

Cooking in the Classroom

Advantages of Cooking Experiences in the Classroom

- *Cooking is motivational*—Cooking is an activity which provides a great opportunity for hands on engagement and a wealth of fun for children. Cooking encourages children to explore a variety of foods, to experiment with properties of science, use language to share knowledge of foods all while creating good things to eat.
- *Cooking promotes social skills*—Children learn to cooperate, share, and practice good manners. Children develop a sense of pride and accomplishment by making and enjoying a finished product.
- *Cooking activities often include standards from many domains.*

Math—measure, weigh, count, sort, use timers, and estimate ingredients; use one-to-one correspondence to give out foods and utensils; recognize shapes and sizes of foods. Charts and graphs as a follow up to cooking activities reinforce counting and making comparisons.

Science—observe changes in food during cooking processes, predict, experiment, investigate, draw conclusions, and use of senses. Healthy food habits can be emphasized by the types of food that are prepared in the classroom.

Social Studies—work cooperatively when preparing food together, develop self-help skills when snacks are prepared independently and explore and experience food from various cultural backgrounds. Food promotes interest in learning about local communities and the world as a whole.

Language— pictorial recipe charts, dictate recipes and stories, share books about foods, sequence recipe steps, and use language to describe ingredients and procedures. Fine motor skills are developed during the preparation of food (chopping, stirring and squeezing).

Cognitive Processes — explain cause and effect related to how food changes during cooking activities, make predictions about the cooking process and how foods might taste

Cooking Throughout the Classroom

Use food and food related props throughout the learning centers in the classroom.

Art—cookie cutters and pastry rollers for clay, spatulas, cookie sheets, magazines and newspapers for food related collages, food related ink stampers

Dramatic Play—props such as pots and pans, baking sheets, utensils, empty food cartons and packages, aprons, recipe books, magazines with recipes, pictorial menus.

Language and Literacy— books, songs and finger plays related to food and cooking

Science—grow a classroom garden, observe changes in food, use measuring utensils, use senses such as smell and taste

Math—manipulatives including fruits and vegetables, farm animals, various size spoons, forks, cooking utensils, measuring cups and measuring spoons

Incorporating Cooking Activities into the Daily Routine

Cooking activities can be implemented during small group time or as an independent activity. When using cooking as a small group activity, display a pictorial recipe on chart paper. Read the recipe chart together before beginning the activity. Redirect the children's attention to the chart during the preparation to emphasize the sequence of the activity. After completing the cooking activity, display the recipe chart at eye level in the classroom.

To use cooking as an independent activity, recipe cards for each step of the process need to be prepared. Each step of the recipe should be illustrated on large index cards. The first card should have picture of washing hands. Keep each card simple and illustrate with picture cues (drawings of ingredients, spoons, and cups). When a recipe calls for a spoon-full of ingredients, trace the appropriate-sized measuring spoon onto the card. Laminate the cards or cover with clear contact paper. The cards and necessary supplies should be laid on the table in the proper sequence from left to right. The teacher should first demonstrate the process to the children, emphasizing the sequence and measuring techniques. After some initial assistance, children can move from card to card and complete the recipe independently.

Tips to Remember

- Check for food allergies in children.
- When cooking in the classroom, remember to keep it simple and supervised.
- Emphasize the importance of washing hands before handling food.
- Use safety procedures when using appliances or sharp utensils.
- Make sure all ingredients and supplies are ready and organized prior to beginning the activity.

Recipes

Ants in the Sand
<ul style="list-style-type: none"> ❖ 2 Graham crackers ❖ Chocolate sprinkles <p>Place graham crackers in a plastic sandwich bag and crush with a rolling pin. Add chocolate sprinkles to crushed crackers. Pour in a bowl and eat with a spoon or with fingers. Variation: Add raisins (beetles), cinnamon candies, (ladybugs) or mini chocolate chips</p>
Ants on a Raft
<ul style="list-style-type: none"> ❖ Raisins ❖ Saltine or graham crackers <p>Cheese spread, peanut butter or cream cheese Put the spread you choose over the cracker. Place several raisins on top.</p>
Aquariums
<ul style="list-style-type: none"> ❖ Blue gelatin powder ❖ Gummy fish <p>Prepare blue gelatin as directed. Pour into clear plastic glasses and refrigerate until partially set. Once partially set insert gummy fish into gelatin. Set until firm.</p>

Fish in the River

- ❖ 2 celery stalks
- ❖ ¼ cup cream cheese (can be tinted with food coloring)
- ❖ 8 Goldfish crackers

Trim and wash celery and fill with cheese. Top with crackers and serve.

Dirt in a Cup

- ❖ Chocolate pudding (instant)
- ❖ Chocolate wafer cookie crumbs
- ❖ Gummy worms

Prepare chocolate pudding mix as instructed on package. Fill plastic glasses ¾ full of pudding. Sprinkle cookie crumbs on pudding. Stick gummy worms in crumbs.

Banana Pudding

- ❖ Vanilla pudding (instant)
- ❖ Vanilla wafers
- ❖ Bananas

Prepare pudding according to shaker method. Children layer in a cup 1 vanilla wafer, 2 banana slices, spoon of pudding, another vanilla wafer, banana slices and top with pudding.

Teddy Bear Treats

- ❖ 1 box graham crackers
- ❖ 3 crumbled chocolate bars
- ❖ 1 container whipped topping
- ❖ 1 box Teddy Grahams

Mix the crumbled chocolate with the whipped topping. To make one treat, spread the mixture on a graham cracker section; then place a few Teddy Grahams in the mixture so that they are standing up. Place the treats on a sheet of waxed paper and freeze for two hours.

Jack-O'-Lantern

- ❖ Large round cookies
- ❖ White frosting
- ❖ Red and yellow food coloring
- ❖ Raisins

Give each child a small amount of frosting in a small paper cup or bowl. Add a few drops of yellow and red food coloring. Allow each child to mix and see the change in color. Use the frosting to cover the round cookies. Make a face with the raisins.

Number Salad

- ❖ 1 handful of toasted coconut
- ❖ 2 tablespoons orange juice concentrate
- ❖ 3 orange sections
- ❖ 4 apple slices
- ❖ 5 diced pieces of cheese
- ❖ 6 banana slices
- ❖ 7 small cubes melon
- ❖ 8 seedless grapes

Cut the fruit. Put each ingredient into a separate small dish or bowl. Count out the salad ingredients into one large bowl. Stir 9 times and on number 10, eat!

Fruit Shake (individual portion)

- ❖ 1 strawberry
- ❖ 1 slice banana
- ❖ 1 orange section
- ❖ ¼ cup pineapple juice
- ❖ 1 teaspoon honey
- ❖ 2 broken ice cubes

Put all ingredients in a blender and briefly blend.

Lemonade (individual portion)

- ❖ ½ lemon
- ❖ 2 teaspoons sugar
- ❖ 1/3 cup water

Squeeze lemon. Mix juice, sugar and water.

Peanut Honey Balls (individual portion)

- ❖ 1 tablespoon peanut butter
- ❖ ½ teaspoon honey
- ❖ 1 ½ teaspoon powdered milk
- ❖ Crushed cereal

Mix well. Roll into balls and roll in crushed cereal.

Instant Pudding (individual portion)

- ❖ 2 tablespoons instant pudding mix
- ❖ 2 tablespoons powdered milk
- ❖ 1/3 cup water

Mix together and stir 2 minutes. Refrigerate.

Wreath Cookie

- ❖ 1 butter cookie (use type with hole in middle)
- ❖ 1 can white frosting
- ❖ Green food coloring
- ❖ Red cinnamon candies

Mix food coloring into frosting. Spread frosting on cookie. Add cinnamon candies.

Fruit Salad (individual portion)

- ❖ ¼ apple, cut
- ❖ ¼ banana, cut
- ❖ ¼ pineapple, cut
- ❖ 2 orange sections, cut
- ❖ 1 walnut half, chopped

Mix and ingredients together. Stir well.

Apple Salad (individual portion)

- ❖ ¼ apple, cut
- ❖ Celery, small piece, cut
- ❖ 5 raisins
- ❖ 1 teaspoon mayonnaise
- ❖ 1 walnut, broken

Add all ingredients to bowl or cup. Stir to mix.

Traffic Lights (individual portion)

- ❖ 1 graham cracker
- ❖ Peanut butter
- ❖ Red, yellow and green candy coated candies

Break graham cracker into 4 sections. Spread with peanut butter. Place candies in peanut butter to resemble a traffic light.

Apple Smiles

- ❖ 2 apple wedges (with skin on and seeds removed)
- ❖ Peanut butter
- ❖ Miniature marshmallows

Spread peanut butter on one side of an apple wedge. Place marshmallows on peanut butter. Spread peanut butter on the other apple wedge and place it over the marshmallows.

Strawberry Surprise

- ❖ 2 tablespoons strawberry yogurt
- ❖ 2 whole strawberries
- ❖ 1 teaspoon granola

Wash, hull and slice strawberries. Scoop yogurt into container, add strawberries, sprinkle with granola.

Leprechaun Pudding

- ❖ 2 tablespoons sugar free instant pistachio pudding
- ❖ ½ cup milk

Place pudding mix and milk in a zip-lock plastic bag. Close bag. Squeeze and shake bag to mix.

Rainbow in a Cloud

- ❖ Whipped nondairy topping
- ❖ 3 oz. box of red, yellow, orange, green and blue gelatin

Prepare each gelatin according to package directions. Cool until set. Scoop a spoon of whipped topping into a bowl. Add a spoonful of each color of gelatin.

Graham Cracker Smash

- ❖ Graham cracker
- ❖ Applesauce

Place graham crackers in zip-lock bag. Push air out. Close bag and crush crackers. Spoon applesauce into small bowl or cup. Open bag and pour graham cracker bits over applesauce.

Teacher Resource Books

Book	Author	Publisher
<u>Alphabet Cooking Cards</u>	Cherly Olmsted	Fearon Teacher Aids
<u>Book Cooks</u>		Creative Teaching Press
<u>Cook and Learn</u>	Beverly Veitch	Addison Wesley
<u>Cool Cooking for Kids</u>	Pat McClenahan	David S. Lake Publishers
<u>Cook and Learn</u>	Beverly Veitch	Addison Wesley
<u>Cup Cooking-Individual Child Portion</u>	Barbara Johnson	Early Educator's Press
<u>Food to Grow and Learn On</u>	Grace Bickert	Kid's Stuff
<u>Learning Through Play—Cooking</u>	Lisa Feeney	Scholastic
<u>Super Snacks</u>	Jean Warren	Warren Publishing
<u>Teaching Snacks</u>	Gayle Bittinger	Warren Publishing

Please refer to GELDS (Georgia Early Learning and Development Standards) for specific standards and indicators.