

All in Just One Cookie Extended Activity-this lesson was originally created by Gail DeVilbis to be taught to 3rd grade students.

I first read the book 'All in Just One Cookie' by Susan E. Goodman to my students. After reading the book we look at a map of the United States and a world map and discuss where all the ingredients come from. Then I give them a recipe for Oatmeal Craisin Cookies and we go over the needed items. We talk about where Oats, Craisins and Raisins come from since that is different from the recipe in the book. I explain to the kids that once upon a time people didn't have printed money or coins to use to buy something but acquired their needed items via trade or barter.

Students are put in pairs or small groups of 2-4 students depending on the size of the class. There are 13 ingredients and I have a set of 13 cards of each ingredient. Tell the kids they have to trade/barter with their classmates to get enough cards/ingredients to make the cookies. Explain that since the ingredients come from all over the world, it makes it harder and therefore having a good relationship with other countries is important.

Butter (milk) we have it here in Clinton County IL but where do you get your butter?

Sugar-Brown and White sugar-San Juan. What is brown sugar? Just white sugar with added molasses to make it a stronger flavor.

Eggs-again this a local product in Clinton County from Germantown Egg Company but where do the eggs come from in your county/state?

Vanilla-Madagascar-Vanilla comes from an orchid that grows a vine. Plant produces a pod that is soaked in alcohol to extract the flavor.

Baking powder come from TRONA ORE a natural occurring mineral rock

Baking soda is baking powder plus other ingredients

Raisins come from grapes and the grapes are grown in California

Craisins come from cranberries that are grown in Massachusetts.

Oats are grown in Iowa

Flour comes from wheat and the wheat used most often for this type of baking can be grown in Montana.

Salt is mined and once again can come from different places, one of which is Kansas

Cinnamon is a spice that comes from the inner bark of a tree that grows in Sri Lanka, India



Get Up & Move!

Oatmeal Craisin Cookies

Ingredients:

- 1 cup butter or margarine, softened
- 1 cup brown sugar, packed
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups quick cooking oats
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup raisins
- 1 cup craisins (dried cranberries)

Directions:

- Beat butter, sugars, eggs and vanilla for 5 minutes.
- In another bowl combine oats, flour baking soda, baking powder and salt.
- Add to butter mixture 1 cup at a time.
- Mix in raisins and craisins.
- Drop by spoonfuls onto greased cookie sheets.
- Bake for 12-14 minutes at 350°F.

Makes four dozen cookies.

Nutrition information per cookie:

110 calories, 2.5 g fat, 15 mg cholesterol, 115 mg sodium, 20 g carbohydrate, 1 g sugar.

Nutrition Facts	
Serving Size (30g)	
Servings Per Container 1 cookie	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 125mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%
*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 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	





Butter



**Brown
Sugar**



White Sugar



2-Eggs



wiseGEEK

Vanilla



Rolled Oats



Flour



Baking Soda



**Baking
Powder**



**Dried Cranberries
or Craisins**



Salt



Raisins



Cinnamon



Cinnamon



Cinnamon



Cinnamon