

## **Teacher Guide:**

# **COOKING**

### **Key Messages**

- Basic kitchen tools, such as measuring cups and spoons, are needed to prepare a recipe.
- Steps to success when following a recipe; read the recipe, clean a work space in your kitchen, collect all the ingredients listed in the recipe, and follow the steps of the recipe.
- Basic cooking skills, such as measuring and mixing, are the key to successful cooking.
- Convenience foods are often more expensive than home-made foods.
- Children who learn age-appropriate basic cooking skills are more likely to eat the foods they prepare and use these skills to cook as an adult.

### **Objectives**

Participants learn:

- basic kitchen tools.
- the four steps to following a recipe.
- measuring techniques and mixing and cooking terms.
- age-appropriate kitchen skills children can learn to help in the kitchen.
- cost comparison between convenience foods and home made foods.

### **Suggested teaching materials:**

- kitchen tools
- recipes
- Cooking handout

# Activities

- Demonstrate measuring foods –liquid and dry
- Demonstrate cutting, mixing and cooking terms.
- Practice reading a recipe-ingredient amounts and directions
- Do a cost comparison between convenience foods and home made foods.
- Make a recipe.
- Handout: Children in the kitchen