

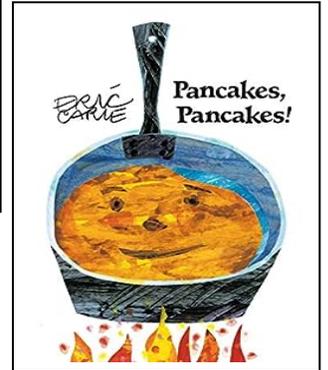


HomeBaking.org

# BOOK and BAKE

## *Pancakes, Pancakes*

An early childhood activity.



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

- Let older youth, help build younger childrens' literacy, food knowledge, skills,lifestyles.
- Classroom educators, tie multiple learning outcomes together-science, math, reading.
- 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 children reading the recipe, identifying ingredients and tools to develop a nutritious, inexpensive meal.

### You'll need: Pancake Recipe ingredients- Recipe makes 6 large pancakes

- 1 cup whole wheat flour
- 1 cup enriched all-purpose flour
- 1 Tablespoon baking powder
- 1/4 tsp. salt
- 2 large eggs
- 1½ to 2 cups orange juice OR milk
- 2 Tablespoons butter, melted OR vegetable oil
- **Option:** ¾ cup bran flakes and ½ cup milk, soak 5 minutes

### **Fruit Sauce ingredients: Makes about 5 cups**

- 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:** Image of MyPlate food groups, MyPlate.gov

- Paper plates and forks
- 1 tall 6-cup (48-oz) container or pitcher (to blend fruit sauce)
- Electrical cord/strip for appliances
- Duct tape to secure cord (for safety)
- Electric skillet or griddle
- 1 hand-held immersion 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)

### **What nutrients does Orange Pancakes with Fruit Sauce provide?**

The fruits, eggs, whole wheat & 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 Book! Read together *Pancakes, Pancakes* by Eric Carle. or another favorite pancake book. Read aloud on video, <https://youtu.be/5-9ljf-XX9U>



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

- *When is a good time to enjoy pancakes?* (A: 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?* (A: 15 minutes .Is it faster than driving through a fast food lane? (yes)
- *How much will this simple meal cost a family of four?* Double recipe for 12 pancakes (\$1.75), 1 qt. milk (80cents),1 quart fruit sauce (\$1.75) and 4 eggs (50 cents) + bran flakes and milk option= ~\$5.25
- *Why are pancakes a great meal, when served with milk and fruit sauce?* Point/name the food groups on the MyPlate image this meatless meal provide s (A: All but vegetables).
- *Why stir in bran flakes softenend in milk?* (A: added fiber and nutrients)
- *What are the ingredients that make the pancakes fluffy?* (A: baking powder & eggs) These are called **leavening** ingredients. They create carbon dioxide (CO<sub>2</sub>) bubbles in the pancakes that create "spaces" in the batter for heat to transfer in and bake the batter. 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 with baking powder, forms CO<sub>2</sub>) and baking the pancakes (heat) creates more CO<sub>2</sub>!
- *How many pancakes are a serving?* Weigh a pancake. If one baked pancake is 3.5 ounces (96g): teens enjoy 2 pancakes; Adults and t'weens, 1-2; young children, 1. Other meal items: ½ cup fruit sauce = 1 serving, but enjoy 1 cup if you haven't had your "5-a-Day." Don't forget a cup of milk or yogurt and add scrambled eggs for a 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 a whisk 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! For fun...try making bunnies, Mickey Mouse, initials...

**Boost the whole grain:** Soften ¾ cup bran flakes with ½ c. milk; add with egg, oil and orange juice

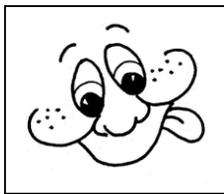
**Add a vegetable:** Stir in 1 cup grated carrot with flour and a dash of cinnamon if you wish.

**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.

Nutrition Facts	
Serving Size (98g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 2.5g	14%
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 510mg</b>	<b>21%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 4g	
<b>Protein 5g</b>	
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:  
MyPlate resources, [www.MyPlate.gov](http://www.MyPlate.gov)  
The Thrill of Skill, Guide to age-appropriate food skills.  
and Book and Bake lessons. [www.HomeBaking.org](http://www.HomeBaking.org)  
Spanish and English