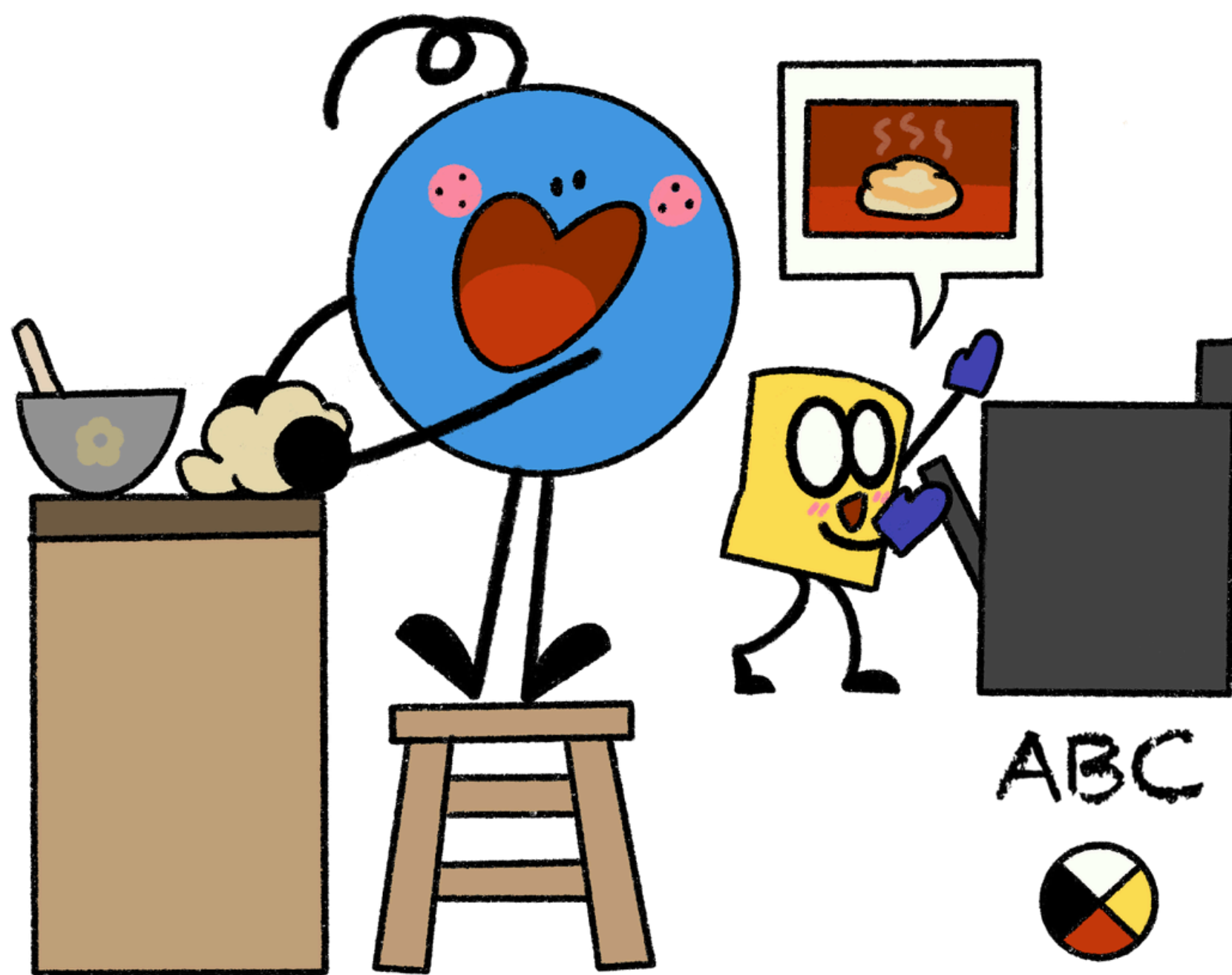




No Fail Bannock

Baking Together

Beginner: Read the recipe out loud including the ingredients and steps. Point to each word as you read it, and help your children follow the steps as needed.

[Tip]: Encourage your children to name their special Bannock (Keagan's Extra-Yummy Super-Scrumptious Bannock).

Intermediate: Read the recipe out loud together. Let the children do the measuring, mixing, and kneading with your assistance as needed.

[Tip]: Talk about the purpose of each step.

Experienced: Ask your children to read the recipe aloud and gather ingredients and tools (bowl, measuring spoons).

[Tip]: Assist as needed, while the children take the lead.

Why is this important? Baking helps children learn about sequencing (first, next, last), numbers, measuring increments, and new vocabulary. It also helps children recognize letters and words within labels and recipes.

References:

Gavin, M.L (2014, November). Cooking with Preschoolers. Kids Health <https://kidshealth.org/en/parents/cooking-preschool.html>



Bannock Recipe

Associated Literacy Activity: No Fail Bannock (I)

Bannock is a type of fry bread that comes from Scotland and was adopted by Indigenous cultures across what is now Canada.

Ingredient list:

6 cups flour total (group as 4 cups, 1 cup, and 1 cup)

2 tbsp baking powder

1/8 (dash) tsp salt

2 cups warm water or milk (either is good)

1/2 cup oil or 1/2 cup melted lard

Instructions:

- Preheat oven to 375°F
- Mix 4 cups flour, 1/8 tsp of salt, and 2 tbsp of baking powder together with a fork or whisk
- Make a hole in the middle of the flour mixture
- Pour the 2 cups of milk/water in first, then add 1/2 cup of oil or melted lard
- Mix with a spoon. Dough will be sticky
- Sprinkle 1 cup flour to a surface and turn the bannock dough onto the flour
- Mix and knead dough while adding more flour
- Make into a ball- do not worry if it is still a bit sticky!
- Sprinkle flour on a baking sheet, put the dough ball on and flatten with your hands. You can get creative and make fun shapes, but try to have the same thickness all around
- Sprinkle more flour on top of the dough
- Poke holes all around the surface of the bannock with a fork
- Bake for 20 to 25 minutes at 375°F
- Let cool- you can also break off pieces while it is still warm
- Enjoy with jam, cheese whiz, peanut butter, or Nutella, butter, or plain