

## Baked Bannock (4-8)

Lesson Plan (3 hours)

### Materials Needed:

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| <ul style="list-style-type: none"><li>• 5 Containers Flour</li><li>• 5 Containers Sugar</li><li>• 5 Containers Salt</li><li>• 5 Containers Baking Powder</li><li>• Non Stick Spray</li></ul> | <ul style="list-style-type: none"><li>• Parchment Paper (if individual bannock)</li><li>• 5 pans or 2 large cookie sheets</li><li>• 5 sticks margarine</li><li>• Apron</li><li>• 2 Pot Holders</li><li>• Dish Soap</li><li>• Scrubbies/dish cloths</li><li>• Dish Towels</li></ul> | <ul style="list-style-type: none"><li>• 5 Bags of student utensils<ul style="list-style-type: none"><li>• Rubber Spatula</li><li>• 1 cup Measuring Cup</li><li>• Measuring spoons</li><li>• Fork</li><li>• Bowl</li><li>• Wooden Spoon</li><li>• Water Container</li></ul></li></ul> |
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### Introduction:

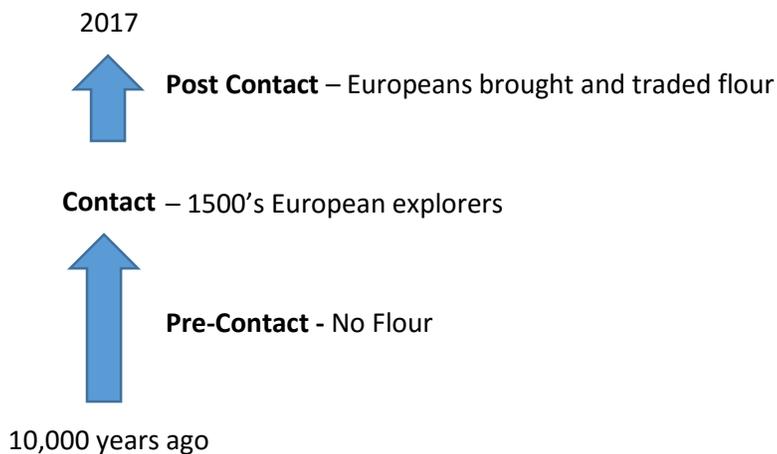
#### 1. Introduce Yourself

- Introduce yourself (name, title, where you are from, who you are as an Aboriginal Person)
- Acknowledge the territory. "We acknowledge that we reside on the traditional ancestral unceded shared territory of the Sumas and Matsqui First Nations, Sumas and Matsqui First Nations have lived in the Fraser Valley for at least 10,000 years.
- Ask who are Aboriginal people? (Answer: 3 groups, First Nations Métis and Inuit People).

#### 2. Introduce the Presentation

- Today we are going to make baked bannock, it's often used in gatherings today. People travel from all over for gatherings. When making food for others, the teaching is, a good heart and a good mind are important because the spirit of the heart and mind goes into the food.

### Presentation: Write Diagram on board.



**Organize students into five groups. (May have to move desks to create five baking stations.)**

**Have students wash hands.**

Give each student in the group a number (this gives each student a job).

1. Have all the #1's come up and get their student utensil bags and empty contents onto work stations.
  - a. Call out each item in the bag, the #1 person holds each item up. (This is ensuring the students know the name of the items and making sure they have everything).

