

<u>Themes</u>	<u>Concept</u>	<u>Language Arts</u>		<u>Math</u>		<u>Science</u>	
Food & Cooking - Grade Four		<u>Activities</u>	<u>Resources</u>	<u>Activities</u>	<u>Resources</u>	<u>Activities</u>	<u>Resources</u>
Spring & Summer <u>Values</u> Respect Sharing Compassion Success Generosity Self-esteem Trust Cooperation Conflict resolution	Fried Bannock	After making fried bannock students will write a story about making fried bannock to go with the pictures on icsd112.ca Read <i>Granny's Giant Bannock</i> by Brenda Isabel Wastasecot Have students respond to questions the author poses. What should Larf do to next time? What should granny do next time? Adapt the story to their kokum.	<i>Granny's Giant Bannock</i> by Brenda Isabel Wastasecot	Practicing measuring using volume standard units. 1tbsp=15ml 1tsp=5ml 1cup=250ml Have students look at bannock recipe and convert into standard units. Students can use measuring equipment to help with the conversion process. Have students work in small groups to use graduated cylinder and water to explore these measurements. Students look at three recipes and convert to metric using the Canadian Living Website.	Cookbooks Graduated cylinder Tsp Tbsp www.canadianliving.com/food/kids_cooking/65_kid_friendly_recipes	Students will investigate the effect of different temp of oil on bannock. Students need to be aware that heating of oil prior to cooking has an affect on final product. As a group Test small bit of bannock dough in oil Prior to heating 30 sec 1 min 1 min 30 sec 2 min Etc. After procedure is explained have students predict how long the oil has to heated. Students record observations. After complete discuss. What is the best time to start the bannock? Why don't we turn the heat all the way to max? What happens when we start the bannock too soon?	

<u>Social Studies</u>		<u>Health</u>		<u>Arts</u>		<u>Phys. Ed</u>	
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<p>Teacher read about Métis Traditional food bannock from <i>Métis Legacy II</i> by Barkwell, Dorion and Hourie</p> <p>Have Elder come in to assist students in making their own Fried Bannock.</p> <p>Remind students about safety precautions around hot oil.</p> <p>This should be served with Jam, syrup or minisapoy.</p> <p>After sampling have students discuss why bannock was a staple in the Métis diet.</p> <p>Students should make a plan to share their bannock.</p>	<p><i>Métis Legacy II</i> by Barkwell, Dorion and Hourie</p> <p>Recipe Ingredients 3 cups sifted flour 1 teaspoon salt 2 tablespoons baking powder water vegetable oil or lard Directions 1 Mix half the flour with the remaining dry ingredients. 2 Add water until the mixture becomes thick 3 Add more flour until the dough feels like a soft earlobe. 4 Heat the oil or lard over a medium-high heat until very hot, but not smoking. 5 Break off small pieces of the dough and flatten each to the size of your palm, about 1/2-inch thick slice it twice 6 Place the pieces in the hot oil, turn after about 3 minutes, or when golden brown.</p> <p>1 adult per frying station.</p>	<p>Metis people were historically very active people. Living off the land required activity. Staple foods like bannock were beneficial to sustain the activity.</p> <p>Invite public health nurse or someone with diabetes to come in to discuss diabetes. What role do healthy food choices and portions have in diabetes prevention?</p> <p>How is Bannock part of your family's social life? Refer to introduction of <i>Granny's Giant Bannock</i> by Brenda Isabel Wastasecoot</p>	<p>Resource person <i>Granny's Giant Bannock</i> by Brenda Isabel Wastasecoot</p>	<p>Sing <i>Bannock and Jam Song</i> by Don Freed</p> <p>Bannock and Jam St. Pascal School, Green Lake Mommy I'm home, I'm home from school It's been a busy day today I should go out and play with my friends We should stay outside and play Go riding bikes or climbing trees Doing anything that we please I promise to be a good little lamb But first I need some bannock and jam If I had some bannock and jam I'll show you what a good kid I am If I had some bannock and jam I'll show you what a good kid I am</p> <p>In small groups have students create actions and movement to go with the song.</p>	<p><i>Our Very Own Songs</i> Don Freed and the Kids of Northern Saskatchewan</p>	<p>Invite public health nurse or someone with diabetes to come in to discuss diabetes. What role does active lifestyle have in diabetes prevention</p> <p>Importance of daily exercise. Students list exercises they can do each day with equipment they have at home. (biking, walking, rubberball)</p> <p>Contract with students to at least for 20 minutes a day</p>	