3-211'S DELICIOUS RECIPE BOOK

By Class 3-211 and P.S. 125 Ralph Bunche School

www.BehindtheBook.org
3-211's Delicious Recipe Book

By Class 3-211 and
P.S. 125 Ralph Bunche School

Behind the Book / New York
Our mission is to develop engaged readers and writers in underserved NYC public schools by designing and delivering programs that are multi-disciplinary, culturally responsive, and promote deeper connections to books and their authors.

Visit us at www.BehindtheBook.org and our blog site www.behindthebook.org/blog

© 2020 Behind the Book
Behind the Book • 216 West 135th Street • New York, NY 10030

Guest Author: Gilbert Ford
Teacher: Mr. Blatman and Ms. Dennis
Principal: Mr. Higgins
Program Liaison: Mr. Batista

In the interest of honoring student voice, Behind the Book presents students’ work as received from the teacher.

This book was made possible by a generous grant from The Korein Foundation.

DEDICATION

Class 3-211 dedicates this book to Mr. Higgins, Mr. Blatman, Ms. Dennis, Behind the Book and our parents. They all help us grow and learn!

Program Coordinator: Joss Lake
Teaching Artist: Candice Humphries
Student Book Coordinator: Nina Dunhill
Book Designer: Katherine Ross
Printing: BR Printers; coordinated by Kathleen McCourt
Special Thanks: To KPMG for bringing their devoted writing coaches, to Ample Hills, and to our photographer Barb Korein.

What is the science behind our favorite foods? Class 3-211 took a tasty journey to find out. The students started by conducting an experiment with Skittles candies, guessing how and why their coating dissolves in water. They discussed how the simple act of dropping Skittles into water involves scientific reactions.

Gilbert Ford, author of How the Cookie Crumbled, visited the class and told the history of the chocolate chip cookie, invented by Ruth Wakefield. The class watched a video of Gilbert baking cookies and comparing the baking process to the writing process. Students voted on their favorite foods, and during Gilbert’s second visit, students were ready to start researching the ingredients and scientific processes that go into the most popular foods.

They investigated the science of baking, melting, freezing, mixing, and frying and then researched the best recipes to create their favorite dishes.

Behind the Book writing coaches worked with the students to develop their thoughts into paragraphs and add mouth-watering details to their work. Behind the Book teaching artist Candice Humphries helped students use collage techniques to render their foods in colorful ways.

Their food science adventure continued with a trip to Ample Hills Creamery. The class brainstormed about all the ingredients needed to make ice cream, including air. They then rode the Ample Hills Churning Bicycle that turned a canister of ingredients into ice cream.

After finding out about all the scientific operations involved, they sampled their product and gave it a big thumbs up.

Ending with a scavenger hunt around the creamery, Mr. Blatman’s class left the Creamery with a deeper understanding of food science and the confidence to keep exploring science – in and out of the kitchen!
Aqilah ...............................................................1
Armando ..........................................................3
Christopher ......................................................5
Emerson ...........................................................7
Genesis ............................................................9
Jermaine ..........................................................11
Leon ................................................................13
Lolia ................................................................15
Matthew ..........................................................17
Nawshin ...........................................................19
Sidney ..............................................................21
Yafresyi ............................................................23
Zoe ..................................................................25
I'm going to make Ice cream. What I need to make this food is Ice, Vanilla Extract, milk, eggs, sugar, salt and butter.

Step 1: put Ice and salt on the outside part.

Step 2: if you're making vanilla Ice cream, you need Vanilla Extract.

Step 3: you need to add butter and eggs.

Step 4: Add sugar. When I stir and freeze the Ice cream changes from liquid to solid. It was so good and we put sprinkles and it was Rainbow sprinkles. My food is part of a healthy meal because you have dessert after you have your healthy meal.
I am going to make chicken tenders. What I need is chicken, 2 cups of butter, BBQ sauce and ketchup, bread crumbs, egg, flour, salt, black pepper, hot sauce. This is how you make chicken tenders. First, you put the chicken in the bread crumbs and the eggs. Then you fry the chicken in the oil and butter. After that, you take the salt and pepper. Then you mix the ketchup and BBQ sauce. Then you dip it in the sauce and then eat it. When we fry the chicken, the sugar and the protein break it down to make it a brownish gold color. A healthy meal would be apples, and broccoli, mushrooms, asparagus, milk.
I am going to make French Fries. This is what I need to make this food.

The steps I need to make this is take 2 lb. pounds of Russet Potatoes. Then I wash, dry and chop the potatoes. Then you boil the oil and put potatoes in. Then when the bottom of the potatoes turn brown and the fries are crisp then take the fries out.

When fry the fries then the inside is mushy and the outside is crispy and the back is brown.

To make this a part of a healthy meal you also need other foods. The dessert is ice cream and the side is chicken nuggets and the vegetable and fruit is broccoli and an apple.
From the kitchen of Emerson

CHOCOLATE CHIP COOKIES

I'm making Chocolate Chip Cookies. This is what I need to make Chocolate Chip Cookies. This is what I need to make Chocolate Chip Cookies. These are the ingredients to make Chocolate Chip Cookies: Chocolate Chips, butter, dough, eggs, vanilla, brown sugar, a little bit of salt, flour, baking soda, and sugar.

This is how you make Chocolate Chip Cookies. First, you heat oven to 375 degrees. That feels hot. Then, you whisk flour, baking soda and salt until well mixed in. Then, you scoop dough. Roll dough into balls. With chocolate chips, that looks yummy! Finally, put in oven for 10-12 minutes. Let cool.
ICE CREAM

I am going to make ice cream. This is what I need to make this food. (Ingredients) 4 cups whole milk (Chilled) ¾ cups of granulated sugar 2 cups of heavy cream (Chilled) 1 tablespoon of vanilla extract ¼ teaspoon of salt This is how you make ice cream. First you pour in a bowl 1 ¾ cups of whole milk (Chilled). Then you add ¾ cups of granulated sugar. After that you will need 2 cups of heavy cream (chilled). Then you pour 1 tablespoon of vanilla extract, lastly you will need ¼ teaspoon of salt (ice cream mix). Then you mix it all in the bowl. When I start it all the ingredients mix together, when I freeze it the temperature it gets cold which makes it turn into ice cream. My food is a healthy meal because now you add fruits such as, mango, strawberries, blue berries, raspberries, and all these fruits are healthy and you can get fruits flavors of ice cream too. That’s why I think ice cream is a healthy meal.
I am going to make McDonald's French fries.

How to make McDonald's French fries is to:

Step 1 - Slice potato
Step 2 - Season your potato's
Step 3 - Fry in peanut oil until golden brown
Step 4 - Sprinkle 2 teaspoons of salt on the fries
Step 5 - Cool and eat
I am going to make chicken and first add hot oil. Next add 2 chicken breasts, then add salt, next add pepper, next add yellow onion. Next add garlic, then add chicken broth.

If you want to make the chicken you use the ingredients.

When you mix or put the chicken in the oven the chicken turns easy to eat like not raw.

You can make this meal a healthier meal by putting vegetables.
ICE CREAM

I am going to make ice cream. What I need to make ice cream is milk, baking soda, sugar, cookies, caramel, cream, vanilla cone, donut. This is how you make cookies and cream ice cream. First, you get all the ingredients. Then you put them in the bowl and mix them. After that you freeze it. Then, you make your donut and cookies.

After that you get the cone and scoop the ice cream. Then you put the donuts and cookies on top. And that is how you make ice cream.

When I am making ice cream I will be freezing it. This is what happens to the ice cream when I freeze it. It turns solid. Some dishes I would add to make this a healthy meal would be fruits like mango, coconut, and grapes. These fruits will make sure that the ice cream has fruit and milk. I will serve my ice cream to Zoe. I will also invite family and friends to feel happy when they eat my ice cream.
I am going to make chicken tenders. To make chicken tenders, you need chicken, two eggs, and flour and pepper and bbq sauce and oil. This is how you make chicken tender.

First you have to dip the chicken in the eggs and flour. Next you add the chicken to the hot oil. After that you need to add salt and pepper. Then you flip the chicken on both sides. Last you dip the chicken in to the bbq sauce and eat it.

I get crunchy and crispy.

A healthy meal would be make a salad with eating gilging when I make my chicken tender I bake until eating a nutritious meal will help me grow tall.

Last I am good.
CHOCOLATE CHIP COOKIES

I'm going to make a chocolate chip cookie.
What I need to make a chocolate chip cookie is
dough, chocolate, sugar, eggs, milk, water, butter, salt,
baking soda, vanilla.

These are the steps to make a chocolate chip cookie. Grab all the ingredient. Then you mix
all ingredient in a bowl. After that you put it
on a tray to make a cookie shape. Then, you
put the chocolate on it. For while, you make your
cookie shape.

The additional steps are when you finish getting
all the ingredient, mix them all together. Then put it in
the oven at 375° degrees. And you have to wait
for twenty minutes. Then, you take it out
of the oven and wait until it cools.
How my food is a part a healthy meal is Broccoli,
Carrots, tomatoes, cabbage, cucumber.
CHOCOLATE CHIP COOKIES

I’m going to make chocolate chip cookies. These are the ingredients you need:

Granulated sugar, packed brown sugar (1 1/4 cups),
Butter (1 1/4 cups),
Vanilla, salt, baking soda, milk, and chocolate chips.

First, you preheat the oven to 375° F.

Then, you mix together the two sugars. After that, you mix the softened butter into the two sugars. Then, you mix in the eggs one at a time.

After, you mix in the vanilla, salt, and baking soda. Add the flour and chocolate, and stir them in.

Then, you let it bake for 9-11 minutes. Take the cookies out of the oven and let them cool.

When I bake my cookies, they change from batter to have chocolate cookies with good flavor.
From the kitchen of Yafresyi

**ICE CREAM**

I am going to make ice cream. What I need to make this food is first you need odd ingredients to the bowl. Then you need to mix all the ingredients. After that you need to put it in the freezer for 1 hour. Then put toppings and eat it and then add additional cherries or toppings. And then when I stir it, it gets mushy, when I freeze it, it gets cold and solid. And then my food is a healthy meal because it can have mango and kiwi and other healthy toppings and then I will serve my healthy meal to everyone and then I will want friends and family to feel happy when they eat my meal.
I am going to make ice cream.
This is what I need: milk and ice cream container. For this project, you will need:
- heavy cream (a cone)
- birthday cake
- cherry on top

This is how you make birthday cake ice cream. First, you put 2% milk in a bowl. Then, you put 3/4 cup of sugar. Afterward, you put
Vanilla bean (split lengthwise). Then, you put 1 large egg yolk to a pure vanilla extract. You will mix all the ingredients together in a bowl. When it's all done, put the ice cream mixture with a cherry in it. When I eat it, it turns mushy and soft. When it freezes, it turns solid. I can add brown sugar, adding less sugar to make it healthier. Vegetables and fruits. I will serve my meal to friends, parents, and cousins. I will want my friends and family to feel good when they eat my meal.
Gilbert Ford currently lives and works in Brooklyn, NY where he has illustrated many New York Times best selling middle grade novels and also award-winning picture books. He is the author/illustrator of the non-fiction picture books The Marvelous Thing That Came From A Spring and How The Cookie Crumbled, both published by Atheneum. He is also the author/illustrator of his debut middle grade novel, The Mysterious Messenger, to be published by Macmillan/Ottaviano in 2020.

We are a small class and a community. We care for each other. Our class is diverse. We are different in some ways and the same in many others. We have many different moods, emotions, and tastes. Our class gets excited about our work. We are smart, intelligent, and serious. We are awesome!

Behind the Book creates intensive learning and empowering experiences for New York City public school students. Working with classes from Pre-K through the 12th grade, Behind the Book brings authors and their books into individual classrooms to build literacy skills and create a community of lifelong readers and writers. Each of a series of workshops is designed to bring books to life to inspire and engage the students. Behind the Book programs are part of the class curricula and meet the Common Core Learning Standards.
LEARNING STANDARDS ADDRESSED

CCSS.ELA-LITERACY.RI.3.3
Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, and cause/effect.

CCSS.ELA-LITERACY.W.3.2.B
Develop the topic with facts, definitions, and details.

CCSS.ELA-LITERACY.W.3.2.C
Use linking words and phrases (e.g., also, another, and, more, but) to connect ideas within categories of information.