

Grade Level: Preschool

Theme: Cooking Day

Duration: 1 hour

Topic: Preparing Simple Dishes from Different Cuisines

Learning Objectives

- Learners will get familiar with common ingredients in the different cuisines.
- Explanations of preparing simple dishes are explained and will be demonstrated to a student.
- This activity shall provide teamwork and cooperation among their peers.

Materials Required

- Ingredients for simple dishes, for instance, include bread, butter, vegetables, cheese, rice, herbs, etc.
- Utensils include bowls, plastic knives, spoons, and cutting boards.
- Aprons and gloves for children
- Pictures or flashcards of dishes from different cuisines

Procedure

Introduction (10 minutes)

- There will be a short discussion of different cuisines. Pictures showing dishes from various cultures will be presented.
- The ingredients and equipment to be used will be exposed and named accordingly. Children should identify those items with which they are familiar.

Main Activity (40 minutes)

1. Step-by-Step Preparation

The teacher will demonstrate this preparation, while all the steps will be explained in passive voice. For example,

- "Bread is taken and placed on the board."
- "Butter is spread over the bread."
- "Vegetables are chopped and added above for topping."
- "Cheese is sprinkled on top."

Children will then be taken through the same steps under supervision.

2. Group Activity

- The children will be divided into small groups. Each child will prepare a simple dish comprising a sandwich, fruit salad, or rice bowl with whatever ingredients are available.

- Steps for each dish will be written on a chart and read out loud:
 - "Peel and chop the fruits into small bits."
 - "Take the rice and mix it with herbs and vegetables."

3. Discussion:

- Then, children will be asked to share what they liked about the activity and the dishes prepared.

Clean-up Time (10 minutes)

- Utensils used and work areas will be cleaned. Children will be urged to contribute to this process by wiping and putting utensils in order.
- Gloves and aprons will be collected and disposed of properly.

Assessment

- Observation of children's participation in this activity.
- Identification of ingredients and their usage.
- Cooperation and teamwork during group activities.