

Religious Education & Positive Mental Health and Wellness: end of September to Thanksgiving

BE WITH ME Unit 1 – Culinary Delight

Grade 9 – Lesson 4

Grade 9 Religion Unit 1 Lesson 4 – Culinary Delight		
BE WITH ME - Who <u>I AM</u> – ‘God of All, the Great <u>I AM</u> ’		
Background With the mentor text ‘The Giving Tree’ and the combination of gratitude/appreciation, students will sprinkle the Who <u>I AM</u> focus into food creation through combining scripture passages with culinary delights. The combination of food, faith, appreciation and Who <u>I AM</u> , nicely helps to culminate this unit.		
Curriculum Expectation – Ontario Catholic School Graduate Expectations, Overall and Specific Expectations from related Subjects		
Ontario Catholic School Graduate Expectations CGE1h - respects the faith traditions, world religions and the life-journeys of all people of good will CGE7f - respects and affirms the diversity and interdependence of the world’s peoples and cultures CGE5a - works effectively as an interdependent team member <u>Religion Overall Expectation</u> Students will explain how the message of Scripture informs and challenges society. <u>Religion Specific Expectation</u> Students will locate key Scriptural passages.		Learning Goals <ul style="list-style-type: none"> • Students will demonstrate an understanding of locating key scripture passages in order to complete a culinary task. • Students will demonstrate an understanding of collaboration with others to achieve success as a team. Co-construct Success Criteria with students
Instructional Components		
Prior Knowledge and/or Skills Exodus 3 Moses and the conversation with God through the Burning Bush. Prior understanding of Métis culture	Terminology Gratitude/Appreciation Collaboration Resiliency Unconditional Love Unconditional Forgiveness Celebrate Life	Resources/Materials Peanut-Free Cookies Audio of ‘The Giving Tree’ Kitchen Baking supplies as listed on recipe Scripture Bannock Scripture Muffins

Prayer/Scripture Focus		
<p>Reading from the book of Exodus 3</p> <p>‘God called to Moses out of the bush, “Moses, Moses!” And Moses said, “Here I am.”</p> <p>In the name of the Father and of the Son and of the Holy Spirit, Loving God, the Great <u>I AM</u>, I thank you that you are always with me, helping me, guiding me, keeping me safe and for the unconditional love you give to me. I pray now for the special person in my life who I can say thank you to with my Gift of Words. Help me to be the best person I can be and to remember that, Who I am makes a difference to you, we pray, in the name of the Father and of the Son and of the Holy Spirit, amen</p>		
Minds On	Approximately 7 Minutes	Assessment
<p>Teacher Voice</p> <p>“To start today’s lesson, each of you will receive a peanut free cookie. Do not eat the cookie but examine it. What are the main ingredients? How was it made? What will it taste like? (allow time, then start to record the student’s responses on the board) You may eat the cookie.”</p>		<p>Anecdotal Observations</p> <p><u>Resiliency</u></p> <p><i>The deep knowledge and understanding that we each are equipped with the necessary tools to handle the minor and major adversities that comes with life.</i></p>
Action	Approximately 60 Minutes	Assessment
<p>Teacher will play the audio version of the story, ‘A Giving Tree, A Retelling of a Traditional Métis Story.’(5 minutes)</p> <p>Teacher Voice (begin with prayer)</p> <p>“Today we are going to use our bible to create culinary delights. Some of you will be making Scripture Bannock while others of you will be creating Scripture Muffins. Together we will sample all recipes. Bannock is similar to the cookie you just enjoyed and is reflective of Métis culture. The challenge is your recipes are coded with scripture passages that you have to decode first in order to find the correct ingredient.”</p> <p>Teacher creates groups of 3 students to work on Scripture baking.</p> <p>The teacher can prepare the classroom or a foods room within the school and</p>		<p>CD Version of the story is located in the back of the book.</p> <p>Prayer</p> <p>Dear God, Let me recognize my own strength, my own resilience, my own value and my own</p>

<p>provide the students with the following instructions. It is fun to ask a fellow colleague who is on break to join, a Principal, VP etc.</p> <p>While the Scripture recipes are baking. Students complete EXIT CARD.</p>	<p>self-worth. Amen <u>Additional</u> <u>Scripture</u> <u>recipes</u> Old Scripture Cake http://www.dltk-kids.com/recipes/old_scripture_cake.htm</p>
<p>Consolidation</p>	<p>Assessment</p>
<p>Exit Card</p> <p>How has today's Culinary lesson helped you to develop positive mental health attitude as well as strengthen YOUR personal Who <u>I AM</u>... story?</p>	
<p>Final Notes</p>	
<p>Enjoy! What a wonderful way to incorporate biblical scripture passage with the art of cooking 😊</p>	

The Giving Tree

Who I AM... Scripture Bannock ~

Teacher Copy

Search through His Word to find the ingredients.

