

Cooking Basics Lapbook



Designed For
Grades K-8th
(could be adapted
for older grades)

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Cooking Basics Lapbook
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This book is dedicated to my amazing family. Thank you to my wonderful husband, Scott, who ate a lot of leftovers, listened to a lot of whining (from me!), and sent lots of positive energy my way. Thank you to my daughter, Shelby, who truly inspired me through her love for learning. Thank you to my parents, Judy and Billy Trout, who taught me to trust in my abilities and to never give up.

How do I get started?

First, you will want to gather your supplies. Depending on which format you purchased from us, you will need different supplies. So, take what applies, and skip over the rest.

*** Printing:

*Print instructions and study guide on white copy paper.



*Print the booklet templates on 24# colored paper or 110# cardstock.

For some booklets, we have suggested specific colors or cardstock. You may choose to use those suggested colors, or you may choose to print on any color that you like.



*** Assembly:



***Folders:** We use colored file folders, which can be found at Walmart, Sam's, Office Depot, Costco, etc. You will need between 2 and 4 file folders, depending on which product you have purchased. You may use manilla folders if you prefer, but we have found that children respond better with the brightly colored folders. Don't worry about the tabs....they aren't important. If you prefer, you can purchase the assembled lapbook bases from our website.



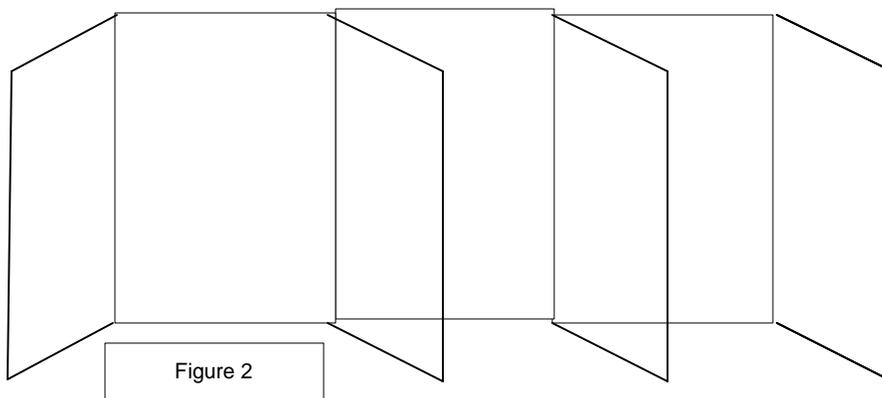
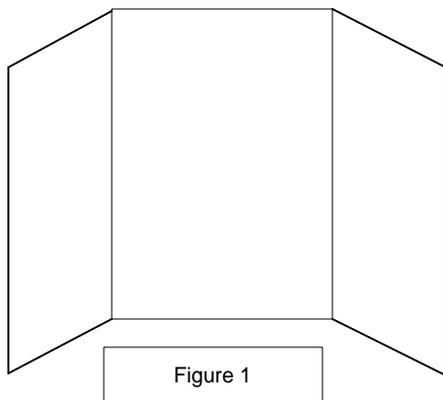
***Glue:** For the folder assembly, we use hot glue. For booklet assembly, we use glue sticks and sometimes hot glue, depending on the specific booklet. We have found that bottle glue stays wet for too long, so it's not a great choice for lapbooking.



***Other Supplies:** Of course, you will need scissors. Many booklets require additional supplies. Some of these include metal brad fasteners, paper clips, ribbon, yarn, staples, hole puncher, etc. You may want to add decorations of your own, including stickers, buttons, coloring pages, cut-out clipart, etc. The most important thing is to use your imagination! Make it your own!!

