All in Just One Cookie Extended Activity-this lesson was originally created by Gail DeVilbis to be taught to 3<sup>rd</sup> 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 lowa

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.

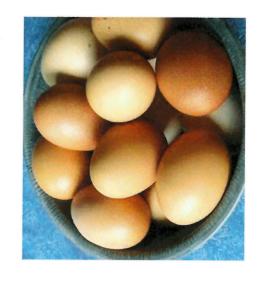
### Nutrition information per cookie:

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

Nutri		Fa	cts
Servings Per Container 1 cookie			
Amount Per Serving			
Calories 110 Calories from Fat 20			
		% D:	aily 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%	. 1	/itamin (	2.00/
Calcium 2%		ron 4%	2 0%
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*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
	Less Than Less Than	65g 20a	80g
	Less Than	20g 300mg	25g 300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrat Dietary Fiber	e	300g 25g	375g 30g
Calories per gram; Fat 9 • Carbohydrate 4 • Protein 4			







**Brown Sugar** 

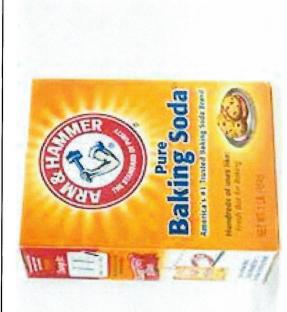


Butter



White Sugar

## Rolled Oats



# **Baking Soda**





Vanilla





## Flour

## Raisins



# Dried Cranberries or Craisins







SESTIMATE SPORE









# Cinnamon



Cinnamon



Cintramon

## Cinnamon







# Cinnamon