



**2ND GRADE**  
**LESSON: Cooking Healthy at Home**  
**SC STANDARD: 2.W.2.1**



It's your world.

## COOKING HEALTHY AT HOME

### OBJECTIVES:

- Learn the importance of cooking at home and why it is better than eating out
- Recognize tools to cook with and how to use them
- Learn how to read a recipe
- Write an informative piece in the form of a recipe

### LET'S GET STARTED! (10 MINUTES):

- Teach why cooking is important and healthier than eating out or eating pre-cooked meals
- Show students certain cooking tools and how to use them properly
- Learn the basic parts of a recipe

### ACTIVITY (15 MINUTES):

- Write a recipe for a peanut butter and jelly or peanut butter and banana sandwich

### WRAPPING UP (5 MINUTES):

- Review why it is important to cook at home
- Pass out Boss' Backpack Bulletin with the weekly goal and two new recipes to try at home

### SC STANDARDS:

- 2.W.2.1 Explore print and multimedia sources to write informative/explanatory texts that introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.

### MATERIALS:

- Using Kitchen Tools with Boss handout
- Parts of a Recipe handout
- How to Make a Sandwich worksheet
- Boss' Backpack Bulletin
- Pencils

## LET'S GET STARTED!

- Cooking healthy at home is today's lesson
- Start by asking if anyone cooks at home with their parents and if so, what was the meal that they have cooked with them
- Explain why cooking at home is important and why it is healthier than eating out or eating pre-cooked meals

## DIALOGUE BOX

- Does anyone ever cook at home with his or her mom or dad?
- What are some of the foods or meals that you have cooked when you are home?
- Well, cooking at home is great activity and a lot healthier than eating out or even eating frozen pre-cooked meals!
- One of the reasons it is healthier to cook at home is because you are in control of what goes into your food rather than a company or restaurant. When you eat out, you really do not know what all goes in to that meal and how unhealthy it actually may be for you, but cooking at home is a great way to eat whole fruits and vegetables and make meals that are full of nutrients and healthy ingredients!
- Cooking at home is a lot cheaper rather than going through a drive-thru or eat out, and it is also a great way to spend time with your family and friends
- After talking about the importance of cooking at home, go over some of the cooking tools students may see in the kitchen and how to use them
- Hand out the Using Kitchen Tools with Boss handout

## DIALOGUE BOX

- When you do cook at home, you may run into some kitchen tools that will help you complete a recipe!
- Some of these tools include a spatula, whisk, knife, cutting board, and can opener.
- A spatula is a tool that helps you mix things and depending on what type of spatula you use, some can flip foods like burgers, fish, or pancakes.
- A whisk is a tool that is usually metal and has a bunch of overlapping pieces on it. This tool also mixes things extremely well, such as pancake mix, eggs, or cake batter, making everything smooth and blended.
- A knife is a very sharp tool that you need to be careful with because you could possibly hurt or cut yourself. Knives cut food into pieces or slices.
- A cutting board is used to put food on to cut it with a knife. Sometimes cutting boards are plastic and sometimes they are wooden, but they give you a sturdy and clean surface to prepare your food, and it can also be put in the dishwasher for cleaning!
- Lastly, a can opener is a useful tool that opens canned foods, like beans, corn, or tomatoes.
- All of these tools will be useful when you cook your healthy meals in the kitchen, but also need to be used properly so that you do not hurt yourself or others!

- Ask students if they have any questions about using kitchen tools before moving on
- Using the Parts of a Recipe handout, show the students how to read a recipe and the basic components of a recipe



## DIALOGUE BOX

- Recipes can sometimes seem overwhelming, but if you break a recipe down into two main sections, then it is not that difficult.
- The first part of a recipe is usually going to be the ingredients. Ingredients are the foods that are going to go into the meal you are about to prepare. This section will also tell you how much of each ingredient you need for that recipe. For example, one of the ingredients may be using 1 cup of yogurt or ½ cup of olive oil. Measuring cups can help you with this part, which is also another crucial kitchen tool to get used to!
- The second section is going to be the directions. The directions tell you how to prepare your food, how long to cook your food, and the temperature that the oven needs to be on for that recipe.
- If you take a recipe step by step, then you should have no problem tackling it and creating an awesome new and exciting meal!
- Pick a new recipe to try once a week and include your parents or siblings!
- You can find all sorts of delicious and healthy recipes in magazines, books, and online!