2. Explain and demonstrate how to scoop, measure and level off flour. Show students how to open and close containers, explain we won't move to the next step until all containers are closed and returned.
  - a. #2's Come and get Flour, scoop, measure, level off, close containers and return.
3. Explain and demonstrate how to scoop, measure and level off sugar. Sugar not only sweetens the bannock a little, but also helps it brown.
  - a. #3's Come and get sugar, scoop, measure, level off, close containers and return.
4. Explain and demonstrate how to scoop, measure and level off salt. Salt brings out the flavours of the bannock.
  - a. #4's Come and get salt, scoop, measure, level off, close containers and return.
5. Explain and demonstrate how to scoop, measure and level off baking powder. Baking Powder helps the bannock rise. Baking powder activates the rising of the dough before it cooks.
  - a. #5's Come and get baking powder, scoop, measure, level off, close containers and return.
  - b. #5 mixes the dry ingredients well with fork, wooden spoon or spatula.
6. Explain and demonstrate how add margarine. Using fork chop margarine up until it breaks down into small pieces and combines with the dry ingredients, it will look like oatmeal. This is necessary in the rising of the bannock. What happens is the margarine heats up and explodes making the bannock rise.
  - a. #6's or back to #1's Come and get your margarine block. Unwrap margarine and add to dry ingredients.
  - b. All students take turns chopping margarine up.
7. Explain and demonstrate how measure water at eye level. Temperature affects how much water you need. If it is hot, you will probably need more water. Monitor the amount of water each group needs for their dough.
  - a. #1's or #2's, get and measure and pour water into dough. Stir just enough to absorb all dry ingredients so it looks like a cohesive blob of dough. May need to add more water at this point.
8. Explain and demonstrate how to knead dough and what utensil to use (rubber spatula). Knead no more than 10 times total.
  - a. Each student takes turns kneading dough 2 times.
9. Spray all pans or use parchment paper on the tray. Hand out pans to each group.
  - a. #2's or #3's place dough into pan and gently flatten and smooth into pan.
10. Set pans aside.
11. Have a conversation with the teacher regarding cleaning of the room and when you will return with the cooked bannock.
  - a. Have each group choose 2 elders/staff members in the school to present bannock to.
  - b. Students need to explain why that elder is receiving bannock.
    - i. "We are Presenting this bannock to you our respected elder because..." or
    - ii. "We are presenting this bannock to you our respected elder. Thank you for..."
12. Choose 2 – 4 students that can wash dishes to the kitchen with all dirty utensils and items.
  - a. At the same time, get one person from each group to carry their baked bannock to the oven.
  - b. Monitor students washing dishes.
  - c. Bake Bannock in the oven.
  - d. Send students back when they are done dishes.
13. Have rest of students in the classroom clean off their desks with soap and water under teacher's supervision.

14. When bannock complete, cut each pan into 9 pieces and bring bannock back to the classroom.
15. Share teachings with students (may have some students read each paragraph).
16. Organize students to deliver bannock to their elders remind them of their sentences.
  - a. Give pans to individual groups. First take out the two bannock pieces out for the elders.
  - b. Some teachers may not have time to receive bannock, get students to bring bannock back and return later.
  - c. Students take rest of bannock out of pans onto paper towel or plates.
17. Get pans back from students from students, say thank you. Thank the teacher. Say your good byes.  
Your teacher will give you instructions for eating your bannock.
18. Please turn your eyes to your teacher for further instructions.
19. Exit the room. Reminder to clean bannock pans.

## Baked Bannock (Student Sheet)

Preheat oven at 350 °C

Baking time 40-50 min. or until golden brown

### Ingredients

500 ml (2 cups) Flour  
15 ml (3 tsp) Baking Powder  
2.5 ml (½ tsp) Salt  
10 ml (2 tsp) Sugar  
125 ml (½ cup) Shortening/margarine  
175 ml (¾ cup) water

### Utensils

Large Bowl  
Measuring cups and spoons  
fork / spoon for mixing  
Spatula  
9x9 pans  
Presenter will have oven mitts

### Students please wash hands before handling the foods

Students will take turns measuring and mixing in an orderly fashion.

1. Measure and combine dry ingredients into the large bowl.  
\*Level off dry ingredients with the spatula handle.  
500 ml (2 cups) Flour  
15 ml (1 tbsp) Baking Powder  
2.5 ml (½ tsp) Salt  
10 ml (2 tsp) Sugar  
Note: \*tbsp = tablespoon  
\*tsp = teaspoon
2. Use a fork (or 1 person in the group to use their hands) to press in the shortening.  
Blend the dry ingredients with the shortening until it looks “mealy”.  
125 ml (½ cup) Shortening
3. Fill water container to the approximate water amount line  
Measure and stir the water into the dry ingredients.  
175 ml (¾ cup) – water  
Knead with hands to mix all ingredients into dough.
4. Put dough into the pan. Press the dough evenly into the pan.
5. Carry the baking pan to the oven with the Staff member. Bake at 350 °F for 40-50 minutes.  
Remember which pan is yours when taking it out of the oven.
6. While bannock is baking all students clean up the work area, making sure that all ingredients and utensils are returned to the presenter. Discuss, as a class, which school “Elders” (5-10) are to receive a piece of bannock.
7. Presenter or Teacher will cut the warm bannock with a knife or server.
8. Presenter will talk about the importance of sharing within the Stó:lō Culture.
9. Students will share baked bannock with chosen Elders throughout the school.



