SECOND GRADE

MEETING PLANS

“Chicken and Dumplings” corresponds to the project named “All About Me” within the Trail to Knowing Me.

“Breadsticke in a Bag” corresponds to the project named “Community Helpers” within the Trail to Family and Community.

“Nine Patch Quilt Cake” corresponds to the project named “Being Creative Through Art” within the Trail to Creativity.

“Trail Mix” corresponds to the project named “Nature Awareness” within the Trail to the Environment.

“English Muffins” corresponds to the project named “Sports and Games” within the Trail to the Future.

PURPOSE
Children explore food choices, gain an awareness of the role of food in other cultures and enhance literacy and math skills.

YOUTH OUTCOMES
Appreciates the value of self and others (2.5).
Has confidence in one’s ability to accomplish a goal (2.3).
Recognizes and respects values of others (3.10).
Understands and applies concepts of mathematics and science (12.38).
Reads and comprehends a variety of written materials (12.39).

EDUCATIONAL STANDARDS

Chicken and Dumplings
LA 5.1, 6.5, M 3.2, M 4.2, S 6.1, B 1.1, 2.2

Breadsticks in a Bag
LA 4.1, 5.1, 6.3, M 2.5, S 6.1, 13.3, LW 1.3, B 1.1, 2.4

Nine Patch Quilt Cake
LA 4.1, 6.5; M 5.1, B 1.3, 3.4, 3.5

Trail Mix
LA 4.2, 5.1, 6.5, M 3.3, 4.3, 6.1, S 6.1

English Muffins
LA 5.1, S 5.1, S 12.1, 13.1, B 3.5

REQUIREMENTS FOR EARNING A RECOGNITION ITEM
Each child receives a project sticker for each meeting plan he or she participates in and earns a recognition emblem for the completion of three meeting plans.

TIPS FOR GROUP LEADERS

• Be sure the children understand what a recipe is, how it is used and what is included in it.
• People have a variety of cultural and personal values about food. Be aware that there are probably children in the group who do not eat the same things you eat. A general discussion about cultural food preferences will reveal many of the children’s eating habits. Ask what kinds of food children eat in their homes, but do not single out particular children because of their religious or ethnic backgrounds.
• Children might be sensitive about the kinds of food their families eat. Every family has certain “favorite” foods that are served in times of celebration or religious holidays.
• Identify any food allergies children may have before doing any activity involving food.
• Supervise children closely during all cooking activities. Do not let children near stoves or hot appliances.
• A “Take-Home Recipe Page” is included with each meeting plan. Make copies for the children to take home after each meeting plan.

Distribute this project overview to each activity leader who will be involved in this project.
TRAIL TO KNOWING ME

MEETING PLAN  ►  CHICKEN AND DUMPLINGS

PROJECT  ►  ALL ABOUT ME

LEVEL  ►  Second Grade

PURPOSE  ►  Children prepare an early American "convenience" food and identify differences in cultures through food.

OPENING  ►  Choose from the suggestions on page 197 or develop one of your own.

BACKGROUND  ►  A dumpling is found in many ethnic groups. One of the simplest is the Jewish Matzoh balls dropped into broth. Asians have steamed dumplings (a dough filled with chopped vegetables, meat or fish and steamed). In Eastern Europe, they have Pierogi (mashed potatoes wrapped in a dough and boiled) that looks something like the cheese filled Italian ravioli. And what about Apple Dumplings (pastry wrapped around fruit filling)?

ACTIVITY  ►  Read Stone Soup or Yoko before or after cooking the chicken and dumplings. Discuss how the characters might have felt to not have food to eat or to have had friends or classmates that did not like their food. Explain that they eat better when they share a meal than when they eat alone.

Ask the group if they know what a "dumpling" is. Ask the children if they have ever eaten dumplings. What kinds? Point out that in the United States, dumplings were often made from flour or a mixture of flour and cornmeal. They made a great farm or camp meal because you didn't need an oven.

Prepare Chicken and Dumplings (or vary the soup or stew base as desired). Read the recipe with the children and show all the ingredients. Let the children help measure the ingredients for the Chicken and Dumplings.

MATERIALS  ►  
- Copies of the books Stone Soup by Marcia Brown (sharing food and happiness) and Yoko by Rosemary Wells (trying foods from another culture)
- Cooking surface (indoors or out)
- Dutch oven or large heavy saucepan with lid
- Ingredients for Chicken and Dumplings recipe (see page 229) (Note: You may purchase canned chicken vegetable soup or make the soup portion of the recipe ahead. Dumplings may also be made from all-purpose baking mix or self-rising flour.)
- Mixing bowl
- Dry and liquid measuring cups and spoons
- Slotted spoon; spoons to stir and drop dumplings
- Small bowls and spoons; napkins
- Copies of the "Take-Home Recipe Page" for each child

Vocabulary

 Dumpling: (1) small or large mound of dough dropped into a soup or stew and cooked (2) dough filled with meat, potatoes or cheese and then cooked in liquid, soup or stew (3) fruit filling wrapped in a sweet pastry dough and baked

 Ethnic: of a specific race or national group
Chicken and Dumplings Recipe
Makes 8 servings

Soup Ingredients*:
1 tablespoon vegetable oil
1-pound boneless skinless chicken breasts
8 cups water
4 carrots
2 medium parsnips**
1 large onion
4 chicken bouillon cubes
1 tablespoon white or cider vinegar
1/2 teaspoon salt
1/2 teaspoon black pepper
**If parsnips are not available, potatoes may be substituted.

