

Title: Recipes for Life Skills

Objectives Students will be able to read labels on food cans/packages; to be able to read and follow a recipe; to be able to figure out how much a food dish costs to make														Time frame to Complete 3 days							
														NRS EFL 1 to 2							
Stackable Cert. Documentation	Technology	Study / Life skills	EL-Civics	Career Pathways	Police	Paramedic	Fire Rescue	Medical Asst.	EKG / Cardio	Phlebotomy	Practical Nursing	Healthcare Admin	Pharmacy Tech	IMT	AMT	HVAC	Welding	Other:			
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Standard(s) Addressed in Lesson Reading with Understanding																					
Benchmark(s) Addressed in Lesson R.1.1 – identify personal purpose for reading R.1.2 - use background knowledge to select texts to meet personal purposes for reading R.1.3 - identify and apply phonemic awareness and decoding skills R.1.5 - use context clues R.1.8 - understand meaning of basic functional vocabulary R.1.11 - apply, monitor and adjust comprehension strategies to understand text R.1.16 - construct meaning by making connections between text and own experiences and knowledge R.2.1 - identify general purpose for reading R.2.3 - identify and apply decoding skills to read words R.2.5 - use context clues to determine the meaning of words in text R.2.8 - understand meaning of basic content vocabulary and complex, functional vocabulary R.2.11 - apply, monitor and adjust comprehension strategies to understand text at a literal level R.2.16 - construct meaning from text by connecting prior experience and knowledge to new information read																					
Materials – a recipe with approx. 5 or less ingredients (sample recipes attached); the ingredients for the recipe; measuring cups, spoons, knives, etc. needed to fix the recipe; real or fake money – bills and coins																					
Learner Prior Knowledge – being able to sound out words, knowledge of value of each piece of currency																					
Activities <u>Step 1</u> Have the student pick out a recipe that he would like to make. Have him read the recipe to you and have him make a “grocery list” of the ingredients needed. Also have him make a list of kitchen tools needed to complete the recipe. <u>Step 2</u> The next day the teacher will bring the ingredients. Have the student read each can or box – title, ingredients in the can, nutrition information, etc. Using the sales slip, have the student add all the prices of all the ingredients to see how much it costs to make this recipe. When the total is found, give the student a \$20 or \$10 and have him make change.																					

Step 3 On the next day the student will read the recipe, follow the directions, and make the food. It can be passed around for others to taste. Have the student write a "rating" on the recipe – did it taste good, was it too expensive, would he make it again, etc. Ask him how he would use this lesson in real life at his home.

Assessment/Evidence Teacher hears the student read orally and, therefore, can check knowledge and understanding of words. Check to see if the recipe was followed correctly.

Adaptations for Beginning Students – Teacher will hear everything read orally and will watch the recipe being made.

Adaptations for Advanced Students- After talking about the information on the food cans/packages, the student can prepare the food by himself.

Teacher Reflection/Lesson Evaluation

This lesson was created by Middletown ABLE.

Recipes

Pistachio Salad

Ingredients:

- 1 small box of pistachio pudding
- 1 (14oz) can crushed pineapple and juice
- 1³/₄ c. miniature marshmallows
- 1 medium container of Cool Whip

Directions:

1. Mix pudding and pineapple.
2. Add marshmallows.
3. Add Cool Whip.
4. Stir to completely mix.

Road Trip Snack Mix

Ingredients:

- 1 (10 oz.) package mini twist pretzels
- 1 (12 ½ oz.) box Ritz Bits miniature crackers (or use Ritz sticks snack crackers)
- 1 (9 ¾ oz.) can salted cashews
- 1 (7 ¼ oz.) package bite-size cheddar goldfish crackers
- 1 (1 oz.) package ranch dressing mix
- ½ cup vegetable oil

Directions:

1. In a very large bowl (or roasting pan) combine the pretzels, Ritz bits, cashews, and crackers.
2. Sprinkle evenly with dressing mix.
3. Drizzle with oil.
4. Stir gently, but thoroughly until all pieces are well coated.

Recipes (Cont.)

Granola Sundae

Ingredients:

1 cup low-fat vanilla yogurt

1 cup low-fat Granola mix

2 cups banana, sliced

1 pint strawberries

Directions:

1. Wash strawberries, hull and slice them.
2. Layer first yogurt, then Granola, and finally bananas and strawberries into four 8 oz. glasses or bowls.

Use any recipes from the book, **The Four Ingredient Cookbook**, by Linda Coffee and Emily Cale. Just make sure you don't have to cook or refrigerate anything in the recipe while making it.