



Developed with Marla Prusa, Howells Public Schools, Howells, NE  
2011 National Home Baking Association Educator Award Winner

# Cookie capers

Volume 23 | Gr. 6-8



## National FCS Standards:

- 1.2.1** Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career.
- 1.2.4** Demonstrate leadership skills and abilities in school, workplace, and community settings.
- 3.5.2** Design or analyze a consumer product.
- 8.4.3** Analyze food, equipment, and supplies needed for menus.
- 8.5.3** Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.10** Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques.
- 8.7.5** Demonstrate sensitivity to diversity and individuals with special needs.
- 9.5.6** Conduct sensory evaluations of food products.
- 14.4.1** Analyze conditions and practices that promote safe food handling

## Materials list

- *A Baker's Dozen* DVD, #1 Getting Started/#8 Eggs/#13 Creaming ([WA25733](#))
- Download/print from [www.homebaking.org](http://www.homebaking.org):
  - How to Wash Hands Educator Resource
  - Keeping Food Safe Educator Resource
  - Baking Certificate
  - Cooking Skills Checklist Educator Resource
- Cookie Capers Recipe: Chocolate Chip Cookies Sheet (included)
- Cookie Capers Recipe: Chocolate Chip Cookies Answer Key (included)
- Foods Lab Planning Sheet (included)
- Cookie Capers Score Card (included)
- Cookbooks/Internet recipe sites
- Measuring cups and spoons
- Digital electronic kitchen scale for portion weight and package net weight ([WA25830](#))
- Mixing bowls and equipment
- Cookie ingredients
- Cookie sheets
- Chocolate chip cookie package labels for ingredient and net weight examples
- Bags or containers for storing/delivering cookies

**Optional:** *A Baker's Dozen Baking Labs Curriculum* ([WA27798](#)), appendix p. 199, Create a Food Label Worksheet

## Objectives

Students will...

- Measure ingredients properly
- Explore professional test kitchen cookie baking techniques
- Apply baking science knowledge of temperatures in the cookie baking lab
- Practice reading, halving, and doubling recipes
- Select and prepare cookie recipes in a group
- Conduct evaluation of a product
- Bake cookies to donate in the school and community
- List and apply food safety practices essential for preparing and packaging foods for donation

## Essential Question

What measuring, preparation, portioning, and food handling skills are needed to prepare cookies?

## Career Clusters (& Pathways)

Hospitality and Tourism (Restaurants and Food/Beverage Services)

## FCCLA Connections

- STAR Event — Culinary Arts, Food Innovations
- Program — Leaders At Work, Community Service

## Day 1: Learning about measuring

### Introduction (5–10 minutes)

The chocolate chip cookie is the number one cookie baked in the U.S. Of the six types of cookies, it is called a “drop” cookie for the way it is portioned or “dropped” onto the baking sheet pans.

Begin the class by asking students...

- Why is it important to measure properly when preparing foods?
- What can happen when a person does not measure correctly?
- What are common pieces of measuring equipment?

In this unit, students will be practicing using proper measuring techniques and will also be cutting recipes in half and doubling them. They will be making cookies as a part of this project and will share them with others in the school and community. What steps should students take in the lab to prepare cookies that are food safe?

### Activity 1 (22 minutes)

Review How to Wash Hands and Keeping Food Safe tips including the importance of not consuming raw cookie batter or sampling while handling food others will consume (go to [www.homebaking.org](http://www.homebaking.org) and print).

### Activity 2 (15–18 minutes)

Have students get into groups and plan a practice measuring lab for tomorrow. Pass out the Foods Lab Planning Sheet handout to each group and the Cookie Capers Recipe: Chocolate Chip Cookies handout to each student. Be sure to remind students to include all needed ingredients and measuring and mixing equipment in their plan.

## Day 2: Measurement & method lab

**Prior to Lesson:** Have all cookie ingredients and equipment ready for the measurement and method lab. Prepare to show how butter and sugar look when they are “creamed” properly.

### Activity 1 (30–40 minutes)

Review with students how to...

- Measure ingredients with correct measuring tools and methods
- Drop cookie batter evenly with teaspoon or cookie scoop on baking pans
- Mix ingredients following recipe directions
- Clean up the work area

Have students get into lab groups from yesterday and use the Foods Lab Planning Sheet as they prepare their chocolate chip cookies

### Activity 2 (5 minutes)

Students will evaluate their chocolate chip cookies using the Cookie Capers Score Card handout. Did they have a cookie problem to solve?

