

Lesson Plan:
“I Can Cook!”

Subject:

Nutrition.

Focus:

Making nutritious meals.

Overview:

There are many simple nutritious meals that young children can make with the assistance of an adult. For this lesson plan, we will make a simple vegetable salad with cubed chicken. It would be nice if some of the vegetables were grown in a garden that the children tend and cultivate.

Purpose:

To help children understand that nutrition can be fun and tasty.

Objectives:

- To gain nutrition knowledge.
- To obtain skills to create a nutritious meal.
- To satisfy hunger in a nutritious manner.

Resource Materials:

- Lettuce, tomatoes, cucumbers, mushrooms, and other basic salad vegetables prechopped by an adult.
- Chicken breast that has been precubed by an adult.
- Sufficient number of bowls and forks.
- Healthy salad dressings such as oil and vinegar.

Activities and Procedures:

- Have everyone wash their hands.
- Then the children can take turns putting the vegetables and chicken in their bowl. You may want them to tear the lettuce leaves some.
- As the children are preparing their salad, you can talk about from where the food comes, how to carefully and safely chop it, and its nutritional value.
- Once the salads are prepared, add a teaspoon or two of dressing and enjoy.

Tying It All Together:

Cooking activities are great learning opportunities for young children. In terms of physical development, they teach about nutrition. However, including a garden in the lesson adds science to the equation. If measuring and counting are involved, then mathematics is added. Of course, social development is included with lessons of manners and polite social conversation while eating.

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