

Cooking Skills

Objective: To teach students to prepare noodles on the stovetop, prepare macaroni using a microwave oven, and make a peanut butter and jelly sandwich.

Setting and Materials:

Settings: Kitchen area of a resource classroom

Materials:

1. Cooking supplies (e.g., pots, pans, spoons)
2. Food items
3. Color television with VCR
4. Video prompting tape for each cooking skill

Content Taught
Task analyses of targeted food preparation skills

Noodle Preparation on Stovetop	Microwave Preparation of Macaroni and Cheese	Countertop Preparation of Making a Sandwich
1. Wash hands.	1. Wash hands.	1. Wash hands.
2. Get saucepan.	2. Get Mac-cheese packet.	2. Get out plate.
3. Get spoon.	3. Get medium size bowl.	3. Get two slices of bread.
4. Get Ramen Noodles.	4. Get spoon.	4. Get peanut butter.
5. Get 1 c. measuring cup.	5. Get 1/3 c. measuring cup.	5. Get jelly.
6. Place saucepan on front left burner.	6. Open macaroni packet.	6. Get knife.
7. Go to sink with measuring cup.	7. Put macaroni in bowl.	7. Open peanut butter.
8. Fill measuring cup to top with water.	8. Fill 1/3 c. measuring cup with water.	8. Open jelly.
9. Pour in saucepan.	9. Pour into bowl.	9. Put knife in jar and get peanut butter.
10. Fill measuring cup to top with water.	10. Fill 1/3 c. measuring cup with water.	10. Spread peanut butter on one bread slice.
11. Pour into saucepan.	11. Pour into bowl.	11. Put knife in jar and get jelly.
12. Turn temperature dial to 10.	12. Put bowl into microwave.	12. Spread jelly on other bread slice.
13. Wait for water to boil.	13. Set microwave for 4 minutes.	13. Put two slices together.
14. Open Ramen Noodles.	14. Wait for beep.	14. Clean up.
15. Put noodles only into water.	15. Take bowl out of microwave.	