### Activity 3 (5 minutes)

Store cookies when cool. Freeze cookies to preserve freshness if they will not be packaged and donated the next day.

**Community service option:** Students in each group can brainstorm and discuss what groups in the school or community they would like to donate the remaining cookies to on Day 3.

## Day 3: Halving & doubling recipes/food labels & packaging/community service project

**Prior to Lesson:** Assign students to bring in several chocolate chip cookie package labels to show ingredient lists and net weight. Download and print the Baking Skills Checklist and Baking Certificate from [www.homebaking.org](http://www.homebaking.org).

### Activity 1 (10–15 minutes)

Have students get out the Cookie Capers Recipe: Chocolate Chip Cookies handout that was passed out on Day 1. After explaining that cutting a recipe in half is done by taking the amount times  $\frac{1}{2}$ , have students practice cutting the recipe in half. Explain that taking each ingredient amount times 2 or  $\frac{2}{1}$  is how a recipe is doubled, then have students double the recipe in the space provided.

### Activity 2 (10–15 minutes)

Ask students to share their answers to the recipe halving and doubling activity. Be prepared to show the students how to work out the answers if there are questions.

### Activity 3 (5–10 minutes)

**Community Service Option:** Have students attractively package their cookies baked yesterday and have them create a food label for the cookies with an ingredient list (listing each ingredient, most to least); weigh each package and include the net weight and packaging date and location.

**Optional:** A Baker's Dozen Baking Labs Curriculum (WA27798), appendix p. 199, Create a Food Label Worksheet.

Have students deliver the cookies to their selected group in the school or community, if time allows. Deliveries can be made after school, if necessary.

### Activity 4 (5 minutes)

Pass out the Baking Skills Checklist and a Baking Certificate to each student. As a closing activity, ask each student to check the skills they gained in this lab and share something they learned about measuring, halving, or doubling recipes or baking cookies from the unit. Fill out the Baking Certificate for each student or have students complete the certificate. Sign their certificate and ask the students what they will bake next.

Learn more about the Home Baking Educator Award at  
<http://www.homebaking.org/educator-award/>

# Cookie capers recipe: Chocolate chip cookies — worksheet

Volume 23

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- |   |                                |
|---|--------------------------------|
| $\frac{1}{2}$ cup butter or margarine, softened | 1 egg                          |
| $\frac{1}{2}$ cup granulated sugar              | $\frac{1}{2}$ tsp. baking soda |
| $\frac{1}{4}$ cup brown sugar (packed)          | $\frac{1}{4}$ tsp. salt        |
| $\frac{1}{2}$ tsp. vanilla                      | 1 cup chocolate chips          |
| $1\frac{1}{4}$ cups unsifted all-purpose flour  |                                |

Cream butter, granulated sugar, brown sugar, and vanilla until light in a large mixing bowl. Add egg, beat well. Combine flour, baking soda, and salt. Gradually add to the creamed mixture. Beat well. Stir in chocolate chips. Drop with a teaspoon or use a cookie scoop and place on an ungreased cookie sheet. Bake at 375° F for 8-10 minutes or until lightly browned. Cool slightly before removing from cookie sheet and placing on wire rack. Yields 24-30 cookies. (Nutrition Facts based on 30 cookies.)

Nutrition Facts	
Serving Size (23g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a diet of 2,000 calories.	
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	

Using the recipe given above, practice halving and doubling the recipe by filling in the chart below with the correct numbers and units of measure.

### Recipe Cut in Half:

(Take each amount above  $\times \frac{1}{2}$ )

- \_\_\_\_\_ butter or margarine
- \_\_\_\_\_ granulated sugar
- \_\_\_\_\_ brown sugar (packed)
- \_\_\_\_\_ vanilla
- \_\_\_\_\_ egg
- \_\_\_\_\_ all-purpose flour
- \_\_\_\_\_ baking soda
- \_\_\_\_\_ salt
- \_\_\_\_\_ chocolate chips

### Recipe Doubled:

(Take each amount above  $\times 2$  or  $\frac{2}{1}$ )

- \_\_\_\_\_ butter or margarine
- \_\_\_\_\_ granulated sugar
- \_\_\_\_\_ brown sugar (packed)
- \_\_\_\_\_ vanilla
- \_\_\_\_\_ eggs
- \_\_\_\_\_ all-purpose flour
- \_\_\_\_\_ baking soda
- \_\_\_\_\_ salt
- \_\_\_\_\_ chocolate chips