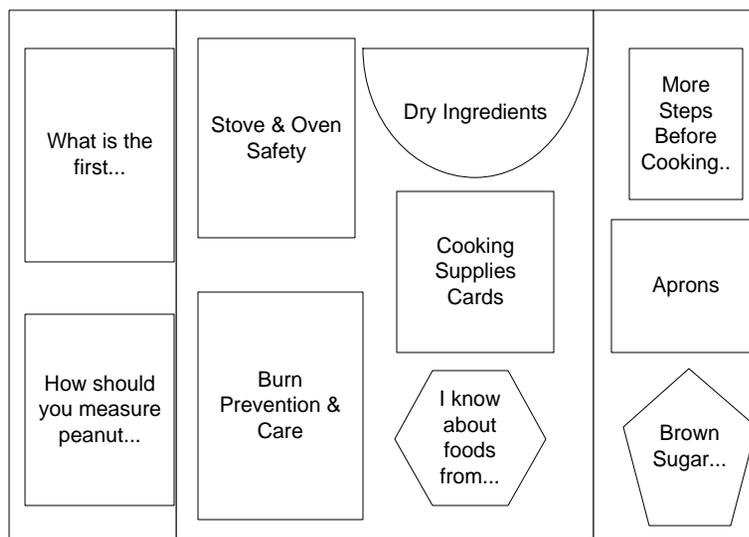


You will need 3 folders of any color. Take each one and fold both sides toward the original middle fold and make firm creases on these folds (Figure 1). Then glue (and staple if needed) the backs of the small flaps together (Figure 2).

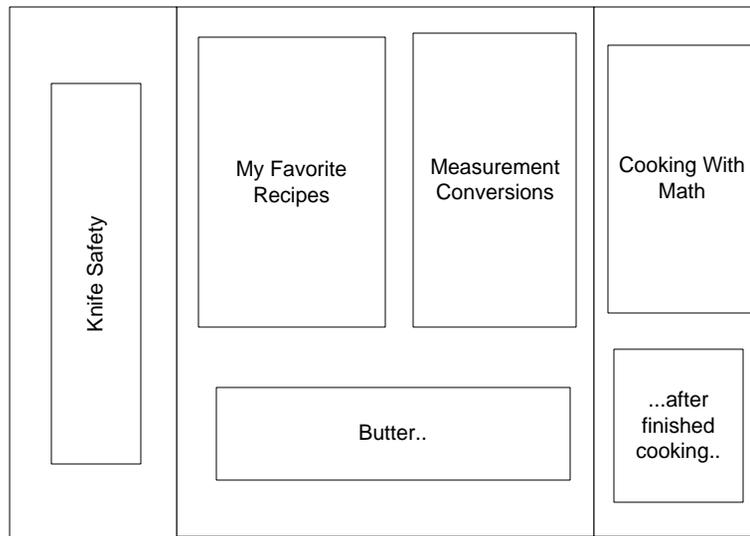


This is the "Layout" for your lapbook. The shapes are not exact on the layout, but you will get the idea of where each booklet should go inside your lapbook.

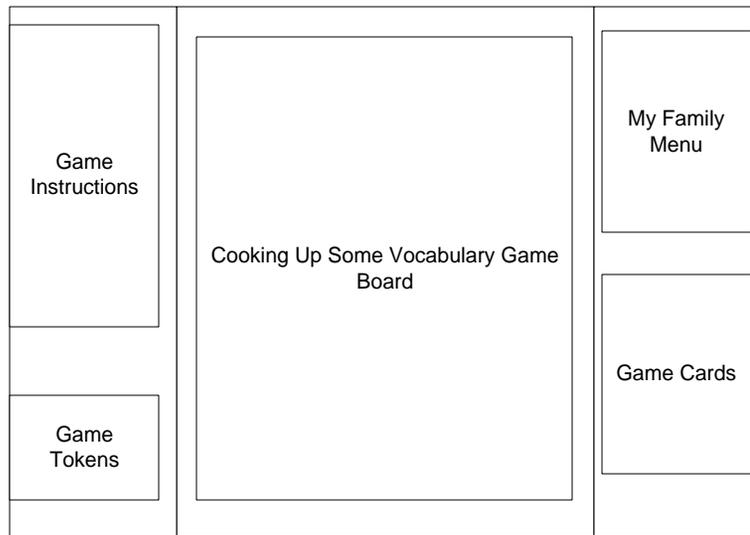
Inside of 1st Folder:



Inside of 2nd Folder:

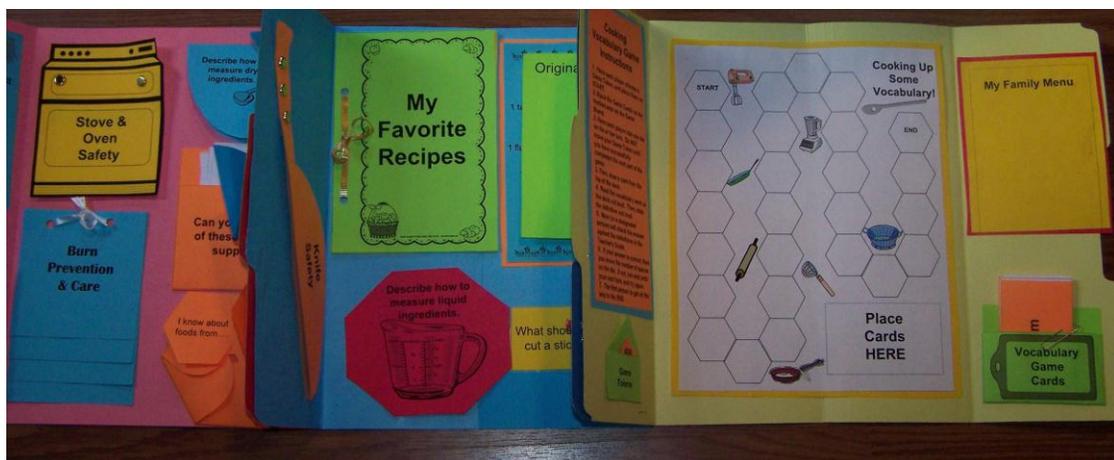


Inside of 3rd Folder:



