

# Class Cookbook Lesson Plan

## Objectives:

- To allow students to discuss their familial/cultural connections to food
- To create a connection between family life and the classroom domain

## Materials:

- Binder (with decorative cover saying Class Cookbook)
- Colored construction paper (with holes punched)
- Colored markers/pens
- Decorations (stickers, glitter glue, etc.)

## Preparation:

- Ask students to bring in their favorite recipe from home
- Lay out construction paper, markers, and decorations on each table

## Introduction:

- Discuss how food is a very important parts of many cultures. It plays a role in everyday life along with holidays.
- Ask students about the history of their favorite recipe (When did you first try it? Where does it come from? What are the different ingredients?)
- Has this food brought your family together in any ways?
- Discuss recipe terminology
  - Ask students to put in order of smallest to largest (teaspoon, tablespoon,  $\frac{1}{4}$  cup,  $\frac{1}{2}$  cup, 1 cup, etc.)

## Activity:

1. Have each student copy down the recipe they brought in on a piece of colored construction paper (help students to make sure the recipes are legible)
2. After they have written the recipe, give them some time to decorate their page
3. Once each student has finished, place all of the recipes into the binder

## Wrap-up:

- Go through the recipes as a class and have each student present their recipe and why they chose it (why it is important to them)