



Sweet & Simple Dessert in a Mug



<p>Grade Level(s): 6th-8th grade</p>	<p>Lesson Description: Students review microwave safety, microwave a sweet potato, learn how to measure wet & dries, and follow a recipe to create a healthy dessert</p>	<p>Timeframe: Minutes: 70 min (30 min remote & in-person students together in a virtual classroom) (30 min in-person students do lab & remote students' complete asynchronous lesson)</p> <p>Suggested days: 1 day</p>
<p>Goals & Objectives</p> <ul style="list-style-type: none"> Students will... Review microwave safety Review how to wash and prep a sweetpotato for microwave cooking Review how to use a measure (digital scale & measuring spoons) Learn how to use kitchen tools for measuring and mixing Read and follow a recipe 		<p>Prepared By: Barnanne Family & Consumer Sciences Teacher Zebulon GT Magnet Middle School Wake Country Public School System</p>
<p>North Carolina Family & Consumer Sciences Education Standards:</p>		
<p>3.01 Understand the impact of choices on wellness. 3.02 Understand kitchen basics. 3.03 Understand nutritious meal planning and preparation.</p>	<p>3.02 1. How to be safe and sanitary in the kitchen? 2. What are the basic kitchen tools? 3. How to follow a recipe?</p> <p>3.03 1. How do you measure, cut, mix and cook in preparing food?</p>	



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Family & Consumer Sciences National Standards 3.0

Family & Consumer Sciences National Standards <http://www.nasafacs.org/national-standards-and-competencies.html>

8.2.5 Practice standard personal hygiene and wellness procedures.

8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.

9.2.5 Demonstrate practices and procedures that assure personal and workplace health and hygiene.

9.5.3 Prepare food for presentation and assessment.

Materials Needed

- Computer
- Measuring tools (digital scale & measuring spoons)
- Cutting tools (cutting board & chef knife)
- Mixing tools (2 small mixing bowls, leveling tool, mixing tools, rubber scraper)
- Microwave
- Sweetpotato
- Microwave-safe plate/paper towel
- Recipe

<p>Anticipatory Set 5 Minutes</p> <p>All students (in-person & virtual)</p>	<p>Gallery Walk from the Lesson #1- Appendix D – Microwave Our Learnings' Digital Learnings Board OR Appendix A – Microwave Safety Matching Activity Quizizz link https://quizizz.com/admin/quiz/5fd6720cfdd40d001babef14</p>	<p>*computer * Students work from lesson #1 – Appendix D * Appendix A (online in Quizizz or copy and cut – 1 per student)</p>
<p>Activity 1 15 Minutes</p> <p>All students (in-person & virtual)</p>	<p>Sweetpotato Quiz – How much do you know? Students complete Nearpod in live time with teacher to learn more about sweetpotatoes Nearpod link https://share.nearpod.com/PocUHwyYbcb</p> <p>PDF Document – Appendix B</p>	<p>*computer *free Nearpod account *Appendix B</p>
<p>Activity 2 15 Minutes</p> <p>All students (in-person & virtual)</p>	<p>How to use Measuring Tools Students complete Nearpod in live time with teacher to learn how to use measuring tools Nearpod link https://share.nearpod.com/ZyKrRylZbcb</p> <p>*Measuring Learning Zone Powerpoint – Appendix C if teacher would like another PowerPoint to use for lesson</p>	<p>*computer *free Nearpod account *Appendix C PowerPoint</p>

<p>Activity 3 30 Minutes</p> <p>In-person students complete the Kitchen Lab – SweetPotato Microwave Mug Brownie</p> <p>Remote students log out of live synchronous session and complete asynchronous</p>	<p>*In-person students complete Kitchen Lab – SweetPotato Microwave Mug Brownie – Appendix D</p> <p>*Remote students complete Measuring Video (can put into Ed Puzzle) https://www.youtube.com/watch?v=0v-ulU_mi7o Measuring Quiz (can choose from free options in Kahoot & Quizziz) OR Have student complete measuring activities at home and video using a free Flip Grid account Home Measuring Activity – Appendix E</p>	<p>*computer *Appendix D *Kitchen tools for completing recipe (digital scale, knife, cutting board, fork, measuring tools, small mixing bowls, and spoon) *Sweetpotato and recipe ingredients. *microwave *Appendix E *free Flip Grid account for teacher</p>
<p>Summary/Evaluation 5 Minutes</p> <p>In-person students only</p>	<p>Lab Reflection – Appendix F</p>	<p>Appendix F</p>
<p>Source/Other Resources</p>	<p>Allrecipes. (2011, June 20). How to Measure Ingredients. Retrieved December 14, 2020, from https://www.youtube.com/watch?v=0v-ulU_mi7o</p> <p>Chegg.com. (n.d.). Retrieved December 13, 2020, from https://www.chegg.com/homework-help/questions-and-answers/file-c-users-micha-downloads-mt2s2020pdf-b-bookingcom-cha-tripadvisor-f-facebook-problem--q46384077</p> <p>Syracuse, C. (n.d.). Sweet potato quiz. Retrieved from https://news.nutritioneducationstore.com/wp-content/uploads/2014/11/SweetPotatoQuiz.pdf (<i>corrections made to the one-word spelling of sweetpotato by NC SweetPotato Commission</i>)</p>	