

Cooking Project: Oatmeal

Materials: Your favorite Oatmeal Recipe and ingredients, various measuring cups, spoons and pot, chart paper with recipe written out. Use drawings and pictures of real food to indicate amounts and ingredients.

TS GOLD Objective 20a, b & c: Uses Number concepts and operations

Related Objectives: 7, 8, 12, 17, 22

Make sure children’s hands are well-washed. Refer to the recipe chart to help children count and measure amounts needed. Give each child a role in adding materials to the pot. Store in the refrigerator until ready to cook. Transfer to stove and have adult assistant cook according to recipe directions. Serve at next snack or meal with conversation about oats being a whole grain that has carbohydrates that give you energy.

Expansion Ideas: Relate the oatmeal to the porridge in *The Three Bears Story*

Sweet, Salty, Bitter and Sour

Materials: sweet fruit cut in small chunks (suggest watermelon or water-canned peaches), lemons cut in small chunks, salted pretzels, grapefruit cut in small chunks. At least one piece of each type of food per child. Pictures of each Type of food (as a label for the columns.) Chart with four columns. Self-prepared name cards. Tape.

TS GOLD Objective 24: Uses scientific inquiry skills

Related Objectives: 11d., 22

Taste testing			
Sour	Bitter	Salty	Sweet

Explain that you will be tasting foods that are sweet, sour, bitter and salty. Have each child taste the same food and ask which they think it is. Help them come to an agreement and place the picture next to the correct word on your chart. Repeat for each of the other 3 foods. Then have each child tape their name in the column of their favorite taste. Tally the number for each column having the children count with you and then write the numeral at the bottom of each column. Repeat with your additional small groups then combine the numbers from all groups. Share the total at circle time.