Cooking in the Home Level 1 - Lesson Plan

Key Points to Cover:

1. Common measurements (Page 1)
2. Common Kitchen Tools (Page 2)
3. Plan and prepare the main evening meal
4. Preparation must include the usage of the stove and oven
5. All foods must be prepared from scratch
6. Must include the 3 basic food groups (suggest examples to use)
    i. Starch (Breads, rolls, etc.)
    ii. Vegetable (Broccoli, beans, corn etc.)
    iii. Meat or protein (Chicken, pork, beans etc.)

Supplies Suggested:

Bring in measuring spoons, cups, etc.

Activities to Reinforce Lesson:

Devotion: