



LESSON 1 MICROWAVE MAC AND CHEESE LESSON PLAN

HEALTHY HELPERS: CULINARY LITERACY FOR KIDS

CONCEPT:

The main concept of Healthy Helpers is to introduce children to basic cooking skills and techniques and familiarize the use of cooking tools and terms. It is our hope that by providing children with a positive cooking experience, children will cook at home with their parents and try new foods. Children that participate in cooking may shop differently for food, fill their plates with healthy choices, and consider the environmental impacts of their food choices.

GOALS:

- Children will practice basic food preparation skills and learn cooking vocabulary.
- Children will engage in sensory experiences with a variety of healthy foods.
- Children will identify personal food preferences.
- Children will improve their self-confidence/efficacy and eating behavior.

OBJECTIVES:

- Children will prepare the recipe "Microwave Mac and Cheese".
- Children will use their senses to evaluate recipe ingredients and the final food product.
- Children will express how much they like or dislike the "Microwave Mac and Cheese" and how likely they are to eat it again.

CULINARY LITERACY COMPONENTS:

Concepts covered in Virtual Lesson Plan:

- *Cooking vocabulary: cooking appliances, cooking utensils/tools/gadgets, recipe, ingredients, chef*
- *Examples of common cooking appliances and cooking utensils/tools gadgets*
- *Cooking safely with the help of an adult: "Healthy Helper"*

Additional Concepts in How-to Video "Microwave Mac and Cheese":

- *Main concept: Using the microwave to cook*
- *3 Things to do Before Cooking: wash hands, tie hair back, clean work surface (eatright.org)*
- *Practicing safe use of kitchen tools: box grater, measuring 1 cup using dry measure, measuring 3/4 cups using liquid measure, strainer, whisk, child safe knife*

CURRICULUM ALIGNMENT WITH EDUCATIONAL STANDARDS GRADES 3-5 (CCCS/NGSS)

Ways to Incorporate Educational Standards into this Lesson Plan:

English Language Arts:

3.RI.3, 3.RI.4, 3.RI.10, 4.RI.3, 4.RI.4, 4.RI.10, 5.RI.3, 5.RI.4, 5.RI.10, 3.RF.3, 3.RF.4, 3.RF.4a; 4.RF.3, 4.RF.4, 4.RF.4a, 5.RF.3, 5.RF.4, 5.RF.4a

Read and comprehend a recipe as a grade-level text. A recipe is a series of temporal events. Learn, decode, and determine the meaning of unfamiliar cooking vocabulary. 3.SL.1, 3.SL.3, 3.SL.4, 3.SL.6, 4.SL.1, 4.SL.3, 4.SL.4, 4.SL.6, 5.SL.1, 5.SL.3, 5.SL.4, 5.SL.6

Students participate in collaborative discussions with the class about cooking in which they will recount cooking experiences and ask/answer relevant questions about it.

Mathematics:

3.NF.1, 3. MD.2, 4.NF.1, 4.MD.2, 5.NF.1, 5.MD.2 Practice fraction conversions by measuring 3/4 c milk, convert cups to ml/L equivalent, practice adding or comparing liquid volumes.

Science:

4.PS3.2, 4.PS3.3, 5. PS1.2 Discuss how a microwave transfers heat to food via radio waves. Weight of matter is conserved when heating/cooling.

