

Achievement **Cooking**

| | Syllabus | Spiritual | Theory | Activity | Comment |
|---|---|--|--|---|--|
| 1 | <p>God's provision of Food</p> <p>Kitchen hygiene and safety</p> <p>Simple cooking skills</p> <p>Keep a recipe file</p> | <p>God provides our food – He created all plants and animals</p> <p>Gen 1:1-31</p> | <ul style="list-style-type: none"> ▪ Personal hygiene in the kitchen ▪ Correct use of knives and peelers | <ul style="list-style-type: none"> ▪ Make a vegetable stir fry ▪ Cover an exercise book to make a recipe book ▪ Write in recipe for vegetable stir fry ▪ Look in recipe books for variations the different types of ingredients used in stir fry's ▪ Bible search worksheet | <ul style="list-style-type: none"> ▪ Cut exercise books in half across the middle to make two recipe books. |
| 2 | <p>God's provision of Food</p> <p>Kitchen hygiene and safety</p> <p>How to read a recipe</p> <p>Simple cooking skills</p> <p>Keep a recipe file</p> | <p>Elijah fed by ravens</p> <p>1 Kings 17:1-8</p> | <ul style="list-style-type: none"> ▪ Review hygiene ▪ Safety using electrical equipment ▪