## Sharing with others

Years ago, the Ṣtó:lō people lived in longhouses near the river. As many as 150 people lived together. The Ṣtó:lō Elders taught the people to share. When fish were caught, they were cooked and shared with everyone. When berries were picked, they were dried in the summer sun to be shared on the winter nights.

Ṣtó:lō people once traveled by canoe on the river. When people visited another village they were invited to the longhouse to share a meal. When the guests decided to go home, they were given food to carry in their canoes. The guests were never allowed to go home hungry.

Today, Ṣtó:lō people find many reasons to gather together. There is always food to share. Often guests are invited to supper or to a large feast. At feasts, children serve the Elders and the guests their meal first. Then everyone else eats his or her supper.

Sometimes at the end of the meal, there will be food left on the table. The family will wrap the food for guests to take with them. Ṣtó:lō people still believe guests need food to eat on the way home. No guest goes home hungry. It is polite for guests to take food home.

## Sharing your Bannock

Who in your school would you like to share your baked bannock with?

As a classroom group choose around 5-10 Elders in your school to receive a piece of your bannock.

In pairs or individuals take a piece of bannock to a “respected Elder” in your school before you eat your bannock.

The Presenter and Teacher will guide the students on how to present the bannock to the chosen Elders.

Enjoy your baked bannock!!



## Individual Baked Bannock

Preheat oven at 350°C

\*Baking time 15-18 min. or until golden brown

### Ingredients

500 ml (2 cups) Flour  
15 ml (3 tsp) Baking Powder  
2.5 ml ( $\frac{1}{2}$  tsp.) Salt  
(pinch of salt for every cup of flour)  
10 ml (2 tsp) Sugar  
125 ml ( $\frac{1}{2}$  cup) margarine  
175 ml ( $\frac{3}{4}$  cup) water

### Utensils

Large Bowl  
Measuring cups and spoons  
Presenter will have oven mitts  
fork / spoon for mixing  
Rubber Spatula  
9x9 pan or cookie sheet  
Presenter will have oven mitts

1. Measure and combine dry ingredients into the large bowl. \*Level off dry ingredients with the spatula handle.

500 ml (2 cups) Flour  
15 ml (3 tsp) Baking Powder  
2.5 ml ( $\frac{1}{2}$  tsp) Salt  
10 ml (2 tsp) Sugar

2. Use a fork to blend the dry ingredients with the shortening until it looks "mealy".

125 ml ( $\frac{1}{2}$  cup) margarine

3. Measure and stir the water into the dry ingredients. Fill water container to the approximate water amount line.

175 ml ( $\frac{3}{4}$  cup) - water

Knead with fork to mix all ingredients into dough. Dough should be mixed and wet looking.

3A Use a plate and add a cup of flour to it. This will be for your dough.

4. Cut out a small baseball size chunk of dough and place into a plate with the flour. Turn over chunk of dough in the flour until it is not sticky anymore. Knead gently into a ball then flatten the ball gently. Place the flattened ball on a cookie sheet. (ensure the sheet is oiled -can use margarine and spread with fingers to cover the bottom of the cookie sheet).

5. Bake at 350°C for 15-18 minutes then broil until brown on top.

6. While bannock is baking all students clean up the work area, making sure that all ingredients and utensils are returned to the presenter. Discuss, as a class, which school (10) "Elders" are to receive a piece of bannock.

7. Presenter will talk about the importance of sharing within the Stó:lō Culture. Students will deliver baked bannock to chosen elders throughout the school. The presenter and teacher will guide the students on how to respectfully present the bannock to the chosen Elders.

## Sharing with others

Years ago, the Stó:lō people lived in longhouses near the river. As many as 150 people lived together. The Stó:lō Elders taught the people to share. When fish were caught, they were cooked and shared with everyone. When berries were picked, they were dried in the summer sun to be shared on the winter nights.

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Today, Stó:lō people find many reasons to gather together. There is always food to share. Often guests are invited to supper or to a large feast. At feasts, children serve the Elders and the guests their meal first. Then everyone else eats his or her supper.

Sometimes at the end of the meal, there will be food left on the table. The family will wrap the food for guests to take with them. Stó:lō people still believe guests need food to eat on the way home. No guest goes home hungry. It is polite for guests to take food home.

## Sharing your Bannock

Who would you like to share your baked bannock with?

Take a piece of bannock to a "respected Elder" in your family or neighborhood before you eat your bannock.

Enjoy your baked bannock!!

