

French Toast



Did you know that French toast was not invented in France? In fact, French toast was around long before France even existed as a country! The exact origins are unknown. Recipes for "French toast" can be traced to Ancient Roman times. One of the original names for the dish meant "Roman bread." Many theories that explain the name "French toast" say that the dish became popular in America by French immigrants.

To make French toast, you first dip slices of bread in a mixture of beaten eggs, milk, cinnamon and vanilla. Then you fry the egg-coated bread in a pan until browned.

You can eat your French toast with powdered sugar, cinnamon, maple syrup, jelly, or fruit on top.

Recipe Order

- 1 egg, slightly beaten
- 1/4 cup milk
- 2 slices of bread
- cinnamon
- 1 tablespoon butter
- maple syrup
- vanilla
- fresh fruit (optional)

Review the steps (in order) described below. Cut out the steps below in strips. Give each student an envelope with the strips inside. Have the students put the steps in the correct order and glue them on a sheet of construction paper. Use the information described above and research to help you on your way.

Wash your hands and all cooking surfaces

In a dish, beat together egg, milk, vanilla and cinnamon with fork until combined

Dip bread slices in egg mixture

In a medium skillet, melt margarine over medium heat

Cook dipped bread slices in skillet until golden brown

Serve with syrup and top with fresh fruit

Lesson Extender

Think about where your food comes from. We grow wheat, which is ground into flour, and then used to bake bread and other items. Wheat in Illinois is planted in September and harvested in June! Create a timeline with the three ingredients below to better understand where these ingredients come from and how we get them.

Write a story that explains where each ingredient came from:

- Milk: Cow to Carton: < 3 days.
- Winter Wheat: Plant to Bread: about 9 months.
- Eggs: Laid to Store: < 3 days.
- Syrup: Sap to Syrup: < 3 days.

Syrup

People have been making maple syrup for hundreds of years. Native Americans first discovered how to make it and taught the art to the early colonists.



So where does maple syrup come from?

Maple syrup is made from the sap of maple trees. Sap is a watery, sweet liquid found inside a tree. Sap moves throughout the tree and carries water and food to the tree's various parts through tiny tubes inside the tree. Most crops are harvested in the fall, but maple sugar is harvested in late winter or early spring.

At harvest or "sugaring" time, a tap hole is drilled into a maple tree. The tap hole is not deep, so it does not hurt the tree. A spile, or spout, is pushed into the hole and a bucket or bag is hung from the spout. The sap from the tree drips through the spout and into the bucket.

After the sap is collected, it is boiled. This removes water from the sap. While it boils, the sap must be skimmed and watched carefully so that it does not burn. As the water evaporates, the sap turns into a deep brown, thick syrup.

Some farmers grow maple trees so they can collect the sap. An area in the woods where maple trees grow is called a sugarbush. Some farms even have their own maple sugar festivals. These small farms are called sugarhouses, or sugar shacks. Visitors can watch maple syrup being made.

Syrup is often eaten with pancakes, waffles, French toast, and oatmeal. It is also used in baking, and as a sweetener.

By the Numbers

Use the text below to answer the math questions that follow. Be sure to show your work.

Suppose it takes 40 gallons of maple sap to produce 1 gallon of maple syrup. The other 39 gallons are water that is boiled off. Boiling sap takes time, energy, and work, so this maple syrup costs \$30.00 per gallon.

1. Nelson's farm just produced 16 gallons of maple syrup. How many gallons of sap did the farmer collect?
2. Suppose this farmer sold all but 2 gallons. How much money did he make from the sale?
3. Suppose one tap in a mature tree produces 10 gallons of sap. This year Nelson's farm put in 12 taps. How many gallons of sap will they collect?
4. How many gallons of maple syrup will 4,800 gallons of maple sap make?