Cooking in the Home Level 2 - Lesson Plan

Key Points to Cover:

1. Plan and prepare a meal
2. Make a menu
3. Purchase the items from the grocery store
4. Prepare the meal
    a. Preparation must include the usage of the stove and oven
    b. All foods must be prepared from scratch
    c. Must include the 3 basic food groups
        i. Starch
        ii. Vegetable
        iii. Meat or protein

Supplies Suggested:

Activities to Reinforce Lesson:

Involve the boys in cooking at campouts and events.

Devotion: