**HEALTHY EATING SUMMER CAMP FOR KIDS**

**Lesson Plan:** Day 4: 7/01/2010 – Cooking Day: Make Your Own Cereal.

**Objectives:**
1. Students will learn the health benefits of eating grains.
2. Students will be able to identify different types of grains.
3. Students will learn how to make hot cereal flavorful using healthy ingredients.
4. Students will learn how to make pancakes using different types of grains.
5. Students will learn how to create a healthy snack for movie day.

<table>
<thead>
<tr>
<th>METHODS</th>
<th>LESSON CONTENT</th>
<th>MATERIALS</th>
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| Lesson 1: (15min) Grain Varieties/Health Benefits | • Health Benefits of Eating Grains.  
  - Importance of grains  
  - Mention fiber, and the importance of fiber.  
  - Mention vitamin Bs, and the importance of vitamin Bs.  
  - Mention Iron, and the importance of iron.  
  • How to purchase whole grain food items by looking at the ingredients on the package.  
  • Different types of grains, such as barely, buckwheat, cream of wheat, popcorn, pasta, etc. | • PowerPoint Presentation |
<table>
<thead>
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<th>Activity 1: (90 min) Cooking grains in different ways!</th>
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<td>Cream of Wheat</td>
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<tr>
<td>Oatmeal</td>
</tr>
<tr>
<td>Pancakes (buckwheat flour)</td>
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<tr>
<td>Pancakes (barely flour)</td>
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- Have one group make cream of wheat.
- Have one group make oatmeal.
- Have one group make pancakes from buckwheat flour.
- Have one group make pancakes from barely flour.
- Have the students who are making the cream of wheat and oatmeal cut the strawberries and bananas for the toppings.
- When all the cooking has been completed, have students personalize it with their favorite flavors. Ex: blueberries, honey, cinnamon, etc.
- While cereal is cooking, introduce idea of fruits as popsicles. Have students place grapes and bananas in two different bowls, and place it in the freezer. These popsicles will be part of the movie day snack for the next day.
- For the last 15 minutes of class have the student clean up.

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<th>RECIPES</th>
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<table>
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<tr>
<th>COOKING UTENSILS</th>
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<td>Pots</td>
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<tr>
<td>Mixing bowls</td>
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<tr>
<td>Small bowls for eating</td>
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<td>Spoons</td>
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<td>Wooden spoons</td>
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<tr>
<td>Metal spoons for serving</td>
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<tr>
<td>Whisk</td>
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<tr>
<td>Frying pan</td>
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<td>Measuring cups/spoons</td>
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<table>
<thead>
<tr>
<th>FLAVORS</th>
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<tbody>
<tr>
<td>Blueberries</td>
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<tr>
<td>Strawberries</td>
</tr>
<tr>
<td>Cinnamon</td>
</tr>
<tr>
<td>Brown sugar</td>
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<tr>
<td>Honey</td>
</tr>
<tr>
<td>Bananas &amp; Grapes for popsicles</td>
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</table>
Cream of Wheat

*Makes 1 Serving*

**Ingredients**
- 1 ¼ cups water
- 3 Tbsp. Cream of Wheat

**Directions**
1. Add the water to a sauce pan and bring to a boil on the stovetop.
2. Gradually pour in the Cream of Wheat and whisk the mixture as you add it. Continue whisking until it is all combined.
3. Bring the mixture to a boil, then reduce the heat and allow it to cook without a lid for about two minutes.
4. Continue to whisk the cereal to keep it from sticking to the pan. Turn off the stove once the cereal reaches desired consistency. Ideally the cereal should be thick enough to hold its form when scooped out with a spoon similar to a porridge or oatmeal, but some people prefer it a thinner and soupy or thicker and lumpy.
5. Pour the cream of wheat in a bowl and top it with a little butter, cinnamon and brown sugar. Serve the cereal hot.

Recipe taken from: http://www.ehow.com/how_4881337_make-cream-wheat.html#ixzz0sNimDXId
Barley Pancakes

Makes 10 Servings

Ingredients
- 2 cups barley flour
- 2 tbsp. granulated sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 cups milk or buttermilk
- 2 eggs slightly beaten

Directions
1. In a medium sized bowl combine ingredients in order given. The batter will be thicker than other pancake batters, do not dilute.
2. Ladle batter onto a hot (380 F.) griddle. When bubbles pop and edges appear dry, turn to brown the other side.

Image taken from: http://4.bp.blogspot.com/_JdKen3R4kUQ/R0wQvgeb0ul/AAAAAAAAEc/O1NzOvJcyWA/s400/IMG_3804.JPG
Buckwheat Pancakes

Makes about 10 servings

Ingredients

- 1 cup buttermilk
- 1 egg
- 3 tablespoons butter, melted
- 6 tablespoons all-purpose flour
- 6 tablespoons buckwheat
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 3 tablespoons butter

Directions

1. In a medium bowl, whisk together the buttermilk, egg, and melted butter.
2. In another bowl, mix together white flour, buckwheat, sugar, salt and baking soda. Pour the dry ingredients into the egg-mixture. Stir until the two mixtures are just incorporated.
3. Heat a griddle or large frying pan to medium-hot, and place 1 tablespoon of butter, margarine or oil into it. Let the butter melt before spooning the batter into the frying pan, form 4 inch pancakes out of the batter. Once bubbles form on the top of the pancakes, flip them over, and cook them on the other side for about 3 minutes. Continue with this process until all of the batter has been made into pancakes.

Recipe taken from: http://www.ehow.com/how_2237545_make-buckwheat-pancakes.htm
Image taken from: http://farm2.static.flickr.com/1115/599176717_c8136b9344.jpg
Basic Oatmeal

Makes 1 Serving

Ingredients

- 1 cup water
- ½ old-fashioned oats
- dash of salt (optional)

Directions

1. Bring water to a boil in small saucepan. Stir in oats and salt. Cook, stirring occasionally over medium heat for 5 minutes.
2. Add toppings.

Recipe taken from: http://allrecipes.com/Recipe/basic-oatmeal/Detail.aspx