

ADAPTED

GRADE 7

SCHOOL PARTNER
LESSON PLAN

? ESSENTIAL QUESTIONS

- What are some common flatbreads around the world?
- What are some common yeast breads around the world?
- What are some common quick breads around the world?
- How do grains nourish our bodies?
- How is bread made?

MATERIALS

- **Indian Naan Bread**
- Homemade Tortillas
- Delmonico's Cornbread

PREPARATION (30 MINUTES)

For the Naan:

- Gather materials, equipment, and ingredients listed in the following Lesson Sequence.
- Pre-make six batches of dough to be used with the first class so that it can rise for about an hour before being rolled out and baked. Then the dough that the first class mixes will rise for about an hour and be used by the second class, and so forth.
- Heat water on the stovetop to 100–110 degrees F (at least 1/2 cup for each small group).
- Prepare and warm clarified butter (at least 1/2 cup for each small group).

For the Tortillas:

- In a bowl work the masa harina together with 1 cup warm water, 3 tablespoons softened butter and 1/2 teaspoon salt until it becomes a cohesive dough. Don't overwork it.

For the Cornbread:

- Preheat oven to 400 degrees F and grease a 10-inch cast iron skillet.

LESSON DESCRIPTION

In this lesson, students will share what they know about bread and learn about flatbreads, yeast breads, and quick breads. Students will learn about yeast and how to properly use a sifter while making different types of bread together in their small groups.

NOTE:

Adapted from **Grade 2 Kitchen Lesson #18: Indian Naan Bread**, pg. 499.



CREATED BY
Belle Chasse Academy in 2023

Emeril Lagasse Foundation retains ownership of these specific lesson plans.
Any third-party resources or handouts included are shared solely as examples
and we do not claim ownership of them.

LEARNING OBJECTIVES

Content Learning Objectives*Food Preparation*

FP.7.1 Demonstrate knowledge of safe food handling practices with increased skill.

FP.7.2 Use a variety of cooking techniques

FP.7.3 Identify the right cooking technique to complete a task and articulate why it is the correct technique.

Kitchen Tools and Equipment

KTE.7.1 Use tools introduced in previous grades independently.

KTE.7.2 Name, identify, locate, and safely use new tools/equipment.

Recipe Concepts

RC.7.1 Compare and contrast recipes from various world cultures

Health Concepts

HC.7.5 Identify various ways cultures incorporate food groups into their diets.

*Lesson Sequence***Prepare to Cook (5 minutes):**

Have students tie hair back, wash hands, put on aprons (if relevant) and take their seats.

Recipe Introduction (5 minutes):

- Explain to students that they will be baking bread and review the main ingredients to make dough for the bread: flour and water. Then, introduce the concept of flavor enhancers and explain how salt and butter, which is a fat, can be used to enhance flavor. Next, explain how leavening agents are added to dough to make it rise. Leavening agents create gas which gets trapped in the dough to form tiny bubbles. When the dough is heated in the oven, the tiny gas bubbles rise like hot air balloons and make the “bread rise”. One leavening agent is called yeast. Yeast is a tiny living fungus (like mushrooms!) that likes to eat sugar. When yeast eats sugar, it releases carbon dioxide (humans release carbon dioxide when they breathe out or exhale).
- Remind students that grains nourish our bodies by providing energy in the form of carbohydrates. It is recommended that grains make up a quarter of your plate for each meal.
- Explain to students that they will be making 3 different types of breads; flatbread, unleavened bread and cornbread (a quick bread). Many flatbreads are unleavened, meaning they do not use yeast like the cornbread and tortilla, however, the recipe used today will include yeast.
- Show students images of flatbreads, yeast breads and quick breads from around the world using the flashcards.
- Explain to students that they will be making naan, a flatbread from India, tortilla from Mexico, and cornbread from America.

NOTE:

Lesson sequence details for *Review familiar skills, Demonstrate new tools and skills, Divvy up tasks, Cook!, and Enjoy!* are outlined in **Indian Naan Bread** lesson on page 499 and can be used for all breads in this lesson.



CREATED BY
Belle Chasse Academy in 2023

Emeril Lagasse Foundation retains ownership of these specific lesson plans. Any third-party resources or handouts included are shared solely as examples and we do not claim ownership of them.

Reflect:

- What bread did you enjoy the most and why?
- In your opinion, what additions to the recipe do you think would enhance the taste? (i.e. herbs, vegetables, etc.)

INGREDIENTS

For the Indian Naan Bread:**• Indian Naan Bread****For the Homemade Tortillas:**

Yield: 12 tortillas

- 2 cups masa harina
- 1 cup warm water
- 3 tablespoons butter, softened, plus more for brushing on tortillas when reheating
- ½ teaspoon salt

For the Delmonico's Sweet Cornbread:

Yield: 8 to 10 servings

- 3 tablespoons salted butter, plus more for serving
- 4 large eggs
- ¾ cup water
- ⅔ cup vegetable oil
- ¼ cup plus 1 tablespoon heavy cream
- 3 tablespoons buttermilk
- 3 tablespoons honey
- 1 tablespoon dark corn syrup
- 2 ¼ cups all purpose flour
- 1 cup yellow cornmeal
- ½ cup plus 1 teaspoon sugar
- 1 ½ teaspoons baking powder
- ¾ teaspoon salt

NOTE:

Masa harina is flour made from corn that has been cooked and soaked in lime water. Traditionally used for corn tortillas, it is available in Spanish markets and supermarkets. If you can't get fresh poblanos, substitute New Mexican Green, Cubanelles, or Anaheim chile peppers.



CREATED BY
Belle Chasse Academy in 2023

Emeril Lagasse Foundation retains ownership of these specific lesson plans.
Any third-party resources or handouts included are shared solely as examples
and we do not claim ownership of them.

DIRECTIONS

For the Indian Naan Bread:**• Indian Naan Bread****For the Homemade Tortillas:**

With wet hands, divide the dough into 12 balls and place 2 pieces of plastic wrap on each, top and bottom. Flatten each tortilla in a tortilla press or with a rolling pin, heavy pie pan, or skillet.

Heat a heavy dry 9-inch skillet over medium heat, and brown the tortillas for about 1 minute on each side. Just before serving, rub each tortilla all over with $\frac{1}{4}$ teaspoon softened butter and reheat in a hot skillet over high heat, for about 15 seconds on each side.

For the Delmonico's Sweet Cornbread:

Melt the 3 tablespoons of butter. In a large bowl, whisk together the eggs, water, oil, cream, and buttermilk. While still whisking, drizzle in the melted butter, honey, and dark corn syrup. Add all of the dry ingredients to the liquid ingredients and whisk just until thoroughly combined. Pour the batter into the greased skillet and bake until golden on top and a toothpick inserted into the center comes out clean, about 30 minutes.

Remove the cornbread from the oven and brush the top with butter. Let cool briefly before serving; serve hot.



CREATED BY
Belle Chasse Academy in 2023

Emeril Lagasse Foundation retains ownership of these specific lesson plans.
Any third-party resources or handouts included are shared solely as examples
and we do not claim ownership of them.