

Lesson Title:	Homemade Soft Pretzels	Length:	1 bk.	Grade Level:	7-12
Career Cluster and Pathway:	Hospitality & Tourism	Unit of Study:	Yeast Breads	Course:	Foods
National FCS Standards:					
8.5.4: Apply fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding a variety of foods.					
8.5.10: Prepare breads...using safe handling and professional preparation techniques.					
9.6: Demonstrate food science, dietetics, and nutrition management principles and practices.					
Lesson Objective(s) Demonstrate the action of fermentation using yeast.					
Material Required:	See lab sheet for recipe				
Time Required:	1 block or 2 (45 min.) class periods				
Essential Question(s) What causes bread products to rise?					
Lesson Overview: Preparation of soft pretzels to teach yeast action and pH in foods.					
Introduction	“How many of you have eaten soft pretzels?”				
Pre-assessment	In your lab group-Venn diagram Yeast and Quick breads				
Activity 1	“Pretzel Logic with Alton Brown-Who, What, When, Where, Why & How” with worksheet				
Activity 2	Soft Pretzel lab				
Evaluation/Assessment	Completed questions for Alton Brown segment worksheet and lab report				
Sources	http://www.cteonline.org/portal/default/Curriculum/Viewer/Curriculum?action=2&view=viewer&cmobjid=260354 http://www.foodnetwork.com/homemade-soft-pretzels/video/index.html recipe- modified from: “Soft Pretzels for Three Cooks” Hands On, pg. 33.April 1983. Choices. Scholastic				
Additional Notes	Use “Pretzel Logic” link from Food Network For best results use wheat flour in recipe- all-purpose or bread flour will both work.				