MATERIALS NEEDED BY STUDENTS:

- Computer with a camera, internet access, and ability to connect to Zoom/Webex app
- Access to Qualtrics survey "Healthy Helpers: Tasting Survey"
- Copy of Recipe "Microwave Mac and Cheese"
- Access to a standard kitchen and the ingredients and cooking equipment listed below

Ingredients for Recipe (serves 4):

- 8oz (2 cups) elbow macaroni
- 6 oz Velveeta cheese, cubed
- 4 oz sharp cheddar cheese, shredded to equal 1 cup
- 3/4 cup 1% milk

Cooking Equipment:

- Stovetop burner or hot plate
- Large pot to cook pasta
- Strainer
- Box grater
- Cutting board (substitute: paper plate)
- 1 cup dry measure
- 1 cup liquid measuring cup
- Child-safe knife
- 1 Large microwave-safe bowl
- Whisk
- Wooden spoon
- Bowls and forks for serving

PREPARING FOR THE LESSON:**Lesson Outline:**

1. Introduction to the teacher and curriculum
 - a. Meet the teacher
 - b. Why cooking is beneficial for kids
2. Overview of the Lesson Topics
3. Virtual Class Etiquette
 - a. Being on time
 - b. Muting microphone
 - c. Staying focused
 - d. Appropriate ways to interact virtually
4. Lesson "Hook"/Opening Discussion
 - a. Tools Used to Cook
 - i. Cooking appliances: definition and examples
 - ii. Cooking utensils/tools/gadgets: definition and examples
 - b. Basic Cooking Vocabulary
 - i. recipe
 - ii. ingredients
 - iii. chef
 - c. Becoming "Healthy Helpers" in the Kitchen at Home
 - i. Children can cook with the help of an adult
5. Students will view video "How to Cook Microwave Mac and Cheese"
6. Review how to make "Microwave Mac and Cheese" at home
 - a. Make a list of needed equipment/ingredients
 - b. Purchase needed items with provided Walmart gift card
 - c. Refer to video as needed
 - i. Video and recipe are also available in Spanish
7. Homework: Prepare recipe, taste, and evaluate
 - a. Students will have a week to prepare "Microwave Mac and Cheese" at home with adult supervision
 - b. Students will submit a photo of the finished dish
 - i. Photos should be submitted to this link: xxxx
 - c. Students will taste finished dish
 - d. Fill out online "Healthy Helpers: Tasting Survey" which will evaluate how much they liked the dish
 - i. Students can access the survey at this link: xxxx
8. Closing and Lesson Recap

LESSON ACTIVITIES:

Once students have entered the virtual meeting platform (Zoom, Webex, etc.)

1. Introduction to teacher and curriculum.

Say, "Hi everyone! My name is _____ and for the next few weeks I will be helping you learn about cooking and will teach you how to make different foods at home with your family! Learning about cooking can help kids like you in many ways. First, when kids have knowledge on how to prepare their own well balanced meals they develop healthy eating habits and tend to rely less on unhealthy quick food options like fast food and pre-packaged food. And second, cooking is a fun, hands-on way to reinforce different subjects you learn in school like science, math, and reading. Finally cooking can help make you feel more independent and boost your self confidence.

2. Overview of Lesson Topics.

"Here is an outline of what we will be covering today. First we will start by learning about virtual class etiquette and ways we can respectfully interact as a class in our online classroom. Then we will move on to our lesson where we will discuss items and tools people use to cook as well as some common cooking vocabulary words and what they mean. Then we will watch a short "How-to" video which will show you how to make "Microwave Mac and Cheese" at home with your family. And finally we will discuss any questions you may have before ending our class. Your homework this week will be to make the recipe "Microwave Mac and Cheese" at home, to take a picture of the finished dish and post it to xxxx, to taste it, and to evaluate how much you liked it by filling out an online survey.

3. Virtual Class Etiquette.

"We will be learning and interacting today in what we call a virtual classroom. Does anyone know what the word etiquette means?" Give students a chance to answer. "These are great answers, etiquette means a set of rules for proper behavior or good manners. Just like in class it is important that we follow some rules that will allow us to learn together efficiently while also being polite to the teacher and other students. So right now I would like to list some of our Virtual Class Etiquette Rules:

