

Home Living / Daily Living

Lesson Plan—Mastery

Measure Ingredients

Instructional Area: Leisure Community Daily Living / Home Living

Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Cooking
- Students will learn several different ways to measure given amounts of ingredients

Learning Area(s):

- Literacy
- Communication
- Math & Science

Purpose of Lesson / Objective:

- Students will demonstrate several different ways to measure a given amount of an ingredient

Materials / Equipment / Environment:

- Measuring cups
- Measuring spoons
- Sugar

Group Size: 3-6

Time Required: Will Vary

Lesson Procedure:

1. Using measuring cups and measuring spoons as visual/tactile aids for students, discuss relative sizes of the measuring cups and measuring spoons. (Which one is the largest? Show me the 1/3 cup; Is the teaspoon larger or smaller than the tablespoon? etc.).
2. Using the sugar or rice have the students follow along as a staff person demonstrates measuring in different ways given various amounts
3. Given various amounts, have students practice on their own or in groups of two or three to figure out at least two different ways to measure the given amounts

Carry Over / Related Activities:

- Prepare recipes using alternative methods of measuring
- Have students web out at least two different ways to measure given amounts, and keep their results in a folder to be referred to when they participate in cooking activities

Supporting Activities / Possible Adaptations:

- Measure a variety of things for various activities / projects throughout school day

Strategies for Participation:

- Present scenarios to students such as, "I need to measure one cup of sugar, but I don't have a one-cup measuring cup. I do have a half-cup and a quarter-cup. Tell me all the ways possible to measure a cup of sugar using these two measuring cups." (2 half-cups; 4 quarter cups; 1 half-cup and 2 quarter-cups)

Student Reaction / Evaluation:

- Data kept on each individual's ability to identify different ways to measure ingredients