

GERMAN APPLE PANCAKE



Lesson Title: German Apple Pancake* (contains dairy and egg) 4 servings (1 large pancake) Two recipes = 2 large pancakes would feed about 10 kids		
Grade: 4	Lesson Number: 5	
Estimated Time: 45 mins.	Season: 🍂 Fall	Type: 🍳 Cooking
<p>👩‍🏫 Teacher Background and Lesson Description: **this recipe contains eggs and dairy: in case of allergies, eggs can be substituted with unsweetened apple sauce (1/4 cup = 1 egg) or plant-based egg (JUST Egg), milk can be substituted with almond or oatmilk at all times, 1 cup of butter is equivalent to one cup of shortening or pumpkin puree</p> <p>This super-huge pancake is fit for a royal! It's made from a simple batter that is poured over the sautéed apples and then baked for a puffy treat you eat hot from the oven. It is traditionally eaten with confectioners' sugar, but kick yours up with maple syrup, if you like! The Germans call this "appelfannkuchen."</p>		
<p>★ Lesson Objectives: CLS.5 Students participate in the development of agreed upon protocols and behaviors for the garden and kitchen environments. CFT.4.2 Create basic flavor combinations using international cuisines. KTE.4.1-4 Kitchen Tools and Equipment</p>		
<p>📖 Academic Standard Connections: CCSS.ELALITERACY.SL.4.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly</p>	<p>🏥 Health Standard Connections: National Health Education Standard 7: Students will demonstrate the ability to practice healthenhancing behaviors and avoid or reduce health risks.</p>	
<p>? Essential Questions: What are traditional foods? Where is Germany located and what stories do we know come from Germany?</p>		
<p>📖 Vocabulary: Germany, appelfannkuchen (apple pancake), pancake, whisk, food substitutes,</p>		

NOTE:
 This lesson was created using **German Apple Pancakes**, pg. 624.



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<p>Materials:</p>	
<p>Lesson Introduction:</p> <ul style="list-style-type: none"> Germany <ul style="list-style-type: none"> Locate on map Share that Hansel & Gretel, Sleeping Beauty and Little Red Riding Hood are famous tales from Germany Official language: German Capital: Berlin Currency: Euro KWL chart to be revisited at end of lesson if time permitted Fun facts: <ul style="list-style-type: none"> The largest train station in Europe is in Berlin, Germany German is the third most widely taught language in the world There are more than 20,000 castles in Germany 	<p>Equipment:</p> <ul style="list-style-type: none"> Measuring cups and spoons Paring knife Apple corer (or pre-sliced apples) Whisk Wooden spoon Heavy ovenproof 12-inch skillet Cutting board Vegetable peeler Large mixing bowl Sifter Oven mitts or pot holders
<p>Ingredients:</p> <ul style="list-style-type: none"> 4 large eggs, lightly beaten* 1 cup whole milk* 1 cup all-purpose flour (gluten free can be an option) ½ teaspoon vanilla extract 3 tablespoons unsalted butter* 2 large apples, peeled, cored, and thinly sliced ⅓ teaspoon ground nutmeg Pinch of salt ⅓ cup packed light brown sugar Confectioners' sugar Maple syrup (optional) <p><small>*see dairy note under teacher background</small></p>	
<p>Materials for Enjoying Food:</p> <ul style="list-style-type: none"> <i>Plates and silverware for class</i> 	<p>Materials for Cleaning Up:</p> <ul style="list-style-type: none"> Trash, recycling, and compost bins Dishwashing stations and equipment
<p>Teacher Prep:</p> <ul style="list-style-type: none"> Have world map out or globe and have samples or books of Red Riding Hood, Hansel & Gretel, Sleeping Beauty 	



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+ Additional Resources:

- [Germany NewsELA](#)
- Childrens book about Germany
- Storyteller (have students act out) - Hansel and Gretel
- Storyteller - Red riding Hood
- Red Riding Hood - have books available

🥬 Prep to Cook:





- Have students wash hands and put hair up.
- Preheat oven to 450 degrees F
- Have 12 inch skillet out (one skillet = 1 pancake)
- Have mixing bowls prepared

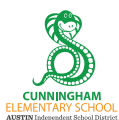
📖 Recipe: [Recipe link](#)

1. In a large mixing bowl, combine the beaten eggs, milk, flour, and vanilla, and whisk until just blended, being careful to not overmix. Set the batter aside to rest at least 20 minutes.
2. Position rack in center of oven
3. In a heavy ovenproof 12-inch skillet, melt 2 tablespoons of the butter over high heat. Add the apples, cinnamon, nutmeg, and salt and cook, stirring frequently, until the apples are soft and lightly golden around the edges, about 6 minutes.
4. Add the brown sugar and cook, stirring, until the apples are caramelized and very soft, 2 to 3 minutes longer. Add the remaining tablespoon of butter and stir to melt.
5. Working very quickly, pour the batter evenly over the top of the apples. Using oven mitts or pot holders, transfer the skillet to the oven and bake until the pancake is golden brown and puffed, about 15 minutes. Don't be alarmed when you see the edges of the pancake puff up over the top of the pan—this is supposed to happen!
6. Using oven mitts or pot holders, remove the skillet from the oven and serve the pancake immediately, sprinkled with sifted confectioners' sugar or drizzled with maple syrup, as desired.