- **Be on time!** If everyone is on time we will be able to get started on time and end on time. We also won't be interrupted when other students join the virtual classroom in the middle of our lesson.
- **Make sure your microphone is on mute.** When you enter the class make sure your microphone is muted and keep it on mute unless you are called on to answer a question. When we are learning at home there are often background noises that can be distracting to other students and may make it hard to hear the teacher or student that is talking.
- **Stay focused.** When learning at home it is easy to get distracted. Try to make sure that your computer is set up in a quiet room and that you are paying attention throughout our lesson. That way you can share your thoughts and ideas on each topic, our class can flow well, and you can get all the information covered in today's lesson.
- **Wait for permission to talk.** If you want to share your thoughts or if you have a question there are several ways you can get the teacher's attention. You can physically raise your hand and I will see you from your computer's camera, or you can use the "Raise Hand" button, or you can type in the "chat box". Please ONLY chat appropriate questions or comments in the chat box.

LESSON ACTIVITIES (CONTINUED):**4. Lesson "Hook"/Opening Discussion:****A. Tools Used to Cook**

Ask, "What are some of the items or tools people use to cook?"

Give students a chance to answer. Continue by saying, "There are two categories of tools that people use to cook. Cooking appliances and cookware, cooking utensils, tools and gadgets. A cooking appliance is something that is used to cook or heat food." Talk about examples of cooking appliances that the students mentioned and others that they did not mention.

- Examples of cooking appliances: an oven, a stovetop burner, a hot plate, a grill, the toaster, a toaster oven, the microwave, waffle iron, coffee maker, insta-pot, slow cooker, rice cooker

"Cookware and cooking utensils, tools, and gadgets are usually smaller than a cooking appliances.

Cookware are the pots, pans, and dishes used to cook food. Cooking utensils are often handheld and are used to prepare food." Talk about examples of cookware and cooking utensils/tools/gadgets that the students mentioned and others that they did not mention.

- Examples of cookware: frying pan, sauce pan, stock pot, sheet pan/baking sheet, bowls (all sizes), plates
- Examples of cooking utensils, tools, and gadgets: Fork/spoon/knives, measuring spoons, measuring cups (liquid and dry), wooden spoon, whisk, peeler, grater, scissors, cutting board, strainer/colander, can opener, salad spinner, etc.

B. Basic Cooking Vocabulary

"I would also like to talk about some of the common words you may hear when cooking. There are 3 cooking vocabulary words I would like you to become familiar with:

- Recipe: a recipe is a set of instructions for preparing a particular dish, including a list of ingredients.
- Ingredients: ingredients are the foods, herbs, or spices we need to combine to make a dish.
- Chef: a chef is a person that makes food, sometimes by memory and sometimes by following a recipe."

C. Becoming "Healthy Helpers" in the Kitchen at Home

Ask, "Do you think that a kid like you can be a chef?"

Give students a chance to answer. Continue with, "Kids like you can cook too! And if you listen carefully to the video I will show next, you will become a chef and prepare the recipe "Microwave Mac and Cheese".

This recipe makes enough to serve 4 people, 1 cup portions of macaroni and cheese, so you can help feed your family! Since you are new to cooking you should always have an adult around to help you and to make sure you are using any cooking appliances or tools safely. I like to call kids that help with cooking at home, "Healthy Helpers"."

"Next I am going to show a video that will show you exactly how you can become a "Healthy Helper" at home this week to make macaroni and cheese."

5. Show students video entitled. "How To Make Microwave Mac and Cheese"

LESSON ACTIVITIES (CONTINUED):**6. Questions and Answers on how to cook recipe "Microwave Mac and Cheese" at home**

"Now that we've watched a video on how to make the recipe "Microwave Mac and Cheese". I'd like to talk about your homework. I would like you to become "Healthy Helpers" at home and work with an adult to make your own macaroni and cheese at home this week."

"You have a copy of recipe "Microwave Mac and Cheese". Please get out this recipe for us to review it together. The recipe has a list of the cooking equipment and ingredients you need to make the recipe." Point to and review the equipment and ingredients needed to make the recipe.

