

There are many practical ways children can learn at home through basic daily activities. Why not ask your children to write or use a recipe? This activity will help to develop their literacy and numeracy skills and provide opportunities for creativity as well as discussion of science concepts related to cooking.

Tips for using Recipes for learning at home:

Primary Students

- Read the recipe out loud to your children as you cook.
- Ask them to read the names and identify the different ingredients as you use them.
- Get them to write down the ingredients as you use them.
- Talk them through the steps you are taking to make a meal for the family and where possible get them involved.
- Ask your children to recall the steps taken to make the family meal. Younger students can draw pictures and verbally describe the steps. Older students can write the steps down.
- Get student to read a recipe from a book/magazine or online and highlight any terms/words they are not familiar with, then they can look up each term and write a definition.

Secondary Students

- Students can write out recipes to plan and prepare family meals.
- Students could create a simple weekly menu plan for the family.
- Get student to read a recipe from a book/magazine and highlight any terms/words they are not familiar with, then they can look up each term and write a definition.
- Students can create a recipe using the ingredients available and write it out using the template below. Over time they may have enough recipes to create a recipe book/folder.
- Students can rewrite a recipe and convert quantities to serve the number of people in their household. These Information Sheets will help with this:

How to Convert a Recipe

<http://www.refreshedschools.health.wa.gov.au/wp-content/uploads/2019/03/Converting-a-Recipe.pdf>

Common Measurements

<http://www.refreshedschools.health.wa.gov.au/wp-content/uploads/2019/03/Common-Measurements.pdf>

Note: AGHE refers to the Australian Guide to Healthy Eating

You can review serving size recommendations here:

<https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>

Creating a Recipe

Reference Sheet

Recipe Name:

Use words that accurately describe the dish. Have a little fun and make it catchy!

Preparation time:

Cooking time:

Preparation time includes all the measuring, chopping and other preparation of ingredients. Cooking time refers to the total time the food takes to cook. Remember, these times are just a guide.

Insert a picture of the food here

Servings:

Include the number of servings based on reasonable portions. Use AGHE serve sizes a guide

Adding a picture gives the reader an idea of what the end product should look like

Ingredients:

List your ingredients in order of which you will use them in the recipe. Don't forget to place the quantity first then the ingredient name/description.

Method:

Recipe directions should be numbered in logical steps. Write preparation directions in complete sentences. Make sure all ingredients listed above are included in the method. Include exact sizes of pots and pans. Indicate exact cooking temperatures and times.

Creating a Recipe

Activity Sheet

Recipe Name:

Preparation time:

Cooking time:

Servings:

Ingredients:

Method:

