

## Banana Bread Activity

### Directions:

1. Divide the class into five groups.
2. Tell the students that each group will be making a loaf of banana bread.
3. Give each group a different recipe (change the ingredient amounts in 4 of the recipes and keep one the exact recipe).
4. Give each group the appropriate amount of time to prepare their banana bread.
5. Once the bread is done baking, have the students go around to each loaf and sample it.
6. When they begin to realize the different taste and textures amongst the breads, tell them you changed the recipes for each group.
7. Explain that although feed rations say they have all the ingredients listed on the label that does not mean it's in the appropriate amount for the ration. Also, discuss how palpability plays a role in a feed ration.

1

Taylor G. Marian May  
Trent Teale

## Banana Bread Recipe

- **Prep time:** 5 minutes
- **Cook time:** 1 hour
- **Yield:** Makes one loaf.

[Add to shopping list](#)

### INGREDIENTS

- 3 or 4 ripe bananas, smashed
- 1/3 cup melted butter
- 1/2 cup sugar
- 1 eggs, beaten
- 1 teaspoon vanilla
- 1 teaspoons baking soda
- Pinch of salt
- 1 cups of all-purpose flour

### METHOD

No need for a mixer for this recipe. Preheat the oven to 350°F (175°C). With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl. Mix in the sugar, egg, and vanilla. Sprinkle the baking soda and salt over the mixture and mix in. Add the flour last, mix. Pour mixture into a buttered 4x8 inch loaf pan. Bake for 1 hour. Cool on a rack. Remove from pan and slice to serve.

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### INGREDIENTS

- 3 or 4 ripe bananas, smashed
- 1/3 cup melted butter
- 1/4 cup sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- Pinch of salt
- 1 1/2 cups of all-purpose flour

### METHOD

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- 1 egg, beaten
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- Pinch of salt
- 1/2 cups of all-purpose flour

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Blake  
Kayla  
Courtney  
Lexi

# 4

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- **Cook time:** 1 hour
- **Yield:** Makes one loaf.

[Add to shopping list](#)

### **INGREDIENTS**

- 3 or 4 ripe bananas, smashed
- 1/3 cup melted butter
- 1 cup sugar
- 2 eggs, beaten
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- Pinch of salt
- 1 1/2 cups of all-purpose flour

### **METHOD**

No need for a mixer for this recipe. Preheat the oven to 350°F (175°C). With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl. Mix in the sugar, egg, and vanilla. Sprinkle the baking soda and salt over the mixture and mix in. Add the flour last, mix. Pour mixture into a buttered 4x8 inch loaf pan. Bake for 1 hour. Cool on a rack. Remove from pan and slice to serve.

Shelby  
Amanda  
Mary Beth  
Brittany.

Megan M.  
Spencer C.  
Alexis J.

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- 3 teaspoons baking soda
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