

Cooking/Baking Multi-Week Learning Series with Vanessa

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

cooking, kitchen skills, baking

Lesson Ideas

Lesson Title

Cooking/Baking Multi-Week Learning Series: Week 1 - Introduction to Kitchen Skills

Duration

1 hour

Lesson Plan

1. ****Introduction to Kitchen Safety**** (10 minutes)
 - Discuss the importance of safety in the kitchen.
 - Show kids how to properly wash hands.
 - Introduce basic kitchen safety rules (e.g., handling knives, hot surfaces).
2. ****Exploring Kitchen Tools**** (10 minutes)
 - Introduce various kitchen tools (e.g., measuring cups, spatulas, whisks).
 - Allow children to handle each tool and discuss its use.

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3. **Baking Basics: Simple Cookie Recipe** (25 minutes)
 - Guide children in following a simple cookie recipe.
 - Emphasize the importance of measuring ingredients correctly.
 - Demonstrate mixing techniques and safe use of the oven with supervision.
4. **Tasting & Reflection** (10 minutes)
 - Allow children to taste the cookies they've made.
 - Encourage them to share what they learned and enjoyed.
 - Discuss what went well and what could be improved next time.
5. **Cleaning Up** (5 minutes)
 - Teach kids the importance of cleaning up their workspace.
 - Instruct them on how to properly wash and dry dishes.

Materials List

- Mixing bowls
- Measuring cups and spoons
- Baking trays
- Oven mitts
- Spatulas and whisks
- Ingredients for cookies (flour, sugar, butter, egg, baking powder, vanilla extract)
- Napkins for tasting
- Soap and sponges for cleaning

Adaptations for Different Ages

- **Younger Children (Ages 5–7):** Use pre-measured ingredients and plastic utensils for safety. Focus on basic stirring and shaping dough.
- **Older Children (Ages 8–12):** Allow them to measure ingredients themselves and try more complex tasks like cracking eggs.

Movement Break

- **"Chef's Dance"** (5 minutes)
 - Play a fun song and encourage kids to dance like their favorite chefs while pretending to mix and stir.

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Bonus Activities

- **Recipe Booklet Creation:** Start a personal or group recipe booklet where kids can illustrate and write about the recipes they've made each week.
- **Culinary Word Search:** Create a word search puzzle themed around baking terms for children to complete if they finish tasks early.

Series Outline

****Week 1: Introduction to the Kitchen****

- Tour the kitchen and identify various tools and appliances.
- Discuss basic kitchen safety and hygiene.
- Play a matching game to learn the names of different utensils and their uses.

****Week 2: Measuring Ingredients****

- Demonstrate the use of measuring cups and spoons for dry and liquid ingredients.
- Conduct a hands-on activity where kids practice measuring with flour, sugar, and water.
- Create a simple recipe that involves precise measuring, like pancakes.

****Week 3: Basic Knife Skills****

- Introduce types of knives and their functions.
- Practice safe cutting techniques with soft ingredients (bananas, cucumbers).
- Prepare a simple fruit or vegetable salad.

****Week 4: Understanding Flavors****

- Conduct a taste test with sweet, salty, sour, and bitter foods.
- Experiment with making simple seasoning mixes.
- Create a flavor wheel chart to visualize and remember flavors.

****Week 5: Introduction to Baking****

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- Discuss the science behind baking (yeast, baking powder, etc.).
- Bake a basic bread or muffin recipe.
- Decorate baked goods using icing and toppings.

****Week 6: Cooking Techniques****

- Demonstrate basic techniques: sautéing, boiling, and steaming.
- Cook a small meal like pasta with a simple sauce.
- Discuss the nutritional benefits of different cooking methods.

****Week 7: Making Dough****

- Learn about different types of dough (pizza, bread, pie).
- Make and knead a basic pizza dough.
- Top and bake personal-sized pizzas.

****Week 8: Healthy Cooking****

- Discuss incorporating fruits and vegetables into meals.
- Make a colorful and nutritious smoothie.
- Prepare a healthy snack like veggie wraps or fruit skewers.

****Week 9: Creative Baking****

- Explore decoration techniques (piping, fondant, sprinkles).
- Bake and decorate cupcakes for creativity.
- Discuss presentation skills in displaying baked goods.

****Week 10: Review and Celebration****

- Have a review quiz game covering all topics learned.
- Host a mini cooking competition where kids prepare a dish or baked good.
- Celebrate with a potluck-style meal, sharing what everyone made.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

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Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

