



KINDERGARTEN
LESSON: Cooking Healthy at Home
SC STANDARD: Literacy Standards

COOKING HEALTHY AT HOME

OBJECTIVES:

- Learn the importance of cooking at home and why it is better than eating out

LET'S GET STARTED! (10 MINUTES):

- Teach why cooking is important and healthier than eating out or eating pre-cooked meals

ACTIVITY (15 MINUTES):

- Read the story about Boss learning how to cook healthy from his friends

WRAPPING UP (5 MINUTES):

- Review why it is important to cook at home

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

STORY

- Read the story about Boss and his friends talking about cooking and how to cook healthy

ACTIVITY

- Have students go through their worksheet and follow the instructions you give them using the instruction guide on partitioning shapes.

WRAPPING UP

- Review with the students why it is important to cook healthy at home.

Cooking with Boss

Although Boss has been taught more and more about eating healthy and having a nutritious and active life, there are still many things he wants to learn! One of the things he does not know how to do very well is cook! He always sees people on television cooking healthy meals that look really easy to make, but Boss was still uncomfortable in the kitchen! He also hears his friends talking about how and what they cook in the kitchen at their house, so one day, Boss asked his friends a few questions he had about cooking! He said, "I hear you all talk about cooking at home all the time! I want to learn how to cook healthy meals at home instead of going out to eat or picking up fast food! How do I start if I want to learn?" All of Boss's friends love to cook, so they were super excited when they found out he was interested in cooking! His friend, Sally, said, "Well there are a lot of different ways you can learn to cook! You can learn by watching others in person or watch cooking shows on the television! You can also read books on learning how to cook or actually cook in the kitchen as practice! I learned by trying different things out! This helps because when you test cook different foods, you start knowing what foods work best together and which ones don't go well together!" Boss asked, "Isn't it healthier to cook at home too?" Another one of Boss's friends stepped in and said, "It all depends on what you cook! When you cook at home, you know what all is going into your food unlike when you eat out or pick up fast food! If you choose to cook with healthy ingredients, you have a higher chance of making something healthier! You can also think of one of your favorite restaurant dishes and try to recreate it at home with healthier ingredients! For example, one of my favorite dishes when we go out to eat is pizza! The pizza you get when you go out to eat has a lot of oil and fat in it that is not very good for you! But when you make it yourself at home, you can use whole wheat crust with fresh tomato sauce and then add all sorts of vegetables! When I cook at home, I control what goes on my food and I know how much fat and calories are in it. I think you should try cooking yourself soon!" Boss said, "I think I will try cooking at home! I don't like going out to eat and not knowing what is in my food, but by cooking my food I'll be able to control that! What are some of the main tools I need in order to cook at home?" Sally responded, "You do not need a lot to be able to cook healthy and delicious food! Some of the things I have in my kitchen are knives, a cutting board, some pots and pans, bowls, some mixing spoons, and some measuring spoons! Be careful when you use the knife, and if it's too sharp get one of your parents to help you so you don't cut yourself! You can even start off by cooking something easy, like an omelette or some whole wheat pasta!" Boss thanked his friends for all the great information they gave him on cooking, and said, "I am so excited about cooking now! We have all the utensils to cook too! I think I may start by cooking something like spaghetti and see how it goes! Thank you all so much for sharing what you know about cooking!"

