

Reading a Recipe and Scaling a No-Bake Snack

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will follow a written recipe precisely to prepare a no-cook snack and practice scaling ingredient quantities up or down.

MATERIALS NEEDED

- 1 cup rolled oats
- 1/2 cup peanut butter (or allergy-safe alternative)
- 1/3 cup honey
- mixing bowl
- measuring cups and spoons
- spoon
- plate or tray
- notebook paper and pencil

HANDS-ON ACTIVITY

1. Read the full recipe before starting: No-Bake Energy Bites -- Mix 1 cup rolled oats, 1/2 cup peanut butter, and 1/3 cup honey in a bowl until fully combined. Roll into 12 small balls. Refrigerate for 20 minutes.
2. Gather and measure all your ingredients accurately before mixing (this is called 'mise en place,' a professional cooking practice), listing each measured amount on your paper.
3. Follow the recipe steps in order to mix and roll your 12 energy bites, placing them on a plate or tray.
4. While the bites refrigerate, calculate on paper how you would scale this recipe to make exactly 24 bites (double) and exactly 6 bites (half), writing out the new ingredient amounts for both.
5. After 20 minutes, taste-test one energy bite and record your rating and one word describing the texture.

QUESTIONS

1. What does 'mise en place' mean, and why is it a useful practice before cooking?
-

2. If you doubled this recipe to make 24 energy bites, how much peanut butter and honey would you need?

3. If you halved this recipe to make 6 energy bites, how many cups of oats would you need?

4. Why is it important to read an entire recipe before starting to cook, rather than reading one step at a time as you go?
