

Cooking & Baking Basics - Lesson Plan

Grade Level: Middle School

Class Duration: 50 minutes

Class Size: ~10 students

Learning Objectives

- Identify basic kitchen tools and their uses.
- Explain fundamental cooking and baking terms.
- Practice safe food handling and kitchen safety habits.
- Work in small groups to measure ingredients and follow a simple recipe.

Materials Needed

- Mixing bowls, measuring cups/spoons, spatula, whisk
- Sample dry ingredients (flour, sugar, baking soda, salt)
- Sample wet ingredients (water, oil, vanilla)
- Recipe handouts (simple no-bake cookies or mug cake)
- Whiteboard/markers
- Kitchen safety chart

Lesson Outline

1. Warm-Up & Hook (5 minutes)

- Ask: "What is your favorite food someone has cooked or baked for you?"
- Quick brainstorm: students share 1–2 favorite dishes.
- Transition: "Let's learn the basics so you can start making your own favorites!"

2. Kitchen Safety & Hygiene (10 minutes)

- Discuss: washing hands, tying hair back, no loose clothing, knife and oven/stove safety, cleaning spills quickly.
- Display a Kitchen Safety Poster with visuals.
- Quick group activity: "Safe or Unsafe?" scenarios with class voting.

3. Tools & Measurements (10 minutes)

- Show key tools: whisk, spatula, measuring spoons/cups, baking sheet.
- Demonstrate dry vs. liquid measuring cups.
- Mini practice: students measure flour, sugar, etc. in pairs.

4. Cooking & Baking Terms (5 minutes)

- Teach essential terms: bake, stir, whisk, fold, preheat, simmer.
- Interactive: students act out the motion of each term.

5. Hands-On Activity: Simple Recipe (15 minutes)

- Students work in small groups to make a no-bake cookie or microwave mug cake.
- Steps: wash hands, measure ingredients, mix, share results.

6. Wrap-Up & Reflection (5 minutes)

- Group discussion: easiest step, trickiest step.
- Reinforce safety + accurate measuring = successful cooking/baking.
- Homework: cook or bake something simple with family and share a story or photo.

Assessment

- Participation in 'Safe or Unsafe?' activity.
- Accuracy in measuring ingredients.
- Group cooperation in recipe prep.
- Verbal reflection at the end.