



List of Supplies Needed

Lesson 4: Ranch Popcorn

General

- Lesson plan
- Whole grain worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/lesson4

Cooking

- Aprons
- 2 metal mixing bowls
- Metal spoon
- Small bowl or cup
- Mason jar with lid
- Measuring spoons
- Tongs
- Cutting mat or cutting board
- Plastic kid knife or butter knife
- Popcorn popper

Food & Produce

- Popcorn
- Olive oil
- Dill weed
- Nutritional yeast
- Oregano
- Salt & white pepper
- Coriander
- Garlic Powder
- Sour Cream
- Veggies to chop for ranch dip

