = \$ 3.95. Add 4 eggs for \$.33!
- *Why are pancakes a great meal, when served with milk and fruit sauce? What Food Pyramid groups does this meatless meal provide?* (All but vegetables).
- *What are the ingredients that make the pancakes fluffy?* (baking powder & eggs) The **leavening** ingredients create carbon dioxide (CO₂) bubbles in the pancakes. Pancakes are **leavened** when baking powder reacts with orange juice and heat.
- *Demonstrate.* Read the ingredient label of the baking powder. It is "double acting." What does this mean? Place one tablespoon baking powder in a small bowl. Add 1 tablespoon orange juice. What do you observe? (acid reacts forming CO₂). When you bake the pancakes (heat) more CO₂ will bubble out too!
- *Portion Distortion...How many pancakes are enough?* One pancake is 3.5 ounces (98g). Active teens enjoy 2 pancakes; Adults and t'weens, 1-2; young children, 1. $\frac{1}{2}$ cup fruit sauce = 1 serving, but enjoy 1 cup if you haven't had your "5-a-Day." Don't forget the milk or yogurt and add a scrambled egg for the full meal deal!

Let's Bake! Some of the first breads were flat breads baked on stones! Pancakes are a "flat bread," and can be made over a fire, on a griddle, in a skillet...

- **Step 1:** In the 1-quart freezer food bag, mix with large spoon until well blended: 2 large eggs, 1 cup orange juice, 1 tablespoon melted butter or vegetable oil
- **Step 2:** Lightly spray or oil the griddle and preheat to 375 ° F. While it heats, stir 2 cups level-measured biscuit mix into the egg mixture only until blended—batter should be lumpy. If too thick, thin with a little more juice.
- **Step 3:** Cut a small corner out of the plastic bag. Squeeze six pancakes out onto the griddle. When bubbles begin to appear, flip! Flip only once! Try making bunnies, Mickey Mouse, initials...

Boost the whole grain: Soften $\frac{3}{4}$ cup bran flakes with $\frac{1}{2}$ c. milk; add with egg, oil and orange juice

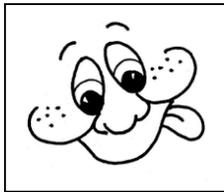
Make Fruit Sauce: In tall cup or pitcher, place 2 cups fresh or frozen fruit, 1 8-oz. can mandarin oranges and 1, 15-oz. can peaches. Blend well. Serve over pancakes. Garnish with cinnamon sugar mixture.

Lesson by Sharon P. Davis, Family & Consumer Sciences Ed., www.homebaking.org

Nutrition Facts	
Serving Size (98g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 80
%	
Total Fat 9g	14%
Saturated Fat 2.5g	14%
Cholesterol 75mg	25%
Sodium 510mg	21%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 5g	
Vitamin A 4%	Vitamin C 40%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

I Made a Great Pancake Today!

Pancakes are in the Grain Group.



Name _____

Let's do it again!

Stacks of pancake books to read and cook.

If You Give a Pig a Pancake. Laura Numeroff

Pancakes! Pancakes! Eric Carle

Pancakes for Breakfast. Tomi DePaola

Check out:

MyPyramid for Young Children. www.mypyramid.gov

More baking lessons. www.homebaking.org

Spanish and English Kids a'Cookin': www.kidsacookin.ksu.edu