Ingredients

- | | |
|--|---------------|
| • 3 cups 1Kings 4:22, first clause | flour |
| • 2 tablespoons of Amos 4:5, first clause | baking soda |
| • 1 tablespoon of Jeremiah 6:20 | sugar |
| • ½ teaspoon of Leviticus 2:13 | salt |
| • ½ cup of Judges 5:25, last clause | margarine |
| • ¾ - 1 cup of Judges 5:25, first clause | milk or water |

Directions

1. Mix flour, baking soda, sugar and salt.
2. Work in the butter/margarine using your hands until you make a nice crumble.
3. Gradually mix in enough milk to make it soft but not sticky. Knead.
4. Shape into a ball, place on a greased baking sheet, and flatten into a circle 1 inch thick.
5. Bake at 425 degree for 25 minutes or until lightly browned.

Teacher Notes

The Giving Tree

Who I AM... Scripture Bannock ~

Dear Student, please search through His Word to find the ingredients.

Ingredients

- 3 cups **1Kings 4:22, first clause** = _____
- 2 tablespoons of **Amos 4:5, first clause** = _____
- 1 tablespoon of **Jeremiah 6:20** = _____
- ½ teaspoon of **Leviticus 2:13** = _____
- ½ cup of **Judges 5:25, last clause** = _____
- ¾ - 1 cup of **Judges 5:25, first clause** = _____

Directions

1. Mix flour, baking soda, sugar and salt.
2. Work in the butter/margarine using your hands until you make a nice crumble.
3. Gradually mix in enough milk to make it soft but not sticky. Knead.
4. Shape into a ball, place on a greased baking sheet, and flatten into a circle 1 inch thick.
5. Bake at 425 degree for 25 minutes or until lightly browned.

The names of students within your group were :

The challenges we faced in making Scripture Bannock:

The best part of making Scripture Bannock was:

Comments:

Adam and Eve Muffins

‘sinful and delicious’

Dear Student, please search through His Word to find the ingredients.

2 c. chopped **Song of Solomon 2:3**
1/2 c. **1 Samuel 14:25**
1 **Jeremiah 17:11**
1/4 c. **melted Proverbs 30:33**
1 c. **Judges 5:25, first clause**
2 c. **1Kings 4:22**
1 tsp. **2Chronicles 9:9**
1/2 tsp. **Job 6:6**
2 tsp. **Amos 4:5**

Bake at 350 degrees for 25-30 minutes. Makes 12 – 18 muffins.

1. Chop **Song of Solomon** and put into a large bowl.
2. Pour **1 Samuel** over them.
3. Melt **Proverbs 30:33**.
4. In a large bowl mix together: **1 Jeremiah, Proverbs, Judges**.
5. Sift together **1 Kings, Amos, Job and 2Chronicles**.
6. Stir together until moistened.
7. Fold in **Song of Solomon**.
8. Enjoy ☺

Notes

Adam and Eve Muffins teacher copy

‘sinful and delicious’

Search through His Word to find the ingredients.

2 c. chopped Song of Solomon 2:3	unpeeled apples, chopped
1/2 c. 1 Samuel 14:25	honey
1 Jeremiah 17:11	egg, beaten
1/4 c. <u>melted Proverbs 30:33</u>	curds/melted butter
1 c. Judges 5:25, first clause	milk
2 c. 1 Kings 4:22	flour
1 tsp. 2Chronicles 9:9	spices
1/2 tsp. Job 6:6	salt
2 tsp. Amos 4:5	baking powder

Bake at 350 degrees for 25-30 minutes. Makes 12 – 18 muffins.

1. Chop **Song of Solomon** and put into a large bowl.
2. Pour **1 Samuel** over them.
3. Melt **Proverbs 30:33**.
4. In a large bowl mix together: **1 Jeremiah, Proverbs, Judges**.
5. Sift together **1 Kings, Amos, Job and 2 Chronicles**.
6. Stir together until moistened.
7. Fold in **Song of Solomon**.
8. Enjoy ☺

Notes