## ACTIVITY

- This activity is going to teach the students how to write an informative piece of writing
- They are going to create a recipe that will teach someone how to make either a peanut butter and jelly sandwich or a peanut butter and banana sandwich
- Hand out the How to Make a Sandwich worksheet for them to write their recipe on

## DIALOGUE BOX

- Today, you are all going to write an informative piece of writing. You will write down the ingredients and directions to teach someone how to make either a peanut butter and jelly sandwich or a peanut butter and banana sandwich.
- Use the Parts of a Recipe handout for help if you are not sure how to structure your recipe.

## WRAPPING UP

Pass out Boss' Backpack Bulletin with the weekly goal along with some recipes that the students can try at home!

# USING KITCHEN TOOLS WITH BOSS



## SPATULA

This kitchen tool is used for mixing, spreading, or lifting things, and they have a flat top that can be made of rubber or metal.



## WHISK

A whisk is a kitchen tool used for mixing, blending, or whipping things, like eggs or cream, by incorporating air into the mixture until it is smooth.



## KNIFE

A knife is a tool with a sharp cutting blade used for chopping, dicing, or slicing foods, like vegetables and fruits.



## CUTTING BOARD

A kitchen cutting board is a useful and sturdy tool that is used in preparing food, and is often made of wood or plastic.



## CAN OPENER

This kitchen tool is very common in most kitchens. It is used to easily open tin cans, such as cans of beans or corn.



# PARTS OF A RECIPE

## SECTION 1 OF A RECIPE

### Ingredients

1 tablespoon olive oil  
1 onion, chopped  
2 cloves garlic, chopped  
1 pound ground beef  
1/4 cup tomato paste  
kosher salt and black pepper  
12 corn tortillas, warmed  
2 medium tomatoes, chopped  
Cheddar cheese

This section is called the “ingredients” of a recipe and it tells you about the meal you are going to prepare! It gives you a list of all the foods, sauces, and spices that you will need to prepare your meal! Parts of this section can sometimes be left out; for example, if you do not like onions, then you can leave that ingredient out! You can even add things to this list too! If you like peppers instead of onions, then you can add that to replace onions!

## SECTION 2 OF A RECIPE

### Directions

1. Heat the oil in a large skillet over medium-high heat. Add the onion and cook until beginning to soften, 3 to 4 minutes.
2. Add the garlic and cook for 1 minute.
3. Stir in beef, tomato paste,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Cook, breaking up with a wooden spoon, until browned, 8 to 10 minutes.
4. Fill each tortilla with the meat mixture, tomatoes, and cheese.

This section is called the “directions” of a recipe and is very important to pay close attention to. It tells you how long to cook your ingredients, how hot to set your oven (temperature), and how the ingredients need to be prepared. Unlike the ingredients, it is harder to remove or add things to this section because you have to follow the order that the recipe gives you!

# HOW TO MAKE A SANDWICH

For this activity, you all will be designing and writing your own recipe that can explain to someone how to make a sandwich! There needs to be an “ingredients” section and a “directions” section, and you can either choose to make a peanut butter and jelly sandwich or a peanut butter and banana sandwich, but not both! Use your Parts of a Recipe handout for help on how to design a recipe!

## INGREDIENTS

## DIRECTIONS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# BOSS' BACKPACK BULLETIN

Your goal for this week is to try out a new recipe that is healthy and full of nutrients for you and your family! Write down or print and tape down the recipe you tried this week! There is a recipe for a loaded sweet potato at the bottom of the bulletin that you can try as well!



## THE RECIPE YOU TRIED THIS WEEK:

## INGREDIENTS (MOSTLY TOPPING IDEAS):

- Sweet potato
- Grains (quinoa, brown rice, etc.)
- Beans (re-fried beans, whole beans, etc.)
- Chopped veggies
- Salsa
- Plain yogurt or sour cream
- Slaw or sauerkraut
- Spinach
- Broccoli

## DIRECTIONS:

- Microwave the sweet potato for 4-5 minutes or until it is soft.
- Cut the potato open (be careful... it will be hot).
- Add any topping from the ingredients list that you want, or you can add some that are not on the list!
- Enjoy!