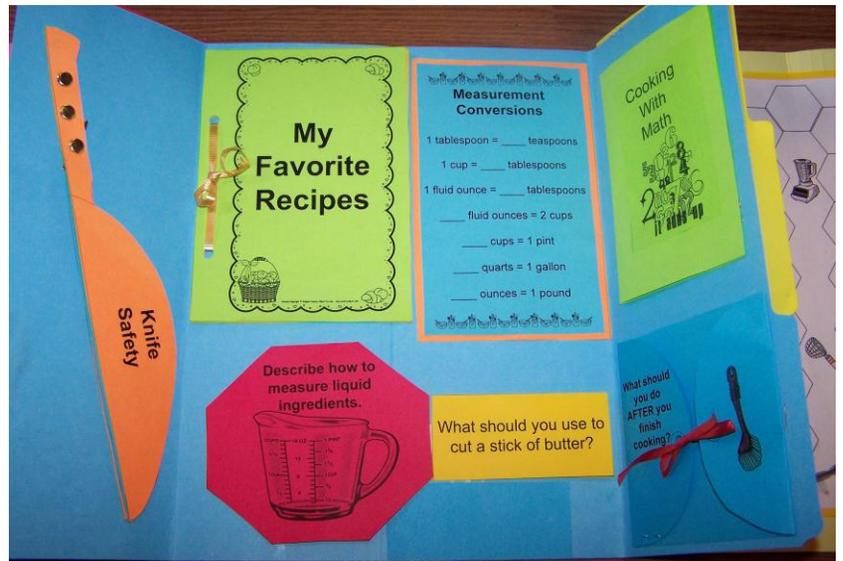
Basic Cooking Lapbook

Pictures of Completed Lapbook

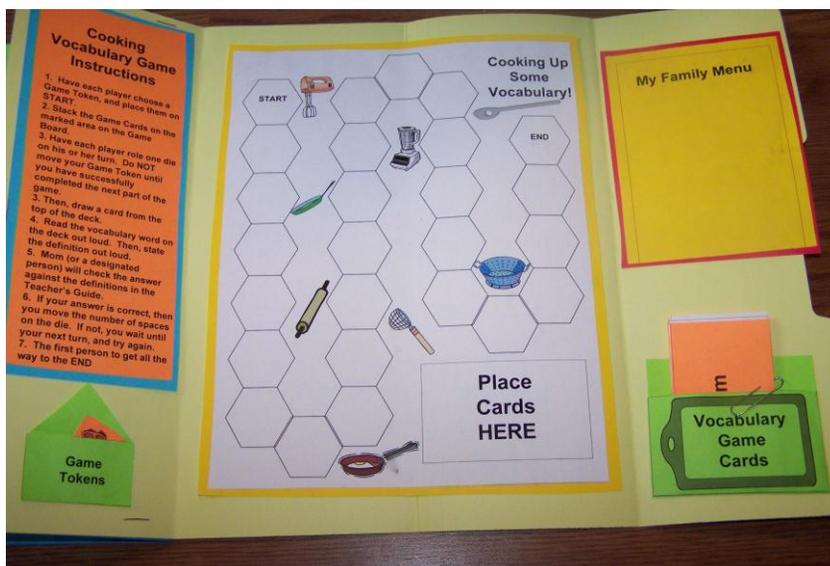




Folder 1



Folder 2



Folder 3

Cooking Basics Lapbook

Student Instructions & Assembly Guide

Booklet #1

***Booklet Title:** “What is the first thing you should do BEFORE you begin cooking?”

***Student Instructions:** Cooking is a lot of fun, but it also comes with a lot of responsibility. What is the very FIRST thing you should do before you begin cooking? Describe how you should do this.

***Completed booklet will be glued into Folder #1** (See Layout)

****Assembly Instructions:** Cut out the booklet along the outer black lines of each page. Then, stack them with the title page on front. Punch 2 small holes along the outer left side. Secure pages together with yarn or ribbon.

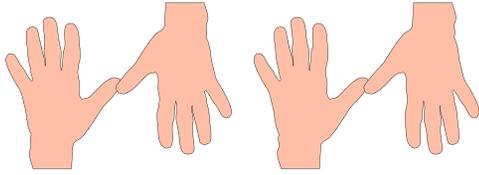
Booklet #2

***Booklet Title:** “More Steps BEFORE Cooking...”

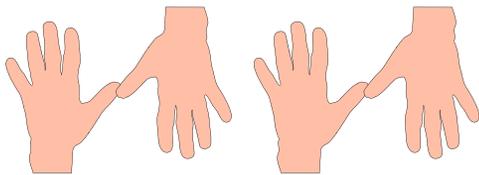
***Student Instructions:** Don’t start cooking yet! You need to make sure that you go through the proper steps so that you stay safe. What are the other steps, besides hand washing, that should be completed prior to beginning to cook? Fill in the blanks within this booklet.

***Completed booklet will be glued into Folder #1** (See Layout)

****Assembly Instructions:** Cut out the pages of this booklet along their outer black line edges. Stack them together so that the title is on the top. Punch a whole through the top of the “lid,” and secure with a metal brad fastener.



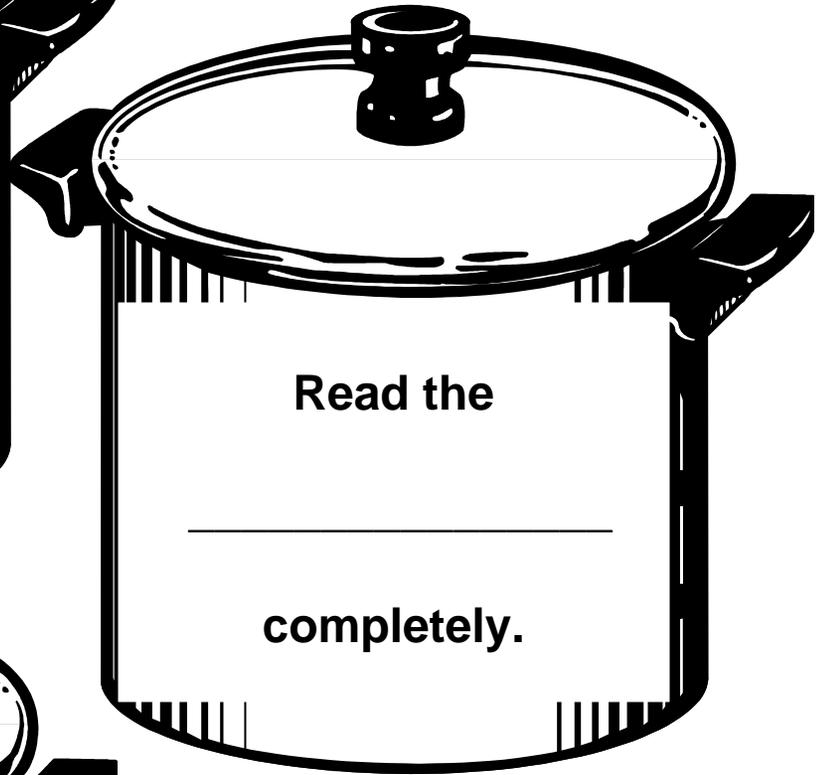
**What is the first
thing you
should do
BEFORE you
begin cooking?
Explain how it
should be done.**



