

Cooking Fun - Collaboration

EXPLANATION:

Hands-on cooking activities with students provide practical experience with many essential skills.

GRADE LEVELS: 1–3

STUDENT GROUPING: Small group activity

ACTIVITY LENGTH: 30–40 minutes approx.

CASEL CORE COMPETENCY: *RELATIONSHIP SKILLS*

- Communicating effectively
- Developing positive relationships
- Practicing teamwork and collaborative problem solving
- Showing leadership in groups
- You can learn more about the CASEL framework [here](#)

PANCAKES

Ingredients

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted

Method

1. Mix the flour, baking powder, salt, and sugar together in a large bowl.
2. In a second bowl, mix the milk, egg, and melted butter.
3. Pour the wet ingredients into the center of the dry ingredients and mix until smooth.
4. Heat a lightly oiled griddle or frying pan over medium heat.
5. Pour approximately 1/4 of a cup of pancake batter onto the griddle or pan for each pancake, and brown on both sides, about 2–3 minutes per side.
6. Serve warm and enjoy!

SCOPE OF TASK:

Cooking with students provides practical experiences with opportunities to develop many essential skills across a range of key learning areas. For example, reading and understanding recipes, practicing formal measurement, and exploring scientific principles (e.g., change of matter). The experience of creating meals can help build students' self-confidence and lay the foundation for healthy eating habits.

Cooking in small groups also requires students to collaborate and take turns in group situations. Following recipes requires problem solving skills, negotiation, and group engagement.

There are many aspects of cooking activities that can promote collaborative learning:

- Following the safety rules
- Choosing recipes
- Cleaning up
- Taking turns
- Solving problems
- Communicating

Important Note: Be sure students have appropriate adult supervision when working with sharp utensils and/or heated surfaces.

At the completion of the cooking activities, ask discussion questions to help make explicit the collaborative engagements that took place:

- How did you decide who would do what in the cooking activity?
- Did everyone get a fair turn?
- If not, what could you do differently?
- What did you learn about your team members?
- What would make the cooking activity work better?



RESOURCES:

- Recipe ingredients
- Cooking utensils
- Recipes

