



#10656 BAKING BASICS: COOKIES

LEARNING ZONE EXPRESS, 2001

GRADE LEVEL: 6-13+

20 MINUTES

1 INSTRUCTIONAL GRAPHIC INCLUDED

DESCRIPTION

Demonstrates how to make chocolate chip drop cookies, rolled sugar cookies, and molded peanut butter cookies. Discusses common ingredients, measuring accurately, and making cookies more nutritious. Also mentions these varieties of cookies: bar, refrigerator, and pressed.

ACADEMIC STANDARDS

Subject Area: Health

- Standard: Understands essential concepts about nutrition and diet.
 - ♦ Benchmark: Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition).
 - ♦ Benchmark: Understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle.
 - ♦ Benchmark: Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels).
 - ♦ Benchmark: Knows local, state, federal, and private agencies that protect and/or inform the consumer (e.g., FDA, EPA, OSHA, local prosecutor's office).

Subject Area: Life Work

- Standard: Manages money effectively.
 - ♦ Benchmark: Uses sound buying principles (e.g., comparing costs and benefits, making informed choices) for purchasing goods and services.

INSTRUCTIONAL GOALS

1. To know that comparing costs and benefits of different types of food products is a sound buying principle.

C a p t i o n e d M e d i a P r o g r a m

2. To be aware of all the nutritional information found on food labels as well as any allergens.
3. To be familiar with the basic dietary needs of the human body.
4. To know where and how to write a letter to the company found on the label.
5. To comprehend the Food Guide Pyramid.

VOCABULARY

- | | |
|-----------------|-------------------|
| 1. bar cookies | 5. leavening |
| 2. browning | 6. liquid measure |
| 3. creaming | 7. rolled cookies |
| 4. drop cookies | 8. solid measure |

BEFORE SHOWING

Check for food allergies in your classroom before attempting any recipe.

AFTER SHOWING

Discussion Items and Questions

1. What are the different types of sugar? Of flour?
2. What is the difference between all-purpose flour and self-rising flour?
3. What size egg should you use if the recipe does not specify?
4. Where should the racks be placed in the oven when baking cookies? Does the oven need to be preheated?
5. Why should the cookies be uniform in size when baking? Why is it important to follow the recipe's directions about how far apart to place the cookies on the baking sheet?
6. How does a *bar cookie* differ from a *drop cookie*?
7. What should be done to the dough to make it easier to handle? What prevents the dough from sticking to countertops and your hands?
8. What are two advantages to making refrigerator cookies?
9. What are four types of cookies?
10. How do cookies fit into the Food Guide Pyramid?

Applications and Activities

1. Hand out recipes seen in the media. (See INSTRUCTIONAL GRAPHICS.)
2. Have students bring in labels from ready-make-cookie-dough products.
 - a. Read thoroughly all information given on packaging.
 - b. Write down complete ingredients and grams of protein, carbohydrates, and fat per serving.
3. Using books, brochures, and charts, review the six basic dietary requirements for maintaining a healthy body (i.e., carbohydrates, protein, fat, vitamins, minerals, and water) and look for these on the label.
4. Write a business letter to the company found on the label requesting more nutrition information.

C a p t i o n e d M e d i a P r o g r a m

5. Study the Food Guide Pyramid. Notice the daily allowance of whole grains, milk, eggs, etc., suggested.

INSTRUCTIONAL GRAPHIC

- RECIPES

RELATED RESOURCES

Captioned Media Program

- [*Baking Basics: Pies #10652*](#)
- [*Cakes, Pies, and Cobblers #8660*](#)
- [*Video Cooking Library: Holiday Cookies and Treats #7884*](#)
- [*Video Cooking Library: Southern Desserts and Delights #7895*](#)

World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **MY PYRAMID**

<http://www.mypyramid.gov/>

From the USDA Web site; gives an estimate of what and how much you need to eat; enter your age, gender, and activity level.



- **COOKS.COM**

<http://www.cooks.com/rec/search?q=cookies>

Links to cookie recipes.



- **HISTORY OF COOKIES**

<http://whatscookingamerica.net/History/CookieHistory.htm>

Includes anecdotes regarding the history of cookies.

- **GLOSSARIST**

<http://www.glossarist.com/glossaries/lifestyle/cooking.asp>

Provides a list of specialty-food glossary links.

- **FUNCTIONS OF BAKING INGREDIENTS**

<http://ianrpubs.unl.edu/foods/nf186.htm>

Lists baking ingredients and a description of the function each performs.



CHOCOLATE CHIP COOKIES

INGREDIENTS:

½ cup room temperature butter
½ cup sugar
½ cup brown sugar
1 large egg
¼ teaspoon salt
1 ½ teaspoons vanilla
1 cup all-purpose flour
½ teaspoon baking soda
1 cup chocolate chips

Cream the butter in a medium bowl and add the sugar, brown sugar, egg, salt, and vanilla. Add the flour and baking soda and mix thoroughly, then add the chocolate chips. Drop the dough by heaping spoonfuls on an ungreased cookie sheet about 2 inches apart. Bake in a preheated 375 degree oven for about 10 minutes or until golden.

CUTOUT SUGAR COOKIES

INGREDIENTS:

½ cup butter or margarine, room temperature
1 cup sugar
1 egg
2 tablespoons milk
1 ½ teaspoons vanilla
2 cups all-purpose flour
2 teaspoons baking powder

In a medium bowl, cream together butter, sugar, egg, milk, and vanilla with an electric mixer. Add flour, baking powder, and salt, and then blend with a mixer. Divide dough into 2 equal portion disks; wrap and refrigerate for at least one hour.

Roll out on a lightly floured surface to ¼ inch thick. Cut into desired shapes. Place 1 inch apart on an ungreased cookie sheet and bake in a 375 degree oven for about 7 minutes or until golden. Cool completely on a wire rack.