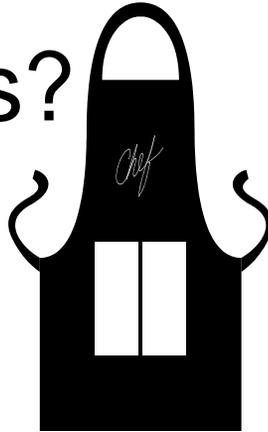
Blank space for writing the answer to the question.

**Booklet #1
Suggestion:
White paper
with colored
ink**

Blank space for writing the answer to the question.



Aprons?



Why should you wear an apron when cooking?

Why is it important to keep the apron tied?

Cooking Basics Lapbook

Teacher's Guide

Ready for some FUN??

Cooking with your kids is such a rewarding, as well as educational, experience. Here are 10 reasons to teach your children to cook, and they are from <http://www.kids-cooking-activities.com/>

1. Learning to cook helps kids to learn about nutrition and healthy eating. They are growing up with fast food and junk food at their fingertips, which is part of the reason why child obesity is on the rise! Teaching kids to cook will help instill skills to last them a lifetime.
2. Boost their self esteem. If your child needs a boost of self confidence, (and who doesn't!) cooking in the kitchen will do just that. They are accomplishing a task, learning something important and contributing to the family.
3. Create family time and bonding. Take time to cook with your kids and they will have memories that they, in turn, can pass on to their families. It may take a longer time to get the meal or snack done but the moments with your children will be priceless. (Just remember to have patience. Don't worry about flour on the floor or spilled milk.)
4. Kids will be more apt to eat what they make. Perhaps, it is the enthusiasm of creating something themselves, but they will be more likely to eat whatever they had a hand in making.

5. Kids learn real lessons in science, language, math and creativity. Cooking will help reinforce all these subjects!
6. What a great way to learn life skills. This can be especially helpful when kids are on their own and won't have to rely on fast food and junk food to sustain them.
7. They can help contribute to the family and they can feel the importance of helping.
8. They are working together as a team, whether it is with a parent or with a sibling to get the job done.
9. Cooking teaches them planning and making choices.
10. Practice creativity and imagination. Kids cooking activities are a great way to express themselves and enjoy their creations.

What do Kids Learn While Cooking?

What do kids learn while cooking? Cooking is something children enjoy just as much as eating the finished product. They love the whole process of adding ingredients together, creating something unique and seeing the finished product. Even most adults enjoy seeing something they created turning out as a masterpiece.

Kids might not even realize just how much they are learning because they are having so much fun. If you ever wonder what kids are learning when they are cooking perhaps you will be surprised at the amount of information your kids are taking in while they are cooking or baking with you or by themselves.

Math skills

- Counting
- Fractions
- Sorting
- Money
- Sequencing- what comes 1st, 2nd, 3rd
- Weighing
- Measuring
- Shapes
- Colors
- Problem solving-what happens if something goes wrong

Reading skills

- Improving their reading skills
- Vocabulary through new words

Chemistry and Science lessons

- Discovering food groups
- Making predictions
- Experimenting
- How food grows
- How food changes while cooking
- Five senses
- Sensory exploration-with hands on and feeling the ingredients while cooking

Geography lessons

- Cultural recipes
- Where food grows

Art lessons

- Creating
- Creativity-make their own unique recipes

History lessons

- Recipes through generations
- Family recipes/family history

Health lessons

- How to eat healthy
- Good nutrition

Social Skills

- Responsibility
- Safety and Cleanliness
- Working together
- Sharing
- Building self esteem

Fine motor skills

- Chopping, whisking, kneading, pouring, mixing, cutting, rolling

It is amazing that one hobby can be shared universally. After all, everyone throughout the world must eat to survive. It really is no wonder cooking with your kids is an opportunity not to be missed. It is an opportunity; to not only learn an important life skill, but multiple lessons and skills while having fun doing it.