



Lesson Delivery Date: ___/___/___
Lesson Delivered By: _____
Initial when complete:
Supplies Bought: _____
Materials Prepped: _____
Feedback Complete: _____

## SCALED LEARNING™ LESSON PLAN - SACC

Review this lesson plan at least 3 days prior to leading.

<b>LESSON NAME:</b> (What is the name of the activity?) Whole-Wheat Blueberry Muffins	<b>TIME REQUIRED:</b> 30 minutes	<b>AGES:</b> All
<b>SCALED LEARNING FRAMEWORK ELEMENTS:</b> (STEM, College and Career Readiness, Arts, Literacy, Enrichment, Diversity, etc.) <ul style="list-style-type: none"> <li>Wellness and Nutrition</li> <li>STEM Integrated</li> <li>Literacy Integrated (optional)</li> </ul>		
<b>STANDARDS ADDRESSED:</b> (Common Core State Standards; National Core Art Standards) HEPA Standard: Food		
<b>LESSON OBJECTIVE:</b> (What youth should get from this activity, what they should achieve?) Youth will be able to: <ul style="list-style-type: none"> <li>Prepare a healthy recipe from scratch.</li> </ul>		
<b>MATERIALS NEEDED:</b>  Recipe Ingredients (per batch): <ul style="list-style-type: none"> <li>½ cup Low-Fat Milk</li> <li>½ cup Applesauce</li> <li>1 Egg</li> <li>1 cup All-Purpose Flour</li> <li>1 cup Whole Wheat Flour</li> <li>½ cup Sugar or Sugar Substitute</li> <li>3 tsp Baking Powder</li> <li>1 tsp Salt</li> <li>1 cup Fresh Blueberries</li> </ul> Equipment Needed: <ul style="list-style-type: none"> <li>Muffin Pan</li> <li>Oven (toaster or standard)</li> <li>Bowls</li> <li>Spoons/Whisk/Spatula</li> <li>Measuring Cups/Spoons</li> <li>Muffin Liners</li> </ul> Optional Literacy Extension: <ul style="list-style-type: none"> <li><i>If You Give a Moose a Muffin</i> by Laura Numeroff</li> </ul>	<b>PREPARE AHEAD OF TIME:</b>	

### PART ONE:

#### INTRO TO REFLECT

**SAY:** Today we're going to prepare our own, healthy, blueberry muffins!

**ASK & CONNECT** (prepare opening ideas to connect lesson to youth’s prior experience or prior session)

- What is your favorite kind of muffin?
- What do you think it means to bake “from scratch”? What are the pros/cons of baking from scratch [compared to store-bought goods]?
- Optional: Read aloud *If You Give a Moose a Muffin* by Laura Numeroff and discuss.

**PART TWO:**

(What are the steps for youth to complete this activity?) Highlight steps when youth have a choice.

1. Say, today we are going to prepare Whole Wheat Blueberry Muffins from scratch. Everyone will get a chance to help prepare our muffins before we enjoy them!\*\*
2. Preheat the oven to 400° F.
3. Line the muffin pan with muffin liners.
4. Blend milk, applesauce, and egg, in a small bowl and set aside.
5. Stir flours, sugar, baking powder, and salt in a medium bowl.
6. Make a well in the center and pour wet ingredients into the well. Stir with a spoon until the flour just moistened—the batter will be lumpy.
7. Fold in blueberries.
8. Divide batter among muffin cups. Bake until golden brown for 18-20 minutes (10 minutes for mini muffins).
9. Immediately remove from pan.
10. Enjoy!

\*\*Have youth help to contribute as much as possible. Examples of youth contributions includes: measuring ingredients, lining the muffin trays, stirring the dry ingredients, cracking the eggs, fold in blueberries, whisk the milk/applesauce/eggs, divide into muffin cups, etc.). **Ensure that youth are not simply watching the process—they should be actively participating in the process.**

What key skills will I need to be prepared to model or teach?

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**ASK DURING** (open-ended questions for during activity)

- Why do you think we use muffin liners?
- Review measuring cups sizes.
- Why do you think we are using two types of flour [share: whole wheat flour has increased fiber and is also rich in vitamins B-1, B-3, and B-5, along with riboflavin and folate. It also has more iron, calcium, protein, and other nutrients than white flour.]
- What are the health benefits of blueberries? What other berries could we have uses? [share: blueberries are an excellent source of vitamin c, are high in antioxidants, and can help with heart healthy, bone strength, skin health, and much more!]

**SITE SPECIFIC** (complete prior to lesson delivery)

**Leadership** (How can youth help lead?)

**Choices** (What content or process choices are there?)

How will I promote exploration?

How will I nurture creativity?

### **PART THREE:**

#### **REFLECT**

- How did you contribute to making the muffins? Do you enjoy baking? Why or why not?
- On a scale of 1 to 5, how do you rate our muffins?

#### **FAMILY AND PARENT ENGAGEMENT** (Select how activity will be shared)

- Invitation: During activity, invite families to join as they are picking up their child
- Conversation: Draw parent's attention to their youth's contribution at pick up and explain their child's positive contributions to the final product or process
- Communication (written): Photos or written Staff or Youth recap for upcoming newsletter or parent email

