

Kitchen Safety & Basic Cooking: Prepare a Simple Recipe

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will demonstrate basic kitchen safety practices and successfully prepare a simple recipe independently, with supervision as needed.

MATERIALS NEEDED

- a simple recipe (such as scrambled eggs, a sandwich, or pasta with sauce)
- recipe ingredients
- basic kitchen tools (cutting board, knife, measuring cups, stove or microwave as needed)
- apron or towel (optional)

HANDS-ON ACTIVITY

1. Before cooking, write out a kitchen safety checklist of at least 5 rules, such as washing hands, tying back hair, using knives carefully, turning pot handles inward, and using oven mitts, and check each off as you follow it.
2. Read through your chosen recipe fully and gather and measure all ingredients before starting.
3. Prepare the recipe step by step, following proper safety practices, with adult supervision as needed for stove or knife use.
4. Record the actual time it took you to prepare the dish and compare it to the recipe's estimated time.
5. Rate your finished dish on taste, appearance, and how well you followed the recipe on a 1-5 scale each, and write one specific thing you would do differently next time.

QUESTIONS

1. What is 'mise en place,' and why is it useful?

2. Name 2 kitchen safety rules you followed and why each matters.

3. How did your actual cooking time compare to the recipe's estimated time?

4. What is one specific thing you would do differently next time you make this recipe?
