**Recipe 101 Lesson**

**Write on board:**

**Why use a recipe? (brainstorm/prior knowledge)**

1. Consistent results
2. Gives ingredients and instructions to prepare a specific food

“**Baking is a Science, Cooking is an Art” (explain importance of measuring exactly for baking, and how you can get ‘creative’ when cooking)**

Students take Notes:

1. Brainstorm on board: What a recipe should include. Make sure students have these10 things
   * Complete list of ingredients, usually in order of use
   * Exact amounts of ingredients
   * Specific instructions for preparing the recipe
     + Step-by-step in logical order

* Equipment required, including sizes; pans; 8x8, 9x13, bowls
* Cooking method; simmer, boil, saute
* Cooking temperatures; 350F, high, medium
* Cooking time; hours and minutes
* The yield, number of servings that will result; 6, dozen…

1. When you get to measurements explain the imperial system and the metric system. Explain how Canada usually uses BOTH systems.
   * **Dry measuring**: cups, teaspoons (flour, sugar, baking soda)
   * **Liquid measuring**: cups, ml, (oil, milk, water, vanilla)
   * Ounces, grams, pounds (chocolate chips, butter)
   * Eggs, eggs same
2. Show different tools. Demonstrate for sugar, flour, water
   * Scoop for sugar
   * Pack for brown sugar
   * Spoon flour and level off
   * Water, and check at eye level on counter.

**Students work on “Explore a Recipe Sheet”.** Magazines to cut out recipes found in sliding cupboards to the left. Make sure they are put back in neat stacks. Scissors and glue are found in box in lower cupboard of teacher’s desk. I will try to leave them out.