"I know you may not have everything you need to make this recipe on hand at home. The first thing I want you to do for your homework is to work together with an adult at home to make a list of what you need to buy to make the recipe. Once you have made a list of what you need, have an adult use the provided Walmart gift card to buy what you need."

Answer any additional Questions that the students may have.

Add, "And remember if you ever get confused you can watch the video again. The video and the recipe are also available in Spanish if that is easier for your family."

Remind children how to access the videos online via the links XXXX and XXXX.

7. Homework: Prepare Recipe, Taste, and Evaluate

"After you have everything you need to make "Microwave Mac and Cheese" I want you to pick a day this week to make the recipe with an adult. The recipe makes enough for 4 people to have 1 cup portions of macaroni and cheese so you can even help feed your family for lunch or dinner. When you are done making the macaroni and cheese take a picture of the finished dish and post it on XXXX."

"It is also important that you try the macaroni and cheese after you make it and let me know what you think about it by filling out an online survey. Your answers are very important and will help me know if the recipe needs to be changed or if it is good enough for us to use as a recipe in your school cafeteria. The online survey is called "Healthy Helpers: Tasting Survey", you can access the survey via this link XXXX."

8. Closing and Recap.

"Thank you for all your hard work today. Today we learned that kids can cook too and become "Healthy Helpers" in the kitchen at home! We learned a lot about cooking today. We learned some cooking vocabulary words like recipe, ingredients, and chef. A recipe is a set of instructions for preparing a particular dish, including the ingredients. Ingredients are the foods, herbs, and spices we need to combine to make a dish. And a chef is a person that cooks food. We also learned that there are many things that are used to cook food like cooking appliances, cookware, and cooking utensils/tools/gadgets."

"This week you will practice reading and following the recipe "Microwave Mac and Cheese". When you make the recipe you will get to use different kitchen tools like a box grater, child-safe knife, and a whisk and you will get to use the microwave to cook. I hope you had fun today, I know I did. Have fun cooking and don't forget to take a picture of the food you create, taste your dish and fill out the survey. Next week we will get to learn more about cooking and practice a new recipe called "Beef Fajitas". I look forward to seeing you next week and to hearing how your cooking went. Please feel free to reach out if you have any additional questions."



MICROWAVE MAC AND CHEESE

Healthy Helpers: Culinary Literacy for Kids



COOK TIME: 10 MIN



TOTAL TIME: 20 MIN



SERVINGS PER RECIPE: 4, 1 CUP SERVINGS

INGREDIENTS:

- 8 oz (2 cups) dried elbow macaroni
- 6 oz Velveeta cheese, cubed
- 4 oz (1 cup) sharp cheddar cheese, shredded
- 3/4 cup 1% milk

EQUIPMENT NEEDED:

- Box grater
- Stovetop burner or hot plate
- Large pot
- Measuring cups/spoons: 1 c (liquid), 1 c (dry)
- Cutting board (substitute paper plate)
- Child safe knife
- Large microwave-safe bowl
- Microwave
- Whisk
- Strainer
- Wooden spoon
- Bowls and forks for serving



NUTRITION FACTS:

Serving size	1 cup
Calories	320 kcal
Total fat	15 g
Saturated fat	8 g
Trans fat	0 g
Cholesterol	45 mg
Sodium	790 mg
Total Carbohydrate	25 g
Protein	18 g

DIRECTIONS:

Together: Take 5 minutes to gather ingredients, measuring and cooking equipment needed. Place each ingredient within easy reach.

Child: Shred a 4 oz block of sharp cheddar cheese to make 1 cup of shredded cheese. Set aside.

Adult: Bring large pot of water to a boil (water does not need to be salted).

Child: Measure 2 cups of dried elbow macaroni using a 1 cup measuring cup.

Adult: Add elbow macaroni to boiling water and cook for 8 minutes.

Child: While macaroni is cooking, cut Velveeta cheese into small cubes and place in a microwave-safe bowl.

