

Grade 2: Fruit-filled Breakfasts

What you need to know

- Section 2.2. Teacher Background
- Section 2.3. What You Need to Know in the Classroom: Primary Grades
- Section 2.9. Cooking Safely with Students
- What a healthy meal and snack constitutes. *Student Nutrition Programs: Nutrition Guidelines*. Available at www.children.gov.on.ca/NR/CS/BestStart/EN-NutritionGuidelines.pdf

Recipes required

- Butter Milk Pancakes with fruit variations
- Very berry sauce

Food required

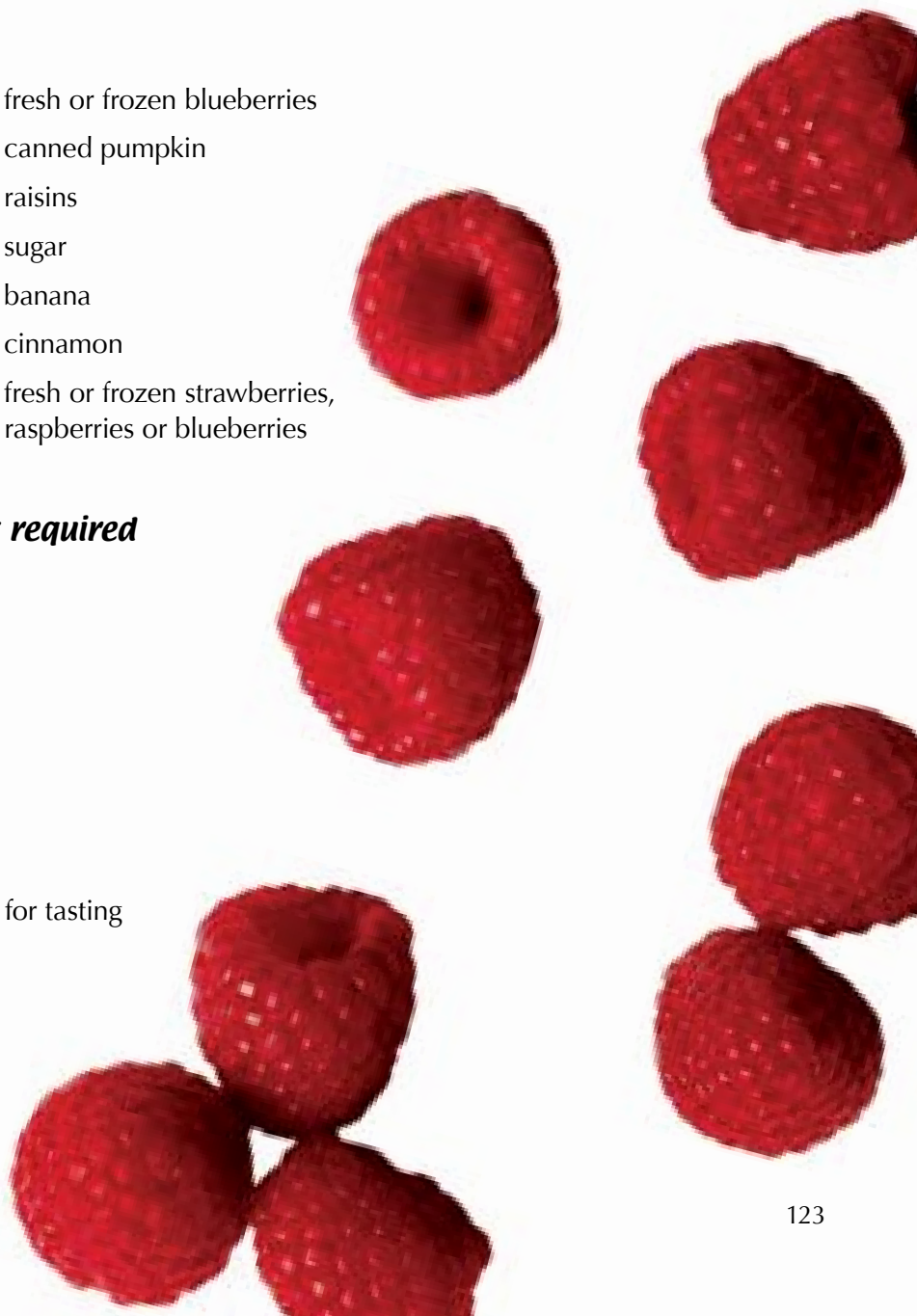
- whole wheat flour
- wheat germ
- baking soda
- salt
- eggs
- buttermilk
- vegetable oil
- plain yogurt
- fresh or frozen blueberries
- canned pumpkin
- raisins
- sugar
- banana
- cinnamon
- fresh or frozen strawberries, raspberries or blueberries

Equipment and materials required

- bowls
- spoons
- can opener
- griddle or nonstick skillet(s)
- spatula(s)
- knife and cutting board
- forks
- paper plates and plastic forks for tasting