# Cookie capers recipe: Chocolate chip cookies — answer key

- |   |                                |
|---|--------------------------------|
| $\frac{1}{2}$ cup butter or margarine, softened | 1 egg                          |
| $\frac{1}{2}$ cup granulated sugar              | $\frac{1}{2}$ tsp. baking soda |
| $\frac{1}{4}$ cup brown sugar (packed)          | $\frac{1}{4}$ tsp. salt        |
| $\frac{1}{2}$ tsp. vanilla                      | 1 cup chocolate chips          |
| $1\frac{1}{4}$ cups unsifted all-purpose flour  |                                |

Cream butter, granulated sugar, brown sugar, and vanilla until light in a large mixing bowl. Add egg, beat well. Combine flour, baking soda, and salt. Gradually add to the creamed mixture. Beat well. Stir in chocolate chips. Drop with a teaspoon or use a cookie scoop and place on an ungreased cookie sheet. Bake at 375° F for 8-10 minutes or until lightly browned. Cool slightly before removing from cookie sheet and placing on wire rack. Yields 24-30 cookies. (Nutrition Facts based on 30 cookies.)

Nutrition Facts	
Serving Size (23g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a diet of 2,000 calories. 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 30g 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	

Using the recipe given above, practice halving and doubling the recipe by filling in the chart below with the correct numbers and units of measure.

### Recipe Cut in Half:

(Take each amount above  $\times \frac{1}{2}$ )

- 1/4 cup butter or margarine
- 1/4 cup granulated sugar
- 1/8 cup brown sugar (packed)
- 1/4 tsp. vanilla
- 1/2 egg
- 5/8 cup all-purpose flour
- 1/4 tsp. baking soda
- 1/8 tsp. salt
- 1/2 cup chocolate chips

### Recipe Doubled:

(Take each amount above  $\times 2$  or  $\frac{2}{1}$ )

- 1 cup butter or margarine
- 1 cup granulated sugar
- 1/2 cup brown sugar (packed)
- 1 tsp. vanilla
- 2 eggs
- 2 1/2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 cups chocolate chips

Name of Lab: \_\_\_\_\_

Date: \_\_\_\_\_

Lab Objective: \_\_\_\_\_

Group Members: \_\_\_\_\_

---

**Recipe** (Write out, attach recipe, or list cookbook page number.)

---

**Duties:**

**Group Member:**

---

**Groceries Needed:**

**Equipment Needed:**



# Cookie capers score card – worksheet

Volume 23

Name: \_\_\_\_\_ Date: \_\_\_\_\_

	Excellent (4)	Good (3)	Fair (2)	Poor (1)
<b><i>Drop Cookies</i></b>				
Fairly uniform mounded shape	_____	_____	_____	_____
Delicately browned exterior	_____	_____	_____	_____
Slightly moist, tender texture	_____	_____	_____	_____
Flavor characteristic of ingredients	_____	_____	_____	_____
<b>Total Score</b> (16 possible): _____				
<b><i>Bar Cookies</i></b>				
Uniform, well-cut	_____	_____	_____	_____
Thin, delicate, tender crust	_____	_____	_____	_____
Rich, moist texture	_____	_____	_____	_____
Flavor characteristic of ingredients	_____	_____	_____	_____
<b>Total Score</b> (16 possible): _____				
<b><i>Refrigerator Cookies</i></b>				
Uniform, thin slices	_____	_____	_____	_____
Lightly browned surface	_____	_____	_____	_____
Crisp and crunchy texture	_____	_____	_____	_____
Flavor characteristic of ingredients	_____	_____	_____	_____
<b>Total Score</b> (16 possible): _____				
<b><i>Rolled Cookies</i></b>				
Retain shape of cutter	_____	_____	_____	_____
Lightly browned surface	_____	_____	_____	_____
Texture — crisp and thin or soft and thick, depending on variety	_____	_____	_____	_____
Rich flavor, depending on ingredients	_____	_____	_____	_____
<b>Total Score</b> (16 possible): _____				
<b><i>Molded Cookies</i></b>				
Uniform, well shaped	_____	_____	_____	_____
Delicately browned	_____	_____	_____	_____
Crisp and tender texture	_____	_____	_____	_____
Pleasing flavor, characteristic of ingredients	_____	_____	_____	_____
<b>Total Score</b> (16 possible): _____				
<b><i>Pressed Cookies</i></b>				
Well-shaped and well-defined pattern of cookie press	_____	_____	_____	_____
Delicately browned edges	_____	_____	_____	_____
Very tender and crisp texture	_____	_____	_____	_____
Rich and buttery flavor	_____	_____	_____	_____
<b>Total Score</b> (16 possible): _____				