



Lesson Plan

Lesson Name:	Basic Cake Donut with Gooey Chocolate Glaze	
Age Group:	3-12, a simple recipe with plenty of steps but can be simplified (Take it Down a Notch) or made more difficult, as needed (Kick It Up a Notch)	
Duration:	One Hour	
<p>Learning objectives (at the end of this lesson, students should be able to):</p> <ol style="list-style-type: none"> 1. Understand and demonstrate beating and cracking an egg 2. Understand all about working with eggs, including how to crack, remove shells, beat and clean up 3. Execute a recipe, Basic Cake Donut, that utilizes the techniques of cracking and beating eggs 4. Demonstrate table manners <ul style="list-style-type: none"> • Learn how to set the table for a meal (how to arrange the utensils, napkin, cup and plate) • Practice how to politely order at a restaurant 		
Summary of Tasks / Actions	At Home	
	Check supplies and groceries to make sure you have all materials for a successful class. Make sure there is enough supplies for students to work in groups of 4.	
	Setup	
	Plug in the ovens and confirm they are working properly. Organize mis en place so that students can efficiently gather the ingredients needed. Older students will work on gathering their own supplies where younger students may need the items already arranged on the work table.	
Beginning of Class		
<ul style="list-style-type: none"> • Remind students of the safety rules and expectations (listen, clean hands, stay clear of hot plates and ovens, no running/horseplay, knife safety, hands to yourself) • Walk through the plan for the day, sharing the recipe and steps (write on white board) • Break students into small “buddy” groups to make sure they are consistently engaged throughout the recipe and can work as a team to accomplish goals 		
During Class	Discuss	

- Talk about how this recipe uses eggs and how widely this ingredient is used in so many recipes (breakfast, baked goods, binding)
- Have students read and identify the ingredients and materials needed
- **ASK:** What kind of **eggs** do you find at the grocery store? What is the difference between *white* and *brown* eggs? What does *cage-free* mean?
- Define **beat** – whisking raw eggs rapidly to break up the yolk and incorporate it with the white (especially important in baking recipes)
- **ASK:** What makes **eggs** so nutritious? Eggs are excellent sources of protein and Vitamin D.

Practice

- **SHOW:** Each student can **crack** and **beat** an egg with a fork or whisk (see Teaching Highlights for the best way to crack); emphasize sanitation – everyone washes their hands after cracking an egg! (Save any extra egg if you need it later in the day)
- **SHOW:** Wait for someone to get eggshell in their bowl (it happens) and demonstrate how to extricate it using another piece of eggshell; have other students with the same issue “rescue” their own eggshell

Share

- Have each student set his or her own place at the table. Set an example place for students to follow as a guide.
- To practice **table manners**, have students partner up to take turns being a “server” or “customer” in a restaurant, ordering food clearly and politely

Cleanup

Unplug the ovens. Students should clean up their own work space. A few students should be designated to wash and dry the dishes (rotate each week) while others will sanitize the tables, pick up trash, and return supplies to where they belong.