## List of Supplies Needed

### Lesson 4: Ranch Popcorn

### General
- Lesson plan
- Whole grain worksheet
- Recipe

### 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

Find detailed lesson plans, printable recipes & more at:
[foodliteracycenter.org/lesson4](http://foodliteracycenter.org/lesson4)