



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.

<p><b>LESSON NAME:</b> (What is the name of the activity?) St. Lucia Cardamom Rolls</p>	<p><b>TIME REQUIRED:</b> 25 minutes (prep); total 1 hr 15 for raising and cook time.</p>	<p><b>AGES:</b> All</p>
<p><b>SCALED LEARNING FRAMEWORK ELEMENTS:</b> (STEM, Career Connected Learning, Arts, Literacy, Education, Diversity and Global Learning, etc.)</p> <ul style="list-style-type: none"> <li>Wellness and Nutrition (HEPA)</li> <li>STEM</li> <li>Diversity and Global Learning</li> </ul>		
<p><b>STANDARDS ADDRESSED:</b> (Common Core State Standards; National Core Art Standards)</p> <p><b>Math:</b></p> <ul style="list-style-type: none"> <li>Use appropriate tools strategically.</li> <li>Attend to precision.</li> </ul>		
<p><b>LESSON OBJECTIVE:</b> (What youth should get from this activity, what they should achieve?) Youth will be able to:</p> <ul style="list-style-type: none"> <li>Prepare Cardamom Rolls in celebration of St. Lucia Day.</li> </ul>		
<p><b>MATERIALS NEEDED:</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>1 (16-oz.) pkg. hot roll mix</li> <li>1 cup hot milk (120 to 130°F.)</li> <li>2 tablespoons margarine or butter, softened</li> <li>2 teaspoons cardamom</li> <li>1 egg</li> <li>32 raisins</li> <li>1 egg, beaten</li> <li>2 teaspoons coarse sugar</li> </ul> <p>Extra flour Bowl Mixing Spoon Cookie sheets Plastic Wrap</p> 	<p><b>PREPARE AHEAD OF TIME:</b></p> <ul style="list-style-type: none"> <li>Purchase ingredients.</li> <li>Determine best method for breaking up into small groups or gathering as a whole group to contribute. DO NOT just make the rolls with the youth as an audience—ensure active participation including measuring ingredients, adding ingredients, reading the recipe steps aloud, mixing, etc.</li> <li>If breaking into multiple groups, ensure enough ingredients are purchased for all groups.</li> </ul>	

<p><b>PART ONE:</b></p> <p><b>SAY:</b> Today we're going to going to make St. Lucia Cardamom rolls in celebration of St. Lucia Day.</p> <p><b>ASK &amp; CONNECT</b> (prepare opening ideas to connect lesson to youth's prior experience or prior session)</p> <ul style="list-style-type: none"> <li>Who remembers St. Lucia's role on Dec 13? [help to serve her parents rolls/buns and coffee]</li> </ul>
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- Who has baked bread before? What are some important steps? [Allowing time to rise, kneading, etc.]

**Share:**

- S-shaped rolls garnished with raisins and coarse sugar are made for St Lucia Day, which falls on December 13 and marks the beginning of Christmas for Scandinavians.
- The day is celebrated with parades. It's traditional for young Scandinavian girls to don a halo of greens and bring their families hot coffee and St. Lucia rolls for breakfast.
- Cardamom, a spice related to ginger, has a warm, spicy-sweet flavor, It's a traditional ingredient in Scandinavian holiday breads, coffee cakes, desserts and muffins.

**PART TWO:**

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

1. Staff: Depending on group size, divide into small groups or gather as a whole group (see note above on Whole Group suggestions).

2. **Steps:**

- In large bowl, combine flour mixture with yeast from foil packet; mix well. Stir in hot milk, margarine, cardamom and 1 egg until dough pulls away from sides of bowl.
- Turn dough out onto lightly floured surface. With greased or floured hands, shape dough into a ball. Knead dough 5 minutes or until smooth. Cover dough with large bowl; let rest 5 minutes.
- Grease cookie sheets. Divide dough into 16 equal pieces. Shape each piece into 8-inch rope. Shape each rope into an "S" shape; place on greased cookie sheets. Cover loosely with greased plastic wrap and cloth towel. Let rise in warm place (80 to 85°F.) for 20 to 30 minutes or until doubled in size.
- Heat oven to 375°F. Uncover dough. Press raisin in both curls of each roll. Brush with beaten egg; sprinkle with coarse sugar. Bake at 375°F for 12 to 17 minutes or until golden brown.

3. Enjoy!

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

- Demonstrate how to knead bread.

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

- What is your favorite holiday recipe? Describe the food.
- Do you like to cook?

**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**

- What was challenging about this recipe? Did the recipe turn out as pictured? Do you enjoy the rolls?

**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