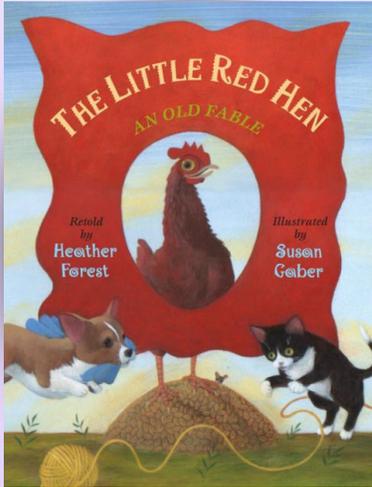


## SNAPSHOT

**Level:** K-2

**Time:** 35 min.

**Activity:** Students will engage in a story and participate in an activity to use wheat to make a sweet treat with microwave mug cakes!



### Purpose

Students will explore the story of wheat.

### Materials

- ***The Little Red Hen an Old Fable***, Retold by Heather Forest
- Access to a microwave
- Microwavable mugs or cups, 1 per student
- Forks or spoons, 1 per student
- Whisk, or spoon for stirring mix
- Measuring Cups and spoons
- Funfetti Mug Cake
  - All-purpose flour
  - Sugar
  - Baking powder
  - Milk
  - Vanilla extract
  - Vegetable oil
  - Sprinkles
- Double Chocolate Mug Cake
  - All-purpose flour
  - Sugar
  - Cocoa powder
  - Semi-sweet chocolate chips
  - Butter
  - Milk
  - Baking power
  - Eggs
  - Salt

LUNCHBOX

# Mysteries

Teacher's Guide

## LESSON 3

# The Little Red Hen an Old Fable

## PROCEDURES

### 1. Organize and Prepare Materials

### 2. Background Information

Nebraska farmers grow wheat all across our state. Nebraska farmers plant two types of wheat called hard red winter wheat and hard white winter wheat. Wheat is grinded into flour to make bread, cereal, crackers, cakes, cookies, and pasta noodles. Nebraska is the 11th largest wheat producing state in the U.S. with approximately 1 million acres in wheat production.

It is called winter wheat because farmers plant their wheat in the fall, it has to go dormant in the winter, and then in the spring it will begin to grow. Farmers will harvest their wheat in the summer.

### 3. Interest Approach

- Ask students if they know of any food products that have wheat in them. If students do not know, follow up with the asking them if they use flour to make any foods. Maybe if they have made cake or cookies before.
  - Where does that flour come from?  
*Flour comes from wheat!*
- Share with students that we are going to read a story called "*The Little Red Hen*"
- Read the Story

- As you read the story have students answer the questions that are asked throughout the book. You can ask your own questions to help guide answers.
- Ask follow-up questions at the end of the story.
  - Where does our food come from?  
*Plants or animals give us food!*
  - How did the little red hen grow wheat?  
*She planted the seeds in the soil, then she watered the seeds, and cared for the wheat by pulling the weeds.*
  - How did the little red hen harvest the wheat?  
*Once it is grown, she had to harvest the wheat by cutting it.*
  - Do we grow wheat in Nebraska?  
*Yes! We grow wheat all across Nebraska.*
  - How did the little red hen turn wheat into flour?  
*She had to grind the wheat to turn it into flour.*
  - What did the little red hen make with the wheat?  
*She baked a cake!*
  - What else could she have made with the wheat she grinded and turned into flour?  
*She could have made bread, cookies, pasta, crackers, cereal, etc.*
- Now that we know where wheat comes from and how it grows, we are going to make our own cake!

#### 4. Snack Activity-Cake in a Mug!

- a. Ask students if they know what season farmers plant their wheat in Nebraska?  
*Farmers typically plant their winter wheat in the fall. It needs to go dormant over winter so it can begin to grow in the spring. Farmers will then harvest their wheat in the summer.*
- b. What ingredient in cake comes from wheat?  
*Flour!*
- c. What are some foods that have flour in them?  
*Bread, cake, cereal, cookies, crackers, pasta, etc.*
- d. We are making our own cake in a mug snack!

#### Ingredients for Funfetti Mug Cake, 1-serving per recipe.

- ¼ cup flour
- 2 TBS sugar
- ½ tsp baking powder
- ¼ cup milk
- ¼ tsp vanilla extract
- 2 TBS vegetable oil
- 1 TBS sprinkles

#### Directions

1. In a large mug combine all the cake ingredients except sprinkles, and whisk until smooth.
2. Stir in sprinkles.
3. Microwave on high for two minutes.
4. Let cool and enjoy your snack!

### Ingredients for Double Chocolate Mug Cake-1 serving per recipe.

- ¼ cup flour
- ¼ cup sugar
- 2 TBS cocoa powder
- 2 TBS chocolate chips
- 1/8 cup melted butter
- 1/8 cup milk
- ½ tsp baking powder
- 1 egg, lightly beaten
- 1 pinch of salt

### Directions

1. In a large mug, mix flour, sugar, cocoa powder, baking powder, salt.
2. Stir in milk, egg, and melted butter.
3. Place chocolate chips in the center of your mug.
4. Do not stir them in, they will sink naturally.
5. Place your cake in the microwave for two minutes, or until set.
6. Let cool and enjoy your snack!

### **5. Ask Follow Up Questions and Make Connection to Agriculture**

- a. Where does our food come from?

*Our food must come from the farm. Either as a plant or a food product that we get from an animal.*

- b. Can we grow food right here in Nebraska?

*Yes! Nebraska farmers grow a lot of our food like corn, soybeans, wheat, dry beans, sugar beets, popcorn, potatoes, and many other types of foods!*

*Some foods can't grow here because our weather doesn't allow it to grow.*

- c. What might some of those foods be?

*Oranges, bananas, lemons, limes, cocoa beans, etc.*

## **EXTENSION ACTIVITIES**

### **Little Red Hen**

[www.agclassroom.org/matrix/lesson/27/](http://www.agclassroom.org/matrix/lesson/27/)

Students use the story The Little Red Hen to investigate wheat production and bread making. Students thresh their own wheat and grind it into flour to make bread.

### **Bread in a Bag**

[www.agclassroom.org/matrix/resource/50/](http://www.agclassroom.org/matrix/resource/50/)

This activity details the instructions for making bread in a Ziploc bag. An excellent way to demonstrate bread-making and the properties of yeast within a classroom setting.

### **Pancakes!**

[www.agclassroom.org/matrix/lesson/534/](http://www.agclassroom.org/matrix/lesson/534/)

Students describe the physical properties of materials and observe physical and chemical changes as they explore the ingredients in pancakes and how maple syrup is harvested from trees.