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Ways to incorporate cooking in your lessons:

- Start with a recipe
- Start with a book
- Start with a theme

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Tools we use:



Measuring spoons
Whisk
Measuring cups
Sifter
Blender
Apple slicer

Other:
Toaster Oven
Baking sheets
Spatulas
Spoons and bowls
Etc.

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What do students get out of cooking activities?

Social - Emotional

- Exhibits self-awareness and self-confidence --
Turn taking - waiting for your turn.
- Manages feelings and behaviors
- Relationship building



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Approaches to Learning

- Shows curiosity
- Takes initiative
- Shows confidence
- Displays persistence
- Uses problem solving



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Science

- Experiments with using tools
- Makes predictions based on experiences with objects and materials.
- Changes in matter; Wet/dry changes
- Using the different senses



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Math

- Shows interest in counting and quantity - we count while we stir.
- Uses Measurement - Using measuring cups



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Language

- Listening and understanding - listens for different purposes - follows simple directions, responds to questions, listens to and engages in conversation with others.
- Uses language to communicate - verbal and gestures/body language
- Develops and expands vocabulary - bake, mix, pour, stir, fractions, cups, teaspoons, tablespoons, crack an egg.
- Uses concepts of print - "reads" recipes, the box of brownies.
- Uses writing as a means of expression - writes their name to vote for favorite items. Crosses off ingredients as we pour them in.



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Physical, health and safety

Pouring

- Using tools in a functional manner
 - Mixing
 - Writing - holding a pencil
 - Twisting with tools



Controls Body movement

Responds to sensory input

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Physical, health and safety (continued)

- Practices Healthy behaviors
 - Hand washing.
 - Healthy vs unhealthy foods discussion
- Practices Safe behaviors
 - Recognizes personal danger - do they stay away from hot things, do they refrain from touching knives?



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Understanding the World

- Is interested in family members - conversations about what they make at home, etc.
- Recognizes and is interested in other supportive people.



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Expressive Arts

- Making music and singing songs during down time of cooking activities.
- When baking the children can get creative while decorating their food.



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Get in groups

You will have a book, recipe or topic. You will come up with a recipe to use. Decide what areas you can address with your recipe.

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How to make it cheap

- Cheap recipes --Handout
- Use simple ingredients
- Plan ahead
- Scholarships-- Handout

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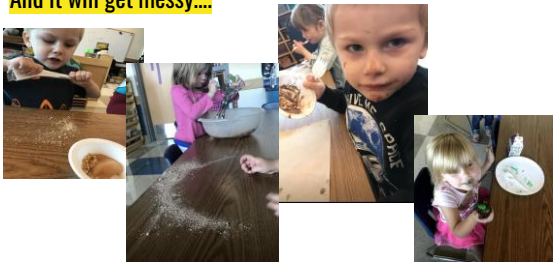
Best part of cooking in the classroom for me

The students are ALWAYS engaged!
They LOVE cooking.
They brainstorm other ideas to cook.
They can share with other classrooms.
They get to try something they created.
The kids work together.
IT'S OKAY TO GET MESSY!



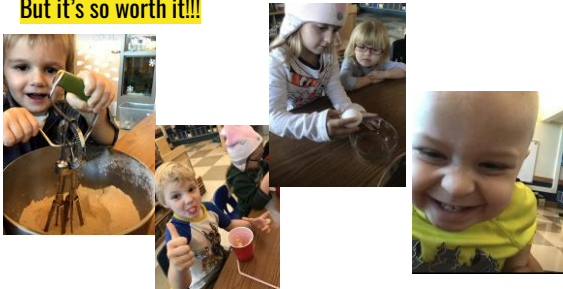
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And it will get messy....



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But it's so worth it!!!



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