Exploration and Learning Plan for Cooking

1 of 4 pages

**Name of the Recipe:** Delicious Wholesome Apple Sauce

**Date:** June 17th, 2020

**Ingredients:** (x 2)

8 large apples

Juice from 2 lemons

1 tsp cinnamon

2 tbsp brown sugar

½ cup water

This recipe is a wonderful amount for 8 children.

We have 16 children in our Group Child Care; therefore we are going to make 2 batches of apple sauce and will be using 2 crock pots.

**Equipment:**

Chopping board

Compost bin

Apple peeler

Apple corer

Cutting knife

Potato masher

Crock pot x 2

**Procedure:** (What steps will you do with the children?)

Each child will:

Wash their hands with warm soapy water then rinse clean.

Wash 1 apple with warm soapy water then rinse clean.

Teacher models how to peel the apple then allows the child to continue peeling the apple.

2 of 4 pages

Teacher holds the apple while the child pushes the apple corer down.

Teacher models cutting the apple in half then allows the child to cut the apple into quarters then into eighths.

Child places all apple pieces into the crock pot.

Teacher and child together wipe down the preparation table, wash the equipment for the next child to take a turn as prep chef.

After all the children have peeled and cut their apples it will be time to measure the remaining ingredients to go into the crock pot.

In groups of 8 children pre crock pot, 4 children will squeeze the lemon juice, measure and place into the crock pot, 1 child will measure and place the cinnamon into the crock pot, 2 children will measure the brown sugar into the crock pot, and 1 child will measure the water into the crock pot, finally the teacher will stir all the ingredients and turn on the crock pot.

Next is the hardest measurement of all for the children, to wait 4 hours until the apple sauce is ready to eat.

**What nutrition concepts will you explore?**

We will talk about how natural fiber content in apple sauce and learn that it takes a longer time to digest and leaves our stomach feeling full and happy. We will explore how apple sauce is a healthy choice (compared to margarine, butter, shortening or oil) of ingredient to use when baking. Talk about the vitamin c intake from apple sauce and how it helps our digestive system to function regularly. Along with apple sauce is healthy for our heart.

**Expected set up time:** 15 minutes

**Location of activity:** Kitchen area

**Approximate time/length of activity:** Allowing 5 - 10 minutes per child - one on one teaching/learning apple peeling/cutting/clean up time.

Crock pot cooking time 4 hours.

3 of 4 pages

**How you will introduce this activity:**

I would let the children know the day before with their parents at pick up time, that tomorrow we will be making apple sauce, due to the length the of crock pot cooking time we will need to start preparing early in the day.

**Objectives:** How does this cooking activity support children’s learning and development? ***Use the Developmental Continuum for ages 3-5 for at least 1 of your objectives (include at least 2)***

Understanding Children’s Development

Early Learning for Every Child Today

A framework for Ontario early childhood settings:

Physical – 5.3 Fine Motor Skills, Tool Use

The apple sauce activity supports fine motor skills and development. Washing the apple with both hands, holding the apple in one hand, and the other hand will have a palmer grasp around the apple peeler. The child will push with the palm of their hand on the apple corer. A pincer grasp will be used to squeeze the lemons and holding onto measuring spoons and cup.

Cognition – 4.13 Determining Quantity

Cutting the apple in half then into quarters and then into eighths.

Cognition – 4.19 Measuring

The children will be using measuring tools, spoons and cup (tool use), to measure the amount of ingredients needed for the apple sauce recipe.

Emotional – 2.6 Positive Attitudes towards Learning

Children are engaged in a new task of preparing and cooking the apple sauce. Followed be the joy, satisfaction, and accomplishment of the apple sauce being ready to eat.

4 of 4 pages

**How will you transition the children?**

When tomorrow arrives the children will excitedly remind us we are making apple sauce which we will proceed to do after all the children have arrived to the centre. We will group together to go over the safety rules of cooking, and the instructions of how we are going to make the apple sauce. Together, one on one, teacher and child will peel and cut the apples. Then in small groups measure the remaining ingredients.

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Mentor Approval: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Approval:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Student Evaluation: Part A: What worked? (Connect to your objectives above)

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Part B: How would you alter/change/expand this cooking activity next time?

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Comments made by the children:

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Mentor’s Comments:

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