Dumpling Ingredients:
3/4 cup all-purpose flour
1/2 cup yellow cornmeal
1 teaspoon baking powder
1/2 teaspoon salt
1 egg
1/4 cup water or milk

Instructions:
1. In Dutch oven or large saucepan, heat vegetable oil over medium–high heat. Add chicken and cook until lightly browned, 3–4 minutes per side
2. Remove pan from heat. Slowly stir in 8 cups water.
3. Clean and peel carrots, parsnips and onions. Cut one of each in half and add to the water. Reserve the remaining vegetables for later.
4. Drop 4 bouillon cubes into water. Bring to a boil; reduce heat to medium-low.
6. Remove the chicken with the slotted spoon and let cool slightly. Cut chicken into 1/2-inch cubes.
7. Chop remaining parsnip and onion. Add chicken, parsnip, onion, vinegar, salt and pepper to broth. Bring to a boil, reduce to low heat and cook 15–30 minutes.

*Option: If using a canned vegetable soup, prepare about 2 1/2–3 quarts (80–96 oz.).

To make dumplings:
While the soup finishes cooking (Step 7), prepare the dumplings:

1. In a small bowl, combine the flour, cornmeal, baking powder and salt.
2. In another bowl, beat together the egg and water with a fork.
3. Pour egg mixture into flour mixture. Stir 10 to 15 strokes, just until flour mixture is moistened.
4. Gently place a spoonful of dough on top of the boiling soup without letting it sink. Make 8 dumplings this way (or 16 smaller ones).
5. Cover pan tightly. Do not peek during cooking time. (Steam and heat will escape and dumplings will become hard and tough if you do.)
6. Return pan to high heat to bring to boil. Reduce heat to medium–low; cook about 10 minutes.

Source: Pioneer Farm Cooking by Mary Gunderson

PLAYBACK: POINTS TO REINFORCE

- What did you make the dumplings out of today?
- When do you eat dumplings?
- How does sharing a meal with other people make you feel?

CLOSING
Choose from the suggestions on page 197 or develop one of your own.

Resources
Stone Soup by Marcia Brown
Yoko by Rosemary Wells
Pioneer Farm Cooking by Mary Gunderson

Web Site
www.historycooks.com
FAMILY TAKE-HOME RECIPE PAGE

Chicken and Dumplings Recipe
Makes 8 servings

Soup Ingredients*:
1 tablespoon vegetable oil
1-pound boneless skinless chicken breasts
8 cups water
4 carrots
2 medium parsnips**
1 large onion
4 chicken bouillon cubes
1 tablespoon white or cider vinegar
½ teaspoon salt
½ teaspoon black pepper
**If parsnips are not available, potatoes may be substituted.

Dumpling Ingredients:
¾ cup all-purpose flour
½ cup yellow cornmeal
1 teaspoon baking powder
½ teaspoon salt
1 egg
¾ cup water or milk

Instructions:
1. In Dutch oven or large saucepan, heat vegetable oil over medium–high heat. Add chicken and cook until lightly browned, 3–4 minutes per side.
2. Remove pan from heat. Slowly stir in 8 cups water.
3. Clean and peel carrots, parsnips and onions. Cut one of each in half and add to the water. Reserve the remaining vegetables for later.
4. Drop 4 bouillon cubes into water. Bring to a boil; reduce heat to medium-low.
6. Remove the chicken with the slotted spoon and let cool slightly. Cut chicken into ½-inch cubes.
7. Chop remaining parsnip and onion. Add chicken, parsnip, onion, vinegar, salt and pepper to broth. Bring to a boil, reduce to low heat and cook 15–30 minutes.

*Option: If using a canned vegetable soup, prepare about 2 ⅔–3 quarts (80–96 oz.).

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Source: Pioneer Farm Cooking by Mary Gunderson

CHICKEN AND DUMPLINGS

Nutrition Facts

<table>
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<th>Amount Per Serving</th>
<th>Calories: 250</th>
<th>Calories from Fat: 13%</th>
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<td>Total Fat 1g</td>
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<tr>
<td>Protein 15g</td>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 250

Fat: 1g

Cholesterol: 0mg

Sodium: 560mg

Total Carbohydrate: 27g

Dietary Fiber: 4g

Sugars: 7g

Protein: 15g

Cholesterol: 0mg

Sodium: 560mg

Total Carbohydrate: 27g

Dietary Fiber: 4g

Sugars: 7g

Protein: 15g

Calories per gram:
Fat = 9, Carbohydrate = 4, Protein = 4

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