

Student Name:

Student Application ID #:

Subject: Learning to Cook While Exploring Geography and Social Studies Around the World

Scope / Overview of Class: Cultivating culinary skills in my child to build healthy habits and enable him/her to prepare well-balanced meals independently. Expanding cultural education to include geography, history, social studies, music, art, and language of each country.

Sequence / Method of Teaching / Lessons:

- Unboxing - Explain box content and recipes.
- Finding the country on world map – explain the geography of the country
- Reviewing explorer booklets – learn geography, history, social studies, music, art and language of the country
- Checking out Explorer Toolkit for online lesson plan of the country
- Determining the recipes to cook
- Gathering and sorting ingredients in pantry
- Shopping in the grocery store with shopping list and a budget (learning math)
- Teaching the necessary cooking / baking skills
- Prepping food
- Learning to music of the country while cooking
- Discussing fun facts about the country during mealtime

Materials Needed:

- Measuring cups & spoons – 1) **Math Skills** (fractions, addition, subtraction, multiplication, and division), 2) **Volume and Capacity:** (by measuring liquids and solids), 3) **Conversions** (convert between different units of measurement e.g. teaspoons to tablespoons), 4) **Fine Motor Skills** (improve hand-eye)
- Mixing bowl – 1) **Fine Motor Skills** (improve hand-eye), 2) **Following Directions & Reading**, 3) **Science Concepts** (understanding how different ingredients interact)
- Cooking tools (knife, spatula, grater, etc) – 1) **Safety Skills**, 2) **Fine Motor Skills** (improve hand-eye), 3) **Cooking Techniques**