

**Home Living / Daily Living**  
**Learning Continuum**  
**Sub Area: Cooking**

<b><u>Learning Areas</u></b>	<b><u>Emerging</u></b>	<b><u>Developing</u></b>	<b><u>Mastery</u></b>
<b>Literacy</b>	<ul style="list-style-type: none"> <li>• Matches pictures to words of kitchen items and food items</li> <li>• Matches pictures to objects</li> <li>• Recognizes items in the kitchen</li> <li>• Demonstrates awareness of being in kitchen environment</li> <li>• Creates a 1-2 step cooking product with help</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates understanding of basic use of items in the kitchen</li> <li>• Demonstrates understanding of labels for the correct cleaning product</li> <li>• Demonstrates ability to read and follow simple recipes with or without use of pictures</li> <li>• Recognizes items in the kitchen</li> <li>• Demonstrates ability to create a multi-step cooking product</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates ability to understand safety rules for appliances</li> <li>• Demonstrates ability to follow recipes in various cookbooks and pre-packaged foods</li> <li>• Demonstrates ability to create a full meal for a few guests and present it, keeping appearance in mind</li> </ul>
<b>Communication</b>	<ul style="list-style-type: none"> <li>• Asks for items needed in cooking</li> <li>• Verbally labels items in the kitchen, either vocally or through personal mode of communication</li> <li>• Demonstrates ability to ask for help in finding items needed in a recipe</li> <li>• Makes choice from two objects presented</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates ability to tell others what is in the recipe and what items to collect to help in cooking</li> <li>• Indicates basic safety rules in the kitchen through personal mode of communication</li> </ul>	<ul style="list-style-type: none"> <li>• Indicates a list of items needed in cooking project through personal mode of writing</li> <li>• Indicates recipe steps to others through personal mode of communication</li> <li>• Indicates safety rules in the kitchen through personal mode of writing</li> </ul>
<b>Math &amp; Science</b>	<ul style="list-style-type: none"> <li>• Demonstrates ability to pour ingredients together</li> <li>• Demonstrates beginning measurement skills</li> </ul>	<ul style="list-style-type: none"> <li>• Recognizes relative size of measuring utensils</li> <li>• Demonstrates ability to fill measuring utensil</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates ability to indicate measuring tool that corresponds with the directions given</li> </ul>

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	<ul style="list-style-type: none"> <li>• Demonstrates ability to pour with assistance as needed</li> <li>• Demonstrates understanding that there are various ways to store foods</li> <li>• Demonstrates rote understanding of different safety procedures in the kitchen</li> <li>• Demonstrates willingness to experience the difference between warm and cold</li> <li>• Demonstrates ability to look at safety procedures in the kitchen</li> <li>• Demonstrates acceptance of sensory exploration of the cooking process</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates/Applies ways of storing food in the kitchen to prevent spoilage</li> <li>• Understand food preparation safety</li> <li>• Identifies/Demonstrates safety precautions in the kitchen</li> <li>• Accepts tastes of warm/cold foods and different textures of foods</li> <li>• Demonstrates ability to gather all ingredients needed in simple recipe.</li> <li>• Demonstrates ability to gather cooking tools needed to follow through with the recipe</li> <li>• Initiates sensory exploration involved within the cooking process</li> </ul>	<ul style="list-style-type: none"> <li>• Fills measuring item and pours it into designated container</li> <li>• Demonstrates the different storage options for leftovers and food preparation</li> <li>• Demonstrates and teaches different kitchen safety techniques</li> <li>• Demonstrates different kitchen safety techniques</li> <li>• Accepts a variety of temperatures and textures of foods</li> <li>• Demonstrates ability to modify a recipe.</li> <li>• Demonstrates ability to modify a recipe with assistance</li> <li>• Accepts assistance in completion of the necessary steps in the cooking process</li> </ul>
<b>Social Studies</b>	<ul style="list-style-type: none"> <li>• Shares mealtime with others</li> <li>• Demonstrates ability to do basic table setting for a group of 2 or more</li> <li>• Demonstrates ability to work alongside of others</li> <li>• Notices differences in cultural products</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates acceptance of others working in the kitchen</li> <li>• Makes a simple meal for more than one person</li> <li>• Works on setting table for group of people</li> <li>• Uses utensils with verbal or physical cues as necessary</li> <li>• Demonstrates attention to</li> </ul>	<ul style="list-style-type: none"> <li>• Works on meal preparation with two or more people</li> <li>• Sets and cleans up after meal with 2 or more people</li> <li>• Uses utensils given verbal cues as necessary</li> <li>• Demonstrates ability to create a full meal for a few guests and presents it, keeping appearance in</li> </ul>

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		cooking activity when others are taking their turns	mind, with assistance provided as needed
<b>Physical Education &amp; Recreation/ Leisure</b>			
<b>Personal Resource Management</b>	<ul style="list-style-type: none"> <li>• Demonstrates attention to cooking activity when it is their turn</li> <li>• Demonstrates participation in hand washing and cleaning</li> <li>• Participates in healthy choices for meals</li> <li>• Accepts physical assistance as needed in food preparation and/or eating</li> </ul>	<ul style="list-style-type: none"> <li>• Understands a healthy recipe and makes it</li> <li>• Shows the ability to use proper sanitary precautions, hand washing and clean up</li> <li>• Accepts partial assistance as needed in food preparation and/or eating</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates attention to whole cooking activity</li> <li>• Plans a healthy menu for 3 or more meals</li> <li>• Plans a healthy menu for 3 or more meals with assistance as needed</li> <li>• Accepts a balanced diet</li> </ul>