

6.3

Cooking in the Home

"For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that."

1 Timothy 6:7-8

Objectives:

Recruit

1. Demonstrate the proper use of the following kitchen utensils and appliances:
 - a. Measuring spoons
 - b. Measuring cup
 - c. Spatula
 - d. Mixing spoons
 - e. Microwave oven
2. Cook a simple snack using the utensils above and a microwave oven.

Camper

1. Demonstrate the proper use of the following kitchen utensils and appliances:
 - a. Hand beater
 - b. Blender
 - c. Spatula
 - d. Wire whip
 - e. Stove top
2. Cook a simple meal using the utensils above and the open cooktop.

Frontiersman

1. Demonstrate the proper use of the following kitchen utensils and appliances:
 - a. Oven
 - b. Slow cooker
2. Follow a recipe to make a dessert requiring baking.

UNIT 6

SKILLS FOR INDEPENDENT LIVING

CHAPTERS 1-6



Lutheran Pioneers, Inc.
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3. Cook a meal for your family using the utensils above.



TIPS TO REMEMBER

DO NOT assume that the Pioneers will be bored by a subject just because it is not interesting to you. Let people who are interested teach, and you will

help your boys grow and may become interested yourself.

Applying God's Word to the Lesson

DEVOTION #1

1 Kings 19:6 *He looked around, and there by his head was a cake of baked bread over hot coals, and a jar of water. He ate and drank and then lay down again.*

Peter Piper proved to be a pretty precious pepper picker. Less privileged people are expected to pick produce unpickled and preserve it.

This jar of pickles was in my pantry since last fall when I picked the cucumbers and "pickled" them for me to enjoy later. I was hungry for pickles with my hamburger yesterday. I remembered the jar of pickles. Do you think the pickles are still good enough to eat after all these months of sitting in this jar? They do taste good. They didn't spoil like other foods because these pickles were soaking in vinegar. Pickling cucumbers preserves them for use months later.

God cares about you very much. Peter said, "Cast all your anxiety on him because he cares for you" (1 Peter 5:7). We might say that God preserves us just as the vinegar in the jar preserves the pickles for us to eat. God takes care of our physical needs. He preserves our earthly lives by giving us all that is necessary to grow—earth, sunshine, rain and seeds. God created the world with just the right elements to provide us with much food. He also provided us with the elements to preserve the food to enjoy later.

Even though God does provide all we need, sin attempts to spoil our lives. Pollution is bad stewardship of the use of the land spoils the resources God has given us to preserve not only our life but all of life. Sin also attempts to spoil our spiritual life. The devil wants to spoil our relationship with Christ and with our Father in heaven. He wants us to rot with him in hell instead of being preserved in heaven! He would have us deny our relationship with God.

God sent us the best Preservative ever to keep sin and the power of the devil from spoiling us or our relationship with God. Jesus conquered all that could spoil our relationship with him. Jesus defeated all that could cause us to become God's enemies, doomed to eternal spoilage. He did this when he died on the cross for us. Jesus' blood is like the vinegar in the jar. He preserves us now and will continue to preserve us until he returns to "open" the jar to take us to heaven with him. When Jesus rose from the dead, he proclaimed the victory over all that would spoil our life with him. We will live preserved forever, confident that, by faith, we will live forever in heaven.

God supplies all we need. Although sin spoils the things God gives us, sin does not have the bacteria to spoil the work Jesus did on the cross.

PRAYER: Heavenly Father, thank you for providing us with all we need. Thank you for sending Jesus to preserve us for your present and future needs. When sin tries to spoil our lives and our relationship with you, allow us to receive strength from the Holy Spirit working through the Word to fight the spoilage. Through Jesus Christ we pray. Amen.

HYMN: 431 v.1-3 (TLH) 375 v.1-3 (CW)

Applying God's Word to the Lesson

DEVOTION #2

TEXT: Mark 8:15

THEME: Do it God's Way

Bobby decided to bake a cake for his mother. While his mother was out shopping, Bobby wanted to surprise her with her favorite cake—chocolate. Bobby found the largest bowl and the spoon his mother used when she prepared her cakes. Not having a recipe to follow, Bobby decided to make the cake his way. He knew his mother used lots of sugar so he poured sugar into the bowl (if you are using this devotion with objects, pour a large amount of sugar in the bowl). Then to make sure it was a chocolate cake, Bobby opened up his candy bars (it can be any chocolate bars!) and placed them in the bowl. To make sure that it was a large and fluffy cake, Bobby poured in the marshmallows. He also remembered that his mother liked...(begin selecting items that you have in the house and explain why the "mother" enjoys them). How do you suppose Bobby's cake turned out? Would you like to eat this cake? Do you think the cake would have been better if Bobby followed a recipe?

The Pharisees liked to do things "their own way." Their way was putting "yeast" in everything they did.

Like the Pharisees, some times we try to do things our own way. We disobey God's Word. The Bible shows us that if we do things our way our lives will turn out as bad as Bobby's cake or worse. The Bible also tells us about what Jesus did when he followed God's recipe for our salvation. Through his life, death and resurrection, Jesus has made forgiveness ours.

