



## Bake for Family Fun Month Activity

### PRESCHOOL ACTIVITY

#### “Let’s Get Started Baking”

#### *Light-as-a-Feather Multigrain Pancake Mix*

*Here’s an extra special pancake mix for your family!*

#### **MATERIALS NEEDED:**

Ingredients for Pancake Mix:

- 2 cups all-purpose flour
- ½ cup quick-cooking rolled oats
- 2 cups whole wheat flour
- 3 tablespoons baking powder
- ¾ cup nonfat dry milk powder
- 1 teaspoon salt
- ½ cup cornmeal
- ½ cup white or brown sugar

Equipment

- Large mixing bowl
- Wire whisk
- Large airtight container

Books

- Pancakes.*** Tomie de Paola. 1978.
- If You Give a Pig A Pancake.*** Numeroff, Laura. 1998.

#### **ACTIVITIES:**

- Identify the ingredients in pancakes.
- Make pancake cut-outs from cardboard and practice flipping them.
- When do you like to eat pancakes? (Breakfast, lunch, dinner, after school—all are great answers!)
- Help prepare pancakes from a mix.

- Enjoy adding on chips, nuts, sunflower kernels, dried fruits to explore new flavors, textures
- Clean-up together after the feast.

## **BAKING ACTIVITY: Make Pancakes**

### **Light-as-a-Feather Multigrain Pancake Mix**

Makes about 6 cups (28 oz) mix

2 cups all-purpose flour  
 ½ cup quick-cooking rolled oats  
 2 cups whole wheat flour  
 3 tablespoons baking powder  
 ¾ cup nonfat dry milk powder  
 1 teaspoon salt  
 ½ cup cornmeal  
 ½ cup white or brown sugar

1. In a large bowl, stir together all the ingredients with a wire whisk.
2. Store in an airtight container in a cool, dry place.

#### **Mix Nutrition Facts:**

1 cup mix (4.6 oz) provides:

470 calories

Protein, 15g Fat, 2g/0 Sat. fat Carbohydrates, 99g Dietary fiber, 7g Sugars, 24g Sodium, 1280 mg  
 Potassium, 468 mg Vit. A: 6% Vit. C: 0% Calcium: 30% Iron, 25% Folate: 81 mcg

#### **Ingredients to prepare pancakes:**

1 cup pancake mix  
 1 egg  
 2 tablespoons vegetable oil  
 ¾-1 cup milk

#### **Equipment to prepare pancakes:**

Griddle or skillet  
 Pan spray or vegetable oil  
 Turner

1. In a medium mixing bowl, mix together pancake mix, egg, vegetable oil and ¾ cup milk.
2. Stir to blend.
3. Add a little more milk desired batter thickness.
4. Pour batter on a hot greased griddle or skillet.
5. Turn pancake when it is covered with bubbles and continue cooking for a few minutes.
6. Makes 8-9 pancakes.
7. Top pancakes with honey butter, applesauce or syrup.

Option: Just before flipping, sprinkle 1 tablespoon of a topping on pancake such as mini chocolate chips, dried cherries, chopped nuts, or sunflower kernels!

Pancake Nutrition Facts: One of eight pancakes provides: 115 calories/37 calories from fat  
Total fat, 4g./1g sat fat      Cholesterol 27mg      Total carbohydrates 14g  
Dietary fiber 1g      Sugars, 4g      Sodium 214 mg      Potassium 117mg      Protein, 4g  
Vit A, 8%      Vit C 0%      Calcium 8%      Iron, 4%  
Source: Clabber Girl/Home Baking Association

## **BAKE FOR FAMILY FUN EXPORATION:**

- Learn to make honey butter

### **Honey Butter**      **Source: Land O'Lakes**

½ cup (1 stick) butter, softened slightly  
3 tablespoons honey

1. Mix the butter and honey until blended well.
2. Chill in a pig shaped cookie cutter, if desired, and slide out to serve with warm pancakes.

- Learn to make syrup

### **Brown Sugar Syrup** (Pig's Favorite Syrup)

2 cups light brown sugar  
1 ½ cups water  
½ teaspoon vanilla or maple flavoring

1. Bring sugar and water to a boil in a saucepan, stirring occasionally.
2. Reduce heat and simmer 3 minutes.
3. Remove from heat and stir in choice of flavoring.

## **VOCABULARY:**

Ingredient: a part of a mixture

## **BOOKS FOR READING TOGETHER:**

***Pancakes.*** Tomie de Paola. 1978.

***If You Give a Pig A Pancake.*** Numeroff, Laura. 1998.

*Reading aloud to a child is the single most important factor in raising a reader. When you read to children it tells them:*

- You're important
- I enjoy spending time with you

*If you select a book with a food theme and cook with a child you'll also help them*

- Try new foods
- Develop a more varied diet—the basis of good nutrition.
- Learn what an appropriate serving is
- Benefit from family meal times