

## **Mom DITA Topic Map**

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## Breakfast at Foxridge 10000

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These tasks will instruct you in how to make different breakfast foods based on the tools and ingredients available at the apartment. Since you will be in the apartment often, I want to be sure that you have all of the tools and directions you need to make a great, healthy breakfast.

Recipe List:

*Protein Smoothie*

*Classic Ham and Cheese Omelet*

*Maple Brown Sugar Oatmeal with Fruit*

*Chocolate Croissant*

Other Tasks:

*Washing Dishes*

*What To Do In Case of a Fire*

## How To Make a Protein Smoothie

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This task will teach you how to make a Strawberry Vanilla protein smoothie.

Ingredients/Tools:

- 4 scoops of vanilla whey protein
- 1 cup of water
- 1 cup of strawberry Greek Yogurt
- 3 cups of frozen strawberries
- 1 cup of ice
- Magic Bullet Blender

1. Pour each individual ingredient into the magic bullet's clear plastic pitcher one at a time.

The Magic Bullet is a high powered blender, and should be used carefully.



**CAUTION:** Be sure that the blender is unplugged and unhooked while pouring ingredients. The blade spins very fast and could cause injury if not monitored.



**Figure 1: Magic Bullet Blender**

2. Twist on the lid of the Magic Bullet until sealed tight
3. Flip the pitcher upside-down so that the lid aligns with the rim atop the Magic Bullet logo.
4. Push the pitcher down into the base and hold until the drink is smooth enough to drink with a straw

5. Remove the pitcher from the base, and flip it back upright
6. Enjoy!

## How To Make a Classic Omelet with Spinach

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This task will teach you how to cook a classic ham and cheese omelette with spinach.

### Ingredients/Tools:

- 2 cups tightly packed curly- or flat-leaf spinach, trimmed and washed (3 ounces)
- 2 large eggs
- Salt and Pepper
- 1 teaspoon unsalted butter
- 1 tablespoon of water
- 2 tablespoons Mexican Cheese Blend
- 2 slices deli ham
- Nonstick Skillet
- Medium Sized Bowl

1. Heat 1 tablespoon of water in a nonstick skillet over medium-high
2. Add spinach to the pan and toss until wilted



**Figure 2: Cooking Spinach**

3. Move spinach to a colander to drain and remove moisture



**Figure 3: Spinach Draining**

4. Chop drained spinach, and transfer to a medium sized bowl with the 2 large cracked eggs
5. Whisk, and add the salt and pepper while stirring
6. Return skillet to heat and melt butter, tilting to coat pan
7. Add egg mixture, cook, stirring with a heatproof rubber spatula until eggs begin to thicken for about 30 seconds
8. Pull edges of omelet in toward center with the spatula, tilting pan so uncooked eggs flow underneath. Cook until just set, 15 to 30 seconds

9. Arrange cheese and ham on top of omelet. With spatula, fold omelet in half. Transfer to a plate and serve immediately



**Figure 4: Finished Product**

## How To Make Maple Brown Sugar Oatmeal

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This task will teach you how to make a delicious serving of homemade oatmeal to pair with your omelet.

### Ingredients/Tools:

- 1¾ Cup of water
  - Pinch of salt
  - 1 Cup + 2 tbsp Quaker Oats
  - ½ tbsp of half and half
  - 1 tbsp honey
  - 1 tablespoon of water
  - 1½ tbsp brown sugar
  - ⅓ Cup of chopped pecan halves
  - 2 Heaping Teaspoons of mini chocolate chips
  - Pinch of cinnamon for sprinkling, optional
  - Medium sized Pot
1. Bring the water and salt to a boil in medium sized pot
  2. Add the oats and reduce the heat to medium heat. Cook for 5 minutes, stirring occasionally. Once the oats are done cooking, remove from the heat
  3. Stir in the half and half, maple syrup and brown sugar with a wooden spoon
  4. Dish the oatmeal into individual serving bowl
  5. Top each bowl of oatmeal with pecans and chocolate chips. Then sprinkle with cinnamon, if desired
  6. Drizzle honey atop the oatmeal for added sweetness



**Figure 5: Oatmeal Final Product**

## How To Make a Chocolate Croissant

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This task will teach you how to bake a delicious chocolate croissant, one of my personal favorite breakfast treats.

### Ingredients:

- 1 Can Pillsbury Crescent Dinner Rolls
- ½ Cup of mini, semi-sweet chocolate chips
- Bacon bits

Heat oven to . Separate dough into 8 triangles.

1. Heat oven to 350°F, seperate dough into 8 triangles



**Figure 6: Divide into Triangles**

2. Place tablespoon of chocolate chips on wide end of each triangle
3. Roll up, starting at shortest side of triangle, rolling to opposite point. Place on ungreased cookie sheet.



**Figure 7: Chocolate Chip Distribution**

4. Sprinkle bacon bits atop the croissants
5. Bake at 350°F. for 15 to 20 minutes or until golden brown

# Washing Dishes

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This task will teach you how to properly wash dishes, and where to find the proper tools to execute this task.



**Note:** Mom, please disregard this entire task. You have done enough dishes for me to last a lifetime.

Tools:

- Sponge
- Tide Detergent Pods
- Dirty Dishes

1. Collect all of the dirty dishes that you have used in the process of making this delicious breakfast.
2. Scrape excess food and scraps from each individual dish into the trash can

This step is extremely important, because no large chunks of food can go into the drain.



**Important:** *The sink does not have a garbage disposal, so if too much food accumulates in the disposal, it will clog and you will have to go in there with your hand and scoop out the gunk.*

3. Place all appropriately sized dishes into the dishwasher
  - a) Place drinking glasses and irregular cooking utensils (like spatulas) onto the top rack of the dishwasher
  - b) Place plates, normal utensils, other larger dishes onto the bottom rack of the dishwasher
4. Close the dishwasher door and flip the lock mechanism to the right
5. Rotate the black knob clockwise to the setting that reads "Quick Wash"
6. Once the dishes are finished and have fully dried, place them back in their original cabinets and cubbies

## In Case of a Fire...

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This task will teach you how to respond in case there is a fire while cooking breakfast. There are five other men in the apartment, so we need to be sure that we look out for their best interest, and quickly put out the fire if there is one.

1. Place the frying pan immediately in the sink if possible
 

If the fire is concentrated, you should be able to put it out in the sink without much trouble. There will be a good amount of smoke, so go immediately to the kitchen window, switch the lock latch, and lift.
2. Turn the faucet on right away, and try and disperse the water over the fire.
3. Retrieve the fire blanket from the closet immediately outside the kitchen if the fire gets too large
 

The apartment does not have a fire extinguisher, but Ryan does have a fire blanket. This should be large enough to cover a traditional kitchen fire.
4. Throw the fire blanket atop the fire, encompassing the flame

## Works Cited

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A collection of all sources used in both Maps.

- Strawberry Protein Smoothie <http://www.bodybuilding.com/fun/proteinshakes.htm>
- Vegan Egg-Free Omelet <http://www.mrbreakfast.com/superdisplay.asp?recipeid=3002>
- Green Eggs and Ham Omelet <http://www.marthastewart.com/344874/green-eggs-and-ham-omelet>
- Homemade Maple Brown Sugar Oatmeal <http://www.thisgalcooks.com/maple-brown-sugar-oatmeal/>

- Chocolate Filled Crescents <https://www.pillsbury.com/recipes/chocolate-filled-crescents/06a754a3-a0dc-41b9-b3a4-119e91249c74>