God has given us the Bible so we can know of his love and do things "his way."

PRAYER: Lord Jesus, when we are tempted to do things our own way, remind us that you are the Way, the Truth and the Life. Turn us to you and your word for true guidance and direction everyday. Amen.

HYMN: 355 (TLH) 356 (CW)

DEVOTION #3

TEXT: 1 Peter 2:2

THEME: God's Special "Milk"

OUTLINE

1. Milk is a normal ingredient in many recipes.
2. Milk is a necessary ingredient in our diets.
3. God's "milk" is a necessary ingredient in our lives and faith.
4. In the hymnal we pray "Blessed Lord, you have given us your Holy Scriptures for our learning. May we so hear them, read, learn, and take them to heart, that being strengthened and comforted by your holy Word, we may cling to the blessed hope of everlasting life, through Jesus Christ." To "take them to heart" is to digest the Scriptures entirely.

Additional References:

- Genesis 11:3
- Genesis 18:6
- Genesis 40:16-22
- Exodus 12:9
- Exodus 12:39
- Leviticus 2:4
- Leviticus 6:28
- Leviticus 24:5
- Leviticus 26:26
- 1 Kings 19:6
- 1 Kings 19:21
- 2 Kings 4:38,42
- Proverbs 12:27
- Isaiah 44:19
- Luke 4:4
- Luke 11:3
- Luke 24:42
- Mark 8:14-21
- John 6:7
- John 6:31-35
- John 6:48-51
- John 6:58
- John 21:9
- Acts 10:10-16
- 2 Cor. 9:10

1 Introducing the Lesson

There are some obvious overlaps between this lesson and lesson 3.7 (*Camp Cooking*). Do not attempt to teach them entirely exclusively. The terminology for cooking directions and measurements MUST be used for both kinds of cooking.

Essentially, cooking in the home is the same as outdoor cooking, except that the challenge of regulating the heat has been greatly reduced (and the flavor of the campfire has been removed from the food).

The most important concepts to teach in this lesson are the variety of applications for which the Pioneers can do cooking (gifts for birthdays, Mother's Day and other occasions; good snacks; general helping around home; fun; etc.) and safety in the kitchen.

To introduce the lesson, give your Pioneers food that you have prepared. Food is a great motivator. You might meet in a kitchen with ingredients for one or more recipes set out for the boys to see. You can have the Pioneers tell what their favorite foods or meals are and tell them that they are able to make these themselves.

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Chapter 3 Cooking in the Home

In our Bible, our Lord speaks about feeding the Jews as they were wandering around the desert for 40 years. In Exodus - Chapter 13, the Jews were complaining because they had no food. Starting with verse 3, *"If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all of the food we wanted, but you have brought us out into this desert to starve this entire assembly to death. Then the Lord said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day!'"* And again, starting in verse 11, when the Jews were grumbling again, *"the Lord said to Moses, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God.' That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread the Lord has given you to eat!'"*

So, why should we learn to cook?

Now, thank the Lord, we are not wandering in a desert. At home, our Mom or Dad feeds us. OK, so why should we learn how to cook and feed ourselves at home. Many times, now-a-days, Mom or Dad may be working and cannot be home to feed us all of the time. If we learn to feed ourselves, we can do it, then get out of the house sooner to play. If you really enjoy cooking for yourself, consider

Possible Materials for Teaching and Demonstrating this Lesson

Foods prepared before the meeting

Ingredients and utensils necessary for a few different recipes

Several different recipes and cookbooks

Necessary dishes for eating what you make

Videos from the Lutheran Pioneer National Office

becoming a chef some day. Did you know that some of the best chefs are men?

Recipes

If we want to eat real good, sometimes we have to be pretty fancy and use some of Mom's recipes. If you do use recipes, be sure that you read it thoroughly and understand it completely. Sometimes, the recipe may be written in code. So, let's 'break the code'. The code is usually the measurements or quantity to use, so that we use the right amount of ingredient. If we don't use the right amount, our food made from the recipe will taste bad. So, what are measurements?

Common Measurements

Most of the time, measurements are called "Weights and Measures". It's usually a measure of 'volume'. Here are some of the common "weights and Measures" taken from a recipe book put together by Bethlehem Lutheran Church in Menomonee Falls, Wisconsin that is called "Our Daily Bread". Now, let's 'break the code'.

Standard Abbreviations

t. = teaspoon qt. = quart
 T. = tablespoon oz. = ounce
 c. = cup lb. = pound
 pt. = pint stick = 1/4 pound (of butter or margarine)

Guide to Weights and Measures

1 teaspoon = 60 drops	1 pound = 16 ounces
3 teaspoons = 1 tablespoon	1 cup = 1/2 pint
2 tablespoons = 1 fluid ounce	2 cups = 1 pint
4 tablespoons = 1/4 cup	4 cups = 1 quart
8 tablespoons = 1/2 cup	4 quarts = 1 gallon
16 tablespoons = 1 cup	8 quarts = 1 peck

- Your "expert" presenter may wish to take the boys to his/her own kitchen for some hands-on training.

