

# Lesson 3: No Bake Oatmeal Bites



**Purpose** To increase children's whole grain intake.

**Goals** By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of eating oats.
2. Make a whole grain snack.
3. Students will be able to state the catchphrase of the day to share with family and friends.

***This lesson will be evaluated by student responses to "Make it through the day, the oat way!"***

**Ingredients** 5 cups rolled oats (Do not use quick cooking oats.)  
 (For 20 students=4 groups of 5 students & one Demo) 2.5 cups soy nut butter (or sun butter)  
 2.5 cups mini chocolate chips  
 1.25 cups honey  
 2.5 cups raisins  
 2 tablespoons vanilla extract

**Materials** **For Chef Prep**

- 1 portion scoop (=1/4 cup)
- 2-3 bus tubs for dirty dishes
- foodservice gloves
- marker
- teaspoon measure

**For Kids' Cooking Demo**

- 5 prep bowls with lids (1 per group of 5, plus demo)
- 25 plastic spoons (1 per student plus demo)
- 25 paper plates
- napkins/paper towels and sanitary wipes
- student handouts and crayons

**Assembly** **Ahead of time: Chef Prep**

Set aside 1 cup of uncooked oats to show students the raw form. In a large mixing bowl, mix together the oats, soy nut butter, chocolate chips, honey, raisins and vanilla. Stir well to combine. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 4 scoops (1 cup) of the mixture. Refrigerate at least 1 hour before use. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

**During Kids' Cooking Demo**

**Set up (before kids arrive):** Each station (1 for you, and 4 groups of 5 students each) needs: 5 spoons, 5 paper plates, napkins or paper towels and the prep bowls. Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

**DEMO:** Using a spoon, scoop out a small amount of mixture and roll into bite sized balls.

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**Estimated Time 15 min**

**Lesson** *Facilitators will introduce themselves and introduce the topic.*

**(2 min)** *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Oats are a whole grain. (Show a bowl of rolled oats.)
2. So why eat oats?

***Oats help us to fight hunger and have energy longer!***

3. (Say catchphrase)

***"Make it through the day, the oat way!"***

**(7 min)** *Demonstration and Hands on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the "helper" to assist in the culinary activity.
3. Read the instructions step by step and have the "helper" demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

**(4 min)** *Coloring Activity (Do this while students are eating their snacks.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Read the instructions with the children on the coloring page.
4. Remind students to throw away trash, recycle disposables when possible and put dirty dishes into the bus tubs.

**(2 min)** *Review the following information with the students:*

1. Oats are a whole grain. (Show bowl of rolled oats.)
2. So why eat oats?

***They help keep us full because they have fiber!***

3. (Say catchphrase).

***"Make it through the day, the oat way!"***