

## Vegan Baking Adventures with Vanessa

### Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

### Topics

baking, egg-free, vegan, pita bread, crazy cake, oatmeal cookies

### Lesson Ideas

Lesson Title

Baking Multi-Week Learning Series: Vegan Favorites

Duration

1 hour

Lesson Plan

1. **\*\*Introduction (5 minutes)\*\***

- Briefly introduce the lesson and the focus on baking egg-free and vegan recipes.
- Discuss what it means for a recipe to be vegan.

2. **\*\*Baking Crazy Cake (15 minutes)\*\***

- Explain the history of Crazy Cake and why it is naturally egg-free and vegan.
- Demonstrate mixing the dry and wet ingredients separately and then combining them.
- Pour the batter into a prepared baking dish and put it in the oven.

3. **\*\*Making Pita Bread (15 minutes)\*\***

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- Discuss the ingredients needed for pita and how they contribute to the texture.
- Demonstrate mixing the dough, kneading it briefly, and portioning into balls. Allow kids to flatten and roll them out.
- Describe how to cook these on a skillet or in the oven.

## 4. \*\*Vegan Oatmeal Cookies (10 minutes)\*\*

- Share the oat cookies recipe emphasizing the use of alternatives for butter and eggs.
- Mix the ingredients together and form small cookie balls. (Save baking for another session if time runs short.)

## 5. \*\*Review & Tasting Session (15 minutes)\*\*

- Review the day's recipes and key baking tips.
- Taste the Crazy Cake and pita bread.
- Discuss the textures and flavors, and collect feedback from the kids.

## Materials List

- Mixing bowls
- Measuring cups and spoons
- Whisk and spatula
- Baking pan
- Skillet or baking sheet
- Ingredients for Crazy Cake, Pita Bread, and Oatmeal Cookies

## Adaptations for Different Ages

- \*\*Younger Kids:\*\* Pre-measure ingredients and focus on mixing and shaping dough.
- \*\*Older Kids:\*\* Allow them to measure ingredients and assist in oven use with supervision.

## Movement Break

- Play a quick game of "Baker Says" involving movements like kneading, stirring, and rolling.

## Bonus Activities

- Create custom name cards for their baked goods.
- Explore other vegan baking substitutes for ingredients like dairy and eggs.

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- Start a baking journal with reflections on tastes, techniques, and favorite recipes of the series.

## Series Outline

### ### Week 1: Introduction to Baking Basics

- Discuss the fundamental ingredients (flour, sugar, eggs, etc.) and their roles.
- Conduct a hands-on activity to measure and mix dry ingredients.
- Watch a short video on kitchen safety and hygiene.

### ### Week 2: Egg-Free Baking

- Demonstrate common egg substitutes (applesauce, flaxseed, etc.).
- Prepare an egg-free muffin recipe together.
- Hold a taste test and discuss the results.

### ### Week 3: Vegan Baking

- Introduce plant-based ingredients (almond milk, coconut oil, etc.).
- Bake a batch of vegan brownies or cupcakes.
- Explore the nutritional benefits of vegan baking.

### ### Week 4: Gluten-Free Baking

- Explain different gluten-free flours (almond, rice, etc.).
- Try baking gluten-free bread or muffins.
- Discuss the challenges and adaptations in gluten-free baking.

### ### Week 5: Baking Pita Bread

- Explore the history and origins of pita bread.
- Make and bake pita bread from scratch.
- Create a simple hummus recipe to pair with the pita.

### ### Week 6: International Baking – Bread from Around the World

- Discuss different types of bread from various cultures (naan, challah, etc.).
- Choose one bread to bake and share the recipe.
- Taste different types of bread and identify flavors and ingredients.

### ### Week 7: Crazy Cake and Other Depression-Era Recipes

- Introduce the concept of resourceful baking during tough times.

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- Bake a classic crazy cake (also known as wacky cake).
- Share other Depression-era recipes and their historical context.

## ### Week 8: Oatmeal Cookies and Creative Variations

- Discuss the basic oatmeal cookie recipe and possible add-ins (raisins, chocolate chips, etc.).
- Bake oatmeal cookies as a group.
- Experiment with different flavors and combinations.

## ### Week 9: Quick Breads and Simple Cakes

- Explain the difference between quick breads and yeast breads.
- Prepare a simple banana bread or zucchini bread.
- Discuss how to modify recipes to enhance flavor or nutrition.

## ### Week 10: Cupcake Decorating and Final Celebration

- Bake basic vanilla or chocolate cupcakes as a canvas.
- Introduce various decorating techniques and tools.
- Hold a cupcake decorating contest and conclude with a tasting party.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

*Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!*

