

French Toast



MATERIALS NEEDED / DIRECTIONS

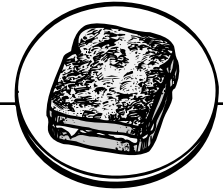
Serves: One

Food Items	Cooking Items
eggs cinnamon milk bread non-stick cooking spray syrup	large mixing bowl whisk measuring spoons measuring cup frying pan spatula dinner plate oven mitt stove

Directions

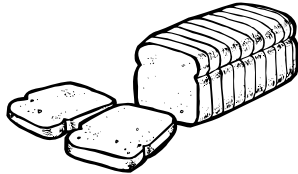
1. Crack 2 eggs into the bowl.
2. Beat the eggs with the whisk.
3. Add 1/4 teaspoon of cinnamon, and stir with the whisk.
4. Add 1/2 cup of milk, and stir with the whisk.
5. Spray the frying pan with non-stick cooking spray.
6. Place the frying pan on a stove-top burner, and turn the heat to medium.
7. Dip 1 piece of bread into the egg mixture.
8. Place the bread in the frying pan to cook until the bread turns brown.
9. Use the spatula to turn the bread over so the other side can cook.
10. When the bread is brown on both sides, use the spatula to place it on the plate.
11. Use the oven mitt to move the pan off the burner, and turn the dial to off.
12. Pour syrup on the French toast.

Grilled Cheese Sandwich

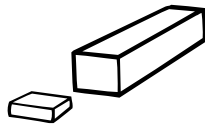


MATERIALS NEEDED

Food Items



bread

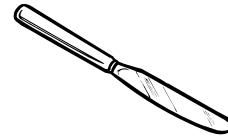


butter

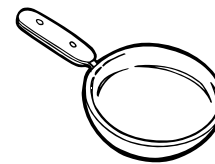


cheese slices

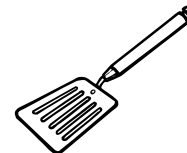
Cooking Items



dinner knife



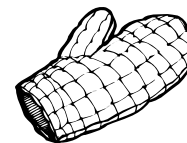
frying pan



spatula



salad plate



oven mitt

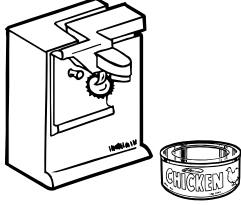

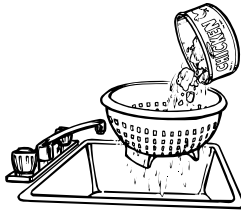
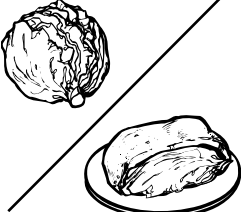
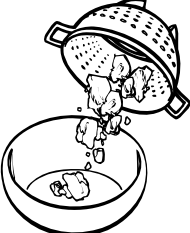

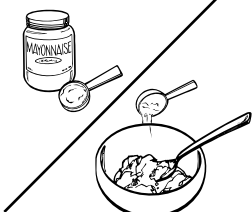
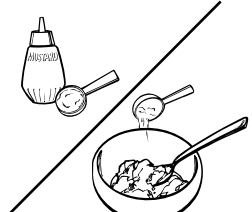
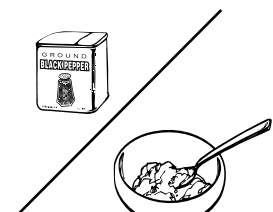


stove

Pita Sandwich



DIRECTIONS

<p>1</p>  <p>Use the can opener to open the can of chicken meat.</p>	<p>7</p>  <p>Place the pita bread shell on the plate, and cut it open with the dinner knife.</p>
<p>2</p>  <p>Place the strainer in the sink, and pour the chicken meat and liquid into it.</p>	<p>8</p>  <p>Place a leaf of lettuce into the pita bread.</p>
<p>3</p>  <p>After the liquid is drained, pour the chicken meat from the strainer into the bowl.</p>	<p>9</p>  <p>Fill the shell with 3 tablespoons of the chicken mixture.</p>
<p>4</p>  <p>Add 1 teaspoon of mayonnaise, and stir with the tablespoon.</p>	
<p>5</p>  <p>Add 1 teaspoon of mustard, and stir with the tablespoon.</p>	
<p>6</p>  <p>Add a pinch of pepper, and stir with the tablespoon.</p>	

Ravioli



COMPREHENSION QUESTIONS

Circle the correct answer.

<p>1 What did you make?</p> <p>A. spaghetti</p> <p>B. ravioli</p> <p>C. pizza</p>	<p>6 What did you cook the sauce in?</p> <p>A. saucepan</p> <p>B. bowl</p> <p>C. cup</p>
<p>2 How many materials did you use?</p> <p>A. twelve</p> <p>B. thirteen</p> <p>C. fourteen</p>	<p>7 What shape was the ravioli?</p> <p>A. circle</p> <p>B. square</p> <p>C. rectangle</p>
<p>3 Circle 3 materials you used.</p> <p>A. microwave D. milk</p> <p>B. strainer E. wooden spoon</p> <p>C. dinner knife</p>	<p>8 What food group is cheese in?</p> <p>A. meat</p> <p>B. fruits</p> <p>C. dairy</p>
<p>4 Did you use an oven or a stove-top burner?</p> <p>A. oven</p> <p>B. stove-top burner</p>	<p>9 What color was the spaghetti sauce?</p> <p>A. red</p> <p>B. orange</p> <p>C. brown</p>
<p>5 How long did you cook the ravioli?</p> <p>A. 10 hours</p> <p>B. 10 seconds</p> <p>C. 10 minutes</p>	<p>10 What did you use that had two handles and small holes in it?</p> <p>A. dinner fork</p> <p>B. bowl</p> <p>C. strainer</p>

French Fries



COMPREHENSION QUESTIONS

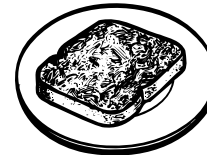
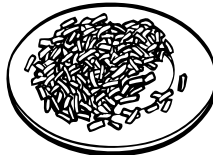
Circle the correct answer.

1 What did you make?

A. French fries

B. hash browns

C. toast



2 How many materials did you use?

A. nine

B. eight

C. ten

9

8

10

3 Circle 3 materials you used.

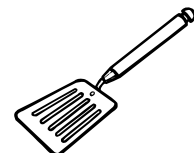
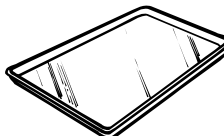
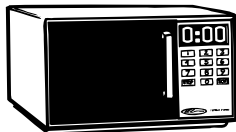
A. oven

B. microwave

C. cookie sheet

D. cookie

E. spatula



4 Did you use salt or pepper?

A. salt

B. pepper

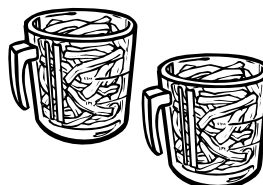
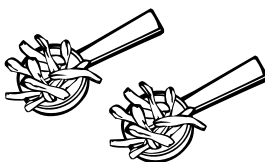


5 What amount of frozen French fries did you use?

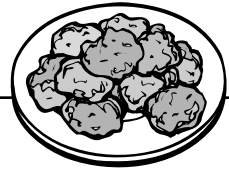
A. 2 teaspoons

B. 2 cups

C. 1 cup



No-Bake Cookies



COMPREHENSION QUESTIONS

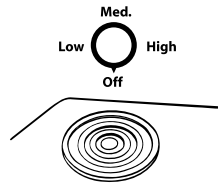
Circle the correct answer.

6 Where did you cook the cookies?

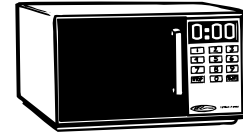
A. oven



B. stove-top burner

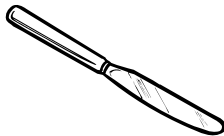


C. microwave



7 What did you use to mix all the ingredients together?

A. dinner knife



B. wooden spoon



C. blender



8 What color was the sugar?

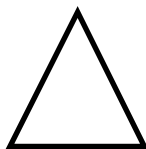
A. white

B. yellow

C. brown

9 What shape was the large pot?

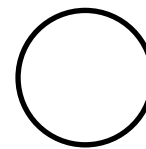
A. triangle



B. square



C. circle



10 What ingredient did you put in last?

A. milk



B. vanilla



C. oats

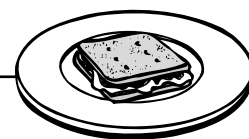


Name _____

Date _____

S'mores

COMPREHENSION QUESTIONS



Answer the following questions with complete sentences.

1. What food group does chocolate belong to?

2. What are three words that describe a marshmallow?

3. What happened to the s'more in the microwave?

4. What cooks food faster: a microwave or an oven?

5. What food did you use that was crunchy to make the s'more?

Name _____

Date _____

Trail Mix



COMPREHENSION QUESTIONS

Answer the following questions with complete sentences.

6. Did you cook the trail mix or eat it raw?

7. What did you use to measure the ingredients?

8. Besides trail mix, what is another food that has raisins in it?

9. Which is bigger: 1 cup or 1/4 cup?

10. What other foods could you put in the trail mix?

Name _____

Date _____

Orange Delicious



CLOZE ACTIVITY

Fill in the blanks with the words below.

sugar

blender

water

milk

vanilla

**frozen orange
juice**

smooth

ice cubes

First, the group emptied the _____

_____ into the blender. We added one cup of _____

and one cup of _____. We also added two tablespoons of

_____ and two teaspoons of _____ to the

orange juice. Next, we counted twelve _____

and placed them in the _____. We placed the lid on the blender and

turned the speed to high until the ice cubes were _____. Finally, we

took the lid off the blender and poured the drink into the glasses.

Name _____

Date _____

Root Beer Float



WRITING ACTIVITY

Write the steps you took to make the root beer float.

First _____

Then _____

Next _____

Finally _____