Adult helpers required

- 1 per 5-6 students



Instructions

- Discuss kitchen safety and safe food handling practices that apply to this activity. Emphasize the safety rules must be followed at all times. Highlight kitchen safety and safe food handling practices throughout the activity.
- Make sure that all leaders and students have an opportunity to wash their hands with soap and water prior to food preparation and eating. Discuss the four steps for handwashing.
- Demonstrate the *Very Berry Sauce* recipe. Ask three or four student to help with preparation (eg, mashing fruit, measuring, stirring). **To avoid injury, only adults should use knives.**
- Discuss what the students usually eat for breakfast. Ask them what kinds of vegetables and fruit they would have at breakfast. Explain that a complete breakfast includes foods from at least three of the four food groups in *Canada's Food Guide* and should include a Food Guide Serving from the Vegetable and Fruit and Milk and Alternative groups.
- Ask students if pancakes would be considered a complete breakfast. Ask them for ideas on how they could turn pancakes into a complete breakfast. Encourage students to think of fresh, frozen, canned and dried fruit options to add to or serve with pancakes. Remind them that a complete breakfast should also include a milk or alternative. Some ideas are:
 - Pancakes made with frozen or fresh berries (raspberries, blueberries, strawberries) served with a glass of milk
 - Pancakes served with applesauce and a slice of cheese
 - Pancakes with canned peach slices and yogurt on top
 - Pancakes made with chopped dried fruit (raisins, dates, dried apricots) served with a glass of milk
 - Pancakes made with bananas served with a yogurt-fruit smoothie

Option 1:

- Demonstrate one of the fruit variations of the *Butter Milk Pancakes* recipe. Read through the recipe with the students. Have students follow the recipe as you complete each step. Ask two or three students to help with preparation (e.g. mashing fruit, measuring, stirring, pouring batter). Ask adult helpers to help cook the pancakes on the griddle or skillet. **To avoid injury, only adults should use the griddle or skillet.**

Option 2:

- Arrange students into small groups with an adult helper. Have each group prepare a different fruit variation of the *Butter Milk Pancakes* recipe. Have students read through the recipe and follow it as they help with each step. **To avoid injury, only adults should use the griddle or skillet.**
- Give each child a serving of pancakes with sauce to taste. Give copies of the recipes to students to take home to share with their parents.
- Ensure students participate in clean up (eg, tidying up work areas, throwing out garbage, washing and drying dishes, wiping tables and counters, storing leftover food).

Buttermilk Pancakes

Ingredients:

175 mL	$\frac{3}{4}$ cup	whole wheat flour
50 mL	$\frac{1}{4}$ cup	wheat germ
5 mL	1 tsp	baking soda
1 mL	$\frac{1}{4}$ tsp	salt
1	1	egg, lightly beaten
250 mL	1 cup	buttermilk
25 mL	2 tbsp	vegetable oil, vegetable cooking spray



Preparation:

1. In a small bowl, combine flour, wheat germ, baking soda and salt.
2. In large bowl, whisk together egg, buttermilk and oil. Stir in flour mixture until combined.
3. Heat a griddle or large nonstick skillet over medium-high heat. Spray lightly with vegetable cooking spray. For each pancake, pour $\frac{1}{4}$ cup (50 mL) batter onto griddle and cook until bubbly around the edges, about 2 minutes. Flip and cook until golden brown, about 2 minutes. Transfer to a plate and keep warm in a low oven. Repeat with remaining batter, spraying griddle with vegetable cooking spray and adjusting heat between batches as needed.

Makes 10 pancakes

Preparation Time: 10 minutes

Equipment:

- bowls
- spoon
- griddle or nonstick skillet
- spatula
- can opener



Buttermilk Pancakes (cont'd)

Canada's Food Guide Servings:

1 pancake with **Very Berry Sauce** is 1 GRAIN PRODUCTS serving and ½ VEGETABLES AND FRUIT serving

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Fruit Variations:

Yogurt-Blueberry Pancakes

Replace ½ cup (125 mL) of the milk with 1 cup (250 mL) plain yogurt. Stir in ¼ cup (50 mL) fresh or frozen blueberries. Toss berries in a small amount of flour to prevent them from bleeding into the batter.

Jack O'Lantern Pancakes

Replace ½ cup (125 mL) of the milk with ½ cup (125 mL) canned pumpkin and add ½ tsp (2 mL) granulated sugar and ¼ tsp (1 mL) ground cinnamon. After pouring batter on the griddle, arrange raisins on the top side of the pancake in a "happy face" pattern.

Banana Boost Pancakes

Stir in 1 well-mashed ripe banana and ¼ tsp (1 mL) ground cinnamon.



HINT:

Instead of maple syrup and butter, serve pancakes with healthier toppings like **Very Berry Sauce**, yogurt or applesauce.



Very Berry Sauce

Ingredients:

250 mL 1 cup	strawberries, raspberries or blueberries
250 mL 1 cup	plain yogurt
50 mL ¼ cup	sugar

Preparation:

1. Wash berries under cool tap water and pat dry with a clean cloth or paper towels.
2. Mash the berries with a fork in a bowl or roughly chop them with a knife and cutting board.
3. Add yogurt and sugar and mix well with a spoon.
4. Spoon over pancakes or waffles.

Makes 1 2/3 cups

Preparation Time: about 5 minutes

Equipment:

- knife and cutting board
- fork
- spoon
- bowl

Canada's Food Guide Servings:

½ cup (125 mL) of sauce is ½ a VEGETABLES
AND FRUIT serving