Child: Measure out 3/4 cup milk and add to the cheese in the bowl.

Child: Place bowl of cheese and milk into the microwave and cook on high for 1 minute.

Adult: Remove the bowl from the microwave and stir mixture using a whisk; careful bowl may be hot. Place bowl back in the microwave to cook for 1 additional minute. Remove bowl from the microwave.

Child: Stir cheese and milk mixture with whisk until cheese is completely melted and mixture is smooth.

Adult: Drain the macaroni using a strainer. Do not rinse!

Adult: Put hot macaroni directly into the bowl of hot cheese sauce.

Child: Add in 1 cup of shredded cheddar cheese and stir with wooden spoon until well combined and cheddar cheese melts into sauce.

Together: Take one cup measurement of cooked macaroni and cheese and place in a bowl to eat. Enjoy!



MICROWAVE MAC AND CHEESE (IN SPANISH)

Ayudantes Saludables: Literatura Culinaria Para Niños



HORA DE COCINAR: 10 MIN



HORA TOTAL: 20 MIN



PORCIONES POR RECETA: 4 , 1 TAZA PORCIONES

INGREDIENTES:

- 8 oz (2 tazas) macaron de codo seco
- 6 oz Velveeta queso, cubicado
- 4 oz (1 taza) queso cheddar fuerte, en trizas 3/4 tazas de leche 1%

EQUIPO NECESARIO:

- Rallador de caja
- Quemador de la estufa o placa calefactora Olla grande
- Tazas / cucharas medidoras: 1 taza (líquido), 1 taza (seca) Tabla de cortar (sustituto del plato de papel)
- Cuchillo seguro para niños
- Tazón grande apto para microondas, Microondas
- Colador batidor
- Cuchara de madera
- Cuchara y tenedores para servir



INFORMACIÓN NUTRICIONAL:

Serving size	1 taza
Calories	320 kcal
Total fat	15 g
Saturated fat	8 g
Trans fat	0 g
Cholesterol	45 mg
Sodium	790 mg
Total Carbohydrate	25 g
Protein	18 g

DIRECCIONES:

Juntos: tómese 5 minutos para reunir los ingredientes, medir y cocinar el equipo necesario. Coloque cada ingrediente al alcance de la mano.

Niño: Triture un bloque de 4 oz de queso cheddar fuerte para hacer 1 taza de queso rallado. Dejar de lado.

Adultos: Ponga a hervir una olla grande de agua (no es necesario que el agua esté salada).

Niño: Mide 2 tazas de macarrones del codo secos con una taza medidora de 1 taza.

Adulto: Agregue los macarrones con codo al agua hirviendo y cocine por 8 minutos.

Niño: Mientras se cocinan los macarrones, corta el queso Velveeta en cubos pequeños y colócalos en un recipiente apto para microondas.

Niño: Mida 3/4 de taza de leche y agregue el queso en el tazón.

Niño: Coloque un tazón de queso y leche en el microondas y cocine a fuego alto durante 1 minuto.

Adulto: Retire el tazón del microondas y revuelva la mezcla con un batidor; el cuenco cuidadoso puede estar caliente. Vuelva a colocar el tazón en el microondas para que se cocine durante 1 minuto más. Retire el tazón del microondas.

Niño: revuelva la mezcla de queso y leche con un batidor de varillas hasta que el queso esté completamente derretido y la mezcla es suave.

Adulto: Escurrir los macarrones con un colador. ¡No enjuague!

Adulto: Coloque los macarrones calientes directamente en el tazón de salsa de queso picante.

Niño: Agregue 1 taza de queso cheddar rallado y revuelve con una cuchara de madera hasta que esté bien combinado y el queso cheddar se derrita en la salsa.

Juntos: Tome la medida de una taza de macarrones con queso cocidos y colóquela en un tazón para comer. ¡Disfrutar!