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SUPER SMORES

## MATERIALS

**You will need:**

- Microwave
- Cooking Steps duplicated from page ??
- Hand wipes or access to a sink and soap
- Copy Master 1 (Smores recipe)
- Paper plates
- Microwavable bowls

**Recipe ingredients**

- Large marshmallows
- Fudge striped cookies

**Each student will need:**

- Recipe Card
- Two fudge striped cookies
- One large marshmallow
- One small paper plate

## Goals

- Learn the five steps of cooking
- Follow a simple recipe for Super Smores

## Focus

Cooking consists of five steps—

- 1 **Clean up:** cleaning hands and workspace
- 2 **Read up:** reading the recipe carefully for the ingredients and steps involved.
- 3 **Round up:** gathering the supplies and ingredients
- 4 **Cook up:** making the food
- 5 **Clean up:** cleaning up any mess

This lesson will explain these five steps and offer the kids an opportunity to practice them as they make Super Smores.



## Introduction ⑤

- ▶ Have the kids sit down.
- ▶ Welcome them to Cooking.
- ▶ Introduce yourself.

**SAY** In the next few weeks, we are going to learn some basic steps for cooking. Before we begin, let's see what you already know about cooking.

? **Who are some people you know who cook, either in your family or in your community?** (*Mom, Dad, Grandma, aunt, baker, chef, school cook.*)

? **What foods do you like to eat?** (*Answers will vary.*)

**SAY** Today we're going to learn the five steps of cooking.

- ▶ Introduce the lesson by showing the kids a fudge-striped cookie.

? **How do you think this cookie was made?** (*Answers will vary.*)

**SAY** The baker that made this needed to follow instructions.

? **Where can we find instructions for making food?** (*Recipe cards, cookbooks*)

? **How do we know how to make the food?** (*Follow the instructions or recipe.*)

**SAY** Today we're going to learn the five steps of cooking.

### TIP

Before class, make sure you have the supplies listed on the previous page. DO NOT prepare the plates with cookies and marshmallows before class. The students need to follow the five basic steps in the cooking activity to demonstrate understanding of reading and following a recipe.

## SAFETY TIPS

- Check containers for labels that identify them as microwave safe.
- Do not turn on a microwave when it is empty. It could start a fire.
- Do not use a microwave that has a door that will not close or is otherwise damaged.
- Add sugar or salt to liquid ingredients to avoid superheating. Liquids that are super heated can erupt when you try to take them out of the microwave, and give you a bad burn.
- Always follow cooking directions carefully.

## Teach It 5

- ▶ Display Copy Master 5 on a wall to introduce the five steps of cooking. Or write the steps on the board.
- ▶ Point to each step as you read it. (You may have a few older kids take turns reading these for the class.)

**SAY** The five steps are:

- 1 Clean Up:** Clean your hands and work space. Clean up keeps food from getting bacteria or germs on it. Some cooks pull their hair back or wear hairnets to keep their hair from getting into food. Some cooks also wear aprons to protect their clothing from getting dirty.
- 2 Read Up:** Read the recipe carefully.
- 3 Round Up:** Gather all supplies and ingredients needed for the recipe.
- 4 Cook Up:** Follow the instructions on the recipe to prepare and cook the food.
- 5 Clean Up:** Put away the food items and supplies and clean your work space. Pick up any trash that is on the floor.

## Try It 15

**SAY** Now that you know the five steps of cooking, let's put it into practice to make Super Smores.

### 1 CLEAN UP

- ▶ Give each student a hand wipe to clean their hands and work space (table space in front of them).

► Explain that they will not need to pull their hair back or wear an apron today.

## 2 READ UP

- Give a copy of the recipe to each kid.
- Read the recipe to the kids or have volunteers take turns reading the recipe.
- Review the steps involved in making the food by asking:

- ? **What food are we making today?** (*Super Smores*)
- ? **How many steps are listed in the instructions?** (*six*)
- ? **How many ingredients (food items) are needed?** (*two*)
- ? **How many supplies (tools or items used to make the food) are needed?** (*two*)
- ? **How many servings does this recipe make?** (*One Super Smore*)

## 3 ROUND UP

- Ask the kids to name the ingredients and supplies called for in the recipe.
- Explain that the ingredients are the food items and the supplies are the tools or items needed.
- As each item is mentioned, display it.

### INGREDIENTS:

Fudge striped cookies  
Large marshmallows

### SUPPLIES:

Small paper plates  
Microwave

## SAFETY TIPS

- Always get permission from a parent or guardian before cooking anything.
- Foods and dishes cooked in microwaves can get very hot. Use oven mits when taking glass or plastic containers out of the microwave.
- Allow foods to cool before eating.
- When covering food, leave holes in the top to allow steam to escape.



## TIP

If the kids in your class are younger or if the kids are not comfortable reading aloud, you may read the recipe yourself.

### 4 COOK UP

- ▶ Give each kid a small paper plate and a fudge striped cookie.
- ▶ Help the kids read and follow the recipe.
- ▶ The recipe instructions are shown on the next page.
- ▶ As the kids eat their snack, ask them about other ingredients they could use to make Super Smoers.
  - ? **What could you use instead of fudge-striped cookies?** (*Graham crackers, sugar cookies, etc.*)
  - ? **If you didn't have fudge on the cookies, what could you use for chocolate in this recipe?** (*Chocolage chips, chocolate kisses, white chocolate chips, almond bark, etc.*)
  - ? **If you didn't have a marshmallow, what could you use instead?** (*Marshmallow creme or miniature marshmallows.*)
- ▶ Also ask the following questions:
  - ? **Who cooks food in your family?** (*Mom, Dad, Grandma, etc.*)
  - ? **What foods do you like to eat?** (*Answers will vary.*)
  - ? **Who can you make Super Smoers for?** (*Family members, neighbor, friends, etc.*)
  - ? **Who can you teach to make Smoers?** (*Younger brother or sister, cousin, friend, etc.*)



1

Put one cookie on the paper plate with the chocolate side up.



2

Place the marshmallow in the middle of the cookie.



3

Cook in the microwave until the marshmallow begins to puff up (about 10 seconds).



4

Remove the plate from the microwave and place a second cookie on top with the chocolate side down. Press down slightly to spread the marshmallow to the edge the of cookies. (Be careful—the cookie and marshmallow may be warm.)



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Enjoy eating your Super Smore!

## TIP

If you have extra time and extra ingredients, let kids make a Super Smore to share with someone.

### 5 CLEAN UP

- ▶ Ask the kids to put their paper plates in the trash can.
- ▶ Give each kid another hand wipe to wipe his/her face, hands, and work space.
- ▶ Ask the kids to throw away any trash on the floor.

## Review It

**SAY** Thanks for making Super Smores with me. Who remembers the five steps of cooking?

- 1 Clean Up
- 2 Read Up
- 3 Round Up
- 4 Cook Up
- 5 Clean Up

- ▶ Provide recipes for the kids to take home.
- ▶ Encourage the kids to practice their cooking skills by making Super Smores for someone else.

# Super S'mores

## INGREDIENTS:

Two Fudge Stripe cookies  
One Large marshmallow

## SUPPLIES:

One Small paper plate  
Microwave

## DIRECTIONS

1. Put one cookie on the paper plate with the chocolate side up.
2. Place the marshmallow in the middle of the cookie.
3. Cook in the microwave until the marshmallow begins to puff up (about 10 seconds).
4. Remove the plate from the microwave.
5. Place a second cookie on top with the chocolate side down. Press down slightly to spread the marshmallow to the edge of the cookies. (Be careful, the cookie and marshmallow may be warm.)
6. Eat!

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