Other Resources

There are other resources available to help you learn about cooking before you present the lesson. These might give you more new ideas or tools to use for your presentation.

- Cookbooks provide an unlimited supply of recipes and information about measurements, kitchen utensils and cooking terminology and methods.
- There are even more recipes available on the internet.

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Teaching the Lesson

This can be a very fun and useful lesson for you to teach and for the boys to learn. There is nothing that should be taught in this lesson without either doing something or looking at different articles.

"Expert" Presenters

If you choose to have someone present the lesson to the boys, here are some suggestions.

- A chef or cook can show his specialty or simple cooking procedures.
- A nutritionist can discuss how to plan meals that are both nutritious and delicious.
- An ODP, Pioneer mom or dad, or leader's spouse can provide practical "expertise" in this subject.

Field Trips

There are a few places to visit to give the Pioneers more information and perspective about cooking in the home.

- You can tour a restaurant. This works especially well if someone from your congregation owns or works at the restaurant and is willing to show you some of the details about the restaurant operations.
- You might tour a bakery, deli or other food processing plant for similar insight and information.

- The Lutheran Pioneer Library also has videos about cooking.

Projects & Activities

Getting the boys involved in practicing the skills in this chapter will keep them interested in the subject matter and make it memorable. Here are a few ideas for teaching *Cooking in the Home*.

- Present different recipes to measure and mix (even as simple as gorp). Instant pudding and other store mixes are good for teaching measuring.
- Prepare a meal, and invite the Girl Pioneers of the same age level to eat it. Try to arrange to have the Girl Pioneers cook for the Pioneers at another time.
- Involve your Pioneers in cooking for meals at church (e.g., Mother's Day breakfast, Pioneer awards dinner).
- Have a father/son or mother/son dinner, for which the Pioneers plan, purchase, and prepare the meal.
- Bake goods to deliver to shut-ins, called workers, a homeless shelter, or other group.
- Bake goods for a bake sale fundraiser.
- Recognizing the importance of food, plan and execute a food drive or cook a meal for needy families.

AV Materials for This Chapter Available from Lutheran Pioneers

AV 601 *CREATIVE CAKES* - 30 Minutes - Ages 10-Adult

AV 617 *KIDS IN THE KITCHEN—WONDERS OF MICROWAVING* - 60 Minutes - Ages 10-13

AV 619 *KIDS IN THE KITCHEN* - 50 Minutes - Ages 10-13

AV 624 *SHOP SMART, EAT SMART* - 30 Minutes - Ages 10-Adult

AV 625 *BALANCING YOUR ACT* - 15 Minutes

AV 628 *GINGERBREAD LAND* - 18 Minutes

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Now, when we are using a recipe to make something for ourselves, I doubt it if we'll use such large measurements like pint, quart, gallon or peck. Although, if we would be making a pot of chili for a bunch of our Pioneer friends, we could use those large measurements.

Common Kitchen Tools - Hand

Here is a list of common kitchen 'hand' tools that may be around your house. Have your Mom or Dad show you these tools and **how to use them** before you have to use them.

Measuring Spoon(s)	Paring Knife
Measuring Cup	Butcher Knife
Spatula	Serrated Knife
Mixing Spoon	Cooking Pots
Hand Beater (egg?)	Frying Pans
Wire Whip	Griddles
Peeler (potato?)	Plastic Containers leftovers)

Common Kitchen Tools - Power

Here is a list of common 'power' tools that may be around your house. Have your Mom or Dad show you these tools and **how to use them** before you have to use them.

Mixer	Stove (burners & oven)
Blender	Slow Cooker
Microwave Oven	

Clean-up

When you prepare your own food, it's hard **not** to make a mess. Not only do you have to wash the dishes and utensils used, but you have to clean up the kitchen counter, stove and kitchen table. Here are three simple clean-up rules to remember, so your Mom or Dad will be happy when they know that you have prepared your own meal **and** cleaned up everything properly.

- ** Clean up immediately after eating!
- ** Wash utensils clean and rinsed thoroughly!
- ** Put everything away exactly where you found them!

Summary

Enjoy cooking for yourself. Try it, you'll like it! Learning how to cook at home will be a big help to you when you have to cook at your Train campouts. Ask your Mom or Dad to help you when you first begin to cook for yourself. You learn your 'Pioneer Skills' from your Train Leader at your meetings and then, you practice the skills while camping. Who knows? You might become a famous chef at some fancy restaurant!

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3 Practicing and Testing the Material

The practice for this chapter will come in each Pioneer's own kitchen. However, after you have given the boys practice in the skills of this chapter, you can test them using many of the activities listed in this lesson. Letting them cook for themselves or someone else is the only way to see if they have learned all of the concepts in the chapter. You might ask them to make a meal within certain criteria for their families and have their parent(s) sign a sheet to confirm that it was done satisfactorily.

To test their knowledge of the various cooking utensils in the kitchen, you can have a group oral quiz.

You might have a few small groups of boys have a "cookoff," in which they prepare a given food and have the Girl Pioneers or another group judge who has made the best food.

Ultimately the proof is in the "pudding."