

Cook and Learn

This project provides Life Skills Students the opportunity to plan, prepare, serve, and enjoy basic meals and foods. It also allows them to develop independent skills needed to survive successfully.

Curriculum/State Standard

Special Education Life Skills
Replacement Curriculum

Overview

Non-readers/low readers were provided the opportunity to assemble foods and then prepare them in a microwave. They also improved skills of measurement, safety and cleanliness.

Objectives

- The student will apply microwave techniques to planning and preparing food items.
- The student will be able to use a microwave.
- The student will demonstrate safety skills required in using a microwave.

Materials

Microwave, curriculum (PCI Educational Publishing LOOK 'N COOK or HOME COOKING or Cooking to LEARN), microwave bowls and lids, measuring utensils, plate and silverware, ingredients.

Readiness Activity

Students must understand basic measurement tools, such as cup, ½ cup, 1/3 cup, teaspoon, tablespoon. Students must understand basic instruction, such as stir, add, pour and cover.

Strategies/Activities

Student will be introduced to a recipe designed for non-readers.

Student will learn and practice skills necessary for preparing the recipe.

Student will prepare recipe at different levels of independence, incorporating all new skills.

Student will be introduced to a new recipe, which will introduce new skills and build on the old skills.

Culminating Activity

The students will plan and prepare multiple foods for the same meal, using the food group and prepare a well-balanced meal. The students will calculate or understand the difference in time required preparing and cooking all the recipes.

Evaluation

Evaluation was done by teacher developed checklists reflecting levels of independence and accuracy for

1. planning, preparing and serving foods
2. using kitchen appliances
3. safety and cleaning skills

7-12

GRADE LEVEL



ARTS



LANGUAGE



MATH

Misc

MISCELLANEOUS



SCIENCE



HISTORY



SOCIAL STUDIES

34

LESSONS

\$600

TOTAL BUDGET