


NEW! GRADE K						
Lesson	Topic	Content Learning Objective(s)	Lesson Activity	Life Skills Learning Objective(s)	Academic Standard Connections	Health Standards
Blue Corn Pancakes with Blueberries and Honey 	Food Preparation (FP)	<p><b>FP.K.1</b> Demonstrate the ability to properly handle, wash and prepare fruits and vegetables.</p> <p><b>RC.K.2</b> Recognize how families share and maintain food and cultural traditions.</p> <p>Demonstrate how the Native Americans utilize every part of an ear of corn and prepare a Native dish using corn</p>	<p>Engage students by asking them to state some facts they have previously learned about Native Americans. Next, have students explore an ear of corn. Once each student has done so, read <i>Corn</i> by Gail Gibbons to further explain the history and significance of corn in the Americas.</p> <p>Have students elaborate on the lesson by preparing the pancake using blue cornmeal. Once each student has tried the pancake, evaluate the lesson by asking questions about something new they have learned about corn.</p>	<p><b>CLS.4</b> Students appreciate and are respectful of differences and diversity in their communities.</p>	<p><b>CCSS.ELA-LITERACY.SL.K.6</b> Speak audibly and express thoughts, feelings, and ideas clearly.</p> <p><b>CCSS.ELA-LITERACY.SL.K.4</b> Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.</p> <p><b>Social Studies Culture.</b></p>	<p><b>National Health Education Standard 7:</b> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>



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# BLUE CORN PANCAKES WITH BLUEBERRY HONEY

*Kitchen*

Yield: 12—4 inch pancakes



GRADE K | SCHOOL PARTNER  
LESSON PLAN

Prep Time: 10 minutes

Cook Time: 5 minutes

## INGREDIENTS

- 1 ½ cups all purpose flour
- 1 cup blue cornmeal
- ½ cup sugar
- 1 ½ teaspoons baking soda
- ¾ teaspoon baking powder
- 3 eggs
- 1 ½ cups buttermilk\*
- 2 tablespoons butter, melted
- 1 ½ cups fresh or frozen blueberries

## DIRECTIONS

1. In a bowl, mix the first 5 ingredients—flour through baking powder together.
2. In a separate bowl, beat the eggs with the buttermilk \* until well blended.
3. Pour egg mixture over flour mixture and stir until just mixed (small lumps are OK, and for tender cakes, it's better to under mix than over mix).
4. Stir in melted butter and blueberries. The batter will be very thick.
5. Heat a griddle or nonstick skillet over medium heat. Brush with butter or spray with nonstick spray.
6. Ladle ¼ cup of batter for each pancake onto hot surface. Cook until edges start to dry and bubbles burst on surface, about 2 to 3 minutes.
7. Flip and cook on the other side until brown, about another minute or so. Keep warm in a 200°F oven until all the cakes are cooked. Serve with honey.

\*For dairy-free sub buttermilk and butter for dairy-free milk or water



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