✦ Review Familiar Skills:

- Ask students what tools they have used so far in the kitchen (at school or at home) and write a list on a piece of chart paper in one color.
- Then ask students what other tools they can think of that chefs use and add that to the chart paper in a different color.

<p> Enjoy:</p> <ul style="list-style-type: none"> • Two recipes (2 large pancakes) would be plenty for 10 kids to taste • Recommend making one allergy-friendly pancake 	
<p> Clean Up:</p> <ul style="list-style-type: none"> • Have a couple of students pick up dirty knives, cutting boards, and measuring cups from each table/ station and place them in the sink. Explain to students that the teacher/TA will clean them later, but we are taking a respectful approach. • Have two more students wipe down counters, and two others use the broom and dustpan to make sure the floor is clean. • Model the appropriate clean-up instructions (including collecting food scraps for the compost bucket) and have each student practice following the instructions as they finish eating. 	
<p> Connections to Garden Lessons:</p> <p>Use fresh fruit from the garden. As students enjoy, trace ingredients back to their source. Bring compost out to garden.</p>	<p> Possible Extensions:</p> <p>Students write their own version of red riding hood to fit Texan culture</p>



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Countries Of The World: Germany

By National Geographic Partners, adapted by Newsela staff on 04.02.18

Word Count **628**

Level **530L**



Neuschwanstein Castle is located in southern Germany in the state of Bavaria. It was commissioned by Ludwig II, the King of Bavaria, in the late 1800s. The castle was not completed when he passed away in 1886. Photo from: Pixabay.

Germany is a country in Europe. The region has many interesting landscapes. Mountains and hills rise in the center and south of the country. River valleys cut through these areas. In the north, the land flattens into a wide plain. Germany's coastline is on the North Sea.

Nature

Germans take pride in protecting their natural areas. Their country has almost 100 nature reserves. The Black Forest is the largest of them. Germany also does a lot to protect its wildlife.

Two areas of Germany are especially unspoiled. The northern coast is home to much sea life. Birds wade along its shores. In

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the south, big mammals wander in the forests. They include wildcats, boar and ibex, a kind of wild goat.

People And Culture

About 1 in 10 people in Germany comes from a foreign country. The Turkish people are the country's largest minority group. Turkish people come from the country of Turkey.

The arts are very important in Germany. The country has a tradition of talented artists. It has been called the "Land of Poets and Thinkers." Their contributions to music are well known. Great German composers include Bach and Beethoven.

Government And Economy

Germany is a parliamentary democracy. A parliament is a group of lawmakers. In Germany, the parliament has two houses: the Bundesrat and Bundestag. Its members vote to pass laws. The leader of the government is called the chancellor.

Today, Germany belongs to the European Union. The EU is a group of 28 countries in Europe. They work together on problems involving money. Germany has become a leading member of the EU.

History

Germany has a long history. The first people to move into northern Europe arrived about 10,000 years ago. People who spoke an early form of German came later. They arrived about 5,000 years ago.

Early Germany was a patchwork of small states. They were ruled by dukes and kings. In 1871, though, these states were unified. They became one connected state. Otto von Bismarck is considered the father of Germany. He led efforts to create the new nation.

In the late 19th century, Germany wanted more influence in Europe. It also wanted to set up colonies in Africa and Asia. It took land on these continents to make those colonies.

Other countries in Europe were not happy with Germany. Its actions led to disagreements and anger. Eventually, this led to World War I. This big global conflict began in 1914. It lasted four years. Millions of people died in the war. In the end, Germany lost. The war ended in 1918. That was 100 years ago.

In 1933, a man named Adolf Hitler rose to power in Germany. He was the leader of the Nazi Party. In 1939, the Nazis invaded Poland. This attack started World War II.

During the war, Nazis tried to destroy the Jewish people. They built prison camps during the war. Millions of Jewish people were murdered in these camps.



Image 1. Map 1: mapchart.net/Newsela staff.

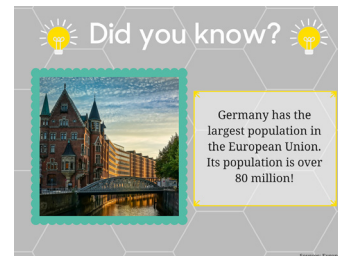


Image 2. Newsela staff.

Source credit: [Newsela, Countries of the World](#)

The war ended in 1945. Germany was defeated. The United States, United Kingdom and other countries on their side had won the war.

After World War II, Germany was divided into two parts. One was West Germany. The other was East Germany. The country became part of a struggle between the Soviet Union and Western powers. The Soviet Union was a group of countries led by Russia. The Western powers included the United States and the United Kingdom. This conflict was called the Cold War. It lasted 44 years. In 1989, East and West Germany were reunited. The Cold War came to an end soon after.



Image 3. Map 2: mapchart.net/Newsela staff. Note: The country of Russia spans two continents: Europe and Asia.

Source credit: [Newsela](https://www.newsela.com/), [Countries of the World](https://www.worldatlas.com/)



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