

# **Lesson 1: Food Preparation**

## **Overview**

This lesson involves five interactive stations designed to help students develop fine motor skills, understand food concepts, and practice hygiene. The lesson will be conducted over five days, with each day focusing on different stations.

## **Lesson Objective**

**By the end of the lesson, students will be able to:**

- practice using tongs and pouring techniques.
- differentiate between fruits and vegetables.
- open and close various containers.
- wash hands before food preparation.

## **Materials Needed**

- **Station 1:** Tongs, small items, bowls
- **Station 2:** Fruits and vegetables (real or picture cards), sorting trays
- **Station 3:** Large dry ingredients (e.g., beans), identical containers, spoons
- **Station 4:** Various containers (e.g., jars), small items for containers
- **Station 5:** Soap and water or hand sanitizer, towels

## **Station Descriptions**

### **Station 1: Use Tongs to Transfer Items**

- **Activity:** Transfer small items between bowls using tongs.
- **Role of Teacher:** Demonstrate tongs use and assist as needed.

### **Station 2: Understand Fruits vs. Vegetables**

- **Activity:** Sort items into fruits and vegetables.
- **Role of Teacher:** Explain differences and assist with sorting.

### **Station 3: Pour Large Dry Ingredients**

- **Activity:** Pour beans or similar ingredients between containers.
- **Role of Teacher:** Demonstrate pouring and monitor activity.

#### **Station 4: Open and Close Containers**

- **Activity:** Practice opening and closing various containers.
- **Role of Teacher:** Show techniques and assist with containers.

#### **Station 5: Wash Hands Before Food Preparation**

- **Activity:** Wash hands before moving to other activities.
- **Role of Teacher:** Ensure correct hand washing techniques.