



## Cooking

**Grade Level: Preschool**

**Season: Fall**

**Larger IGS Unit: Healthy Eating**

### *Essential Questions*

What are our favorite foods? What foods help us have strong bodies?

### *Objective*

Students will learn that cooking is a process with certain ingredients and different steps to make a finished product. Through engaging in the process, they will be encouraged to try new foods.

### *Materials*

- Age appropriate utensils for children to use (e.g., kid knives, cutting boards, food processor, lemon squeezer, measuring cups)
- Recipe + corresponding ingredients

### *Intro*

Prep everything so that all ingredients and utensils are out for students to see at the table. If vegetables are particularly hard, make sure that they are pre-baked or boiled so that they can be cut with a blunt knife. Go through the recipe and make sure each step has multiple parts that students can work on simultaneously. For example, multiple kids can be ripping kale off of the stem, while other students press orange juice, and still others chop up scallions.

At circle, explain that we will be doing a cooking project, and elaborate on what recipe will be made. When applicable, have examples of the featured fruit/vegetable for kids to observe.

Make sure that students understand that they **MUST** have clean hands throughout the entire process. Have them come up with a list of things they cannot touch while cooking such as their nose, mouth or face. Make sure they understand this concept.

### *Activity*

Review the list of ingredients, and make sure they can identify each one. Try to assign tasks in a circle so that students can anticipate when their next turn is happening.

Make sure you taste your delicious creation. At tasting time ask the students if they either



like it or don't like it yet. Encourage them not to “yuck my yum” with using negative terminology, as it can hurt other's feelings and make others feel embarrassed for liking something. Explain that it takes about 20 times to like something new you tried, so they should try it again next time! Have them find a polite way to describe the food such as ‘too salty’, ‘too sour’, don't like it yet, etc.

***Notes:***

Using machines such as the food processor is very exciting for this age group. Explore grating and crushing different things in the food processor.

Find simple kitchen tools that are easy for kids to use. This includes apple corers, rotary graters, or lemon squeezers. They can power them on their own, and work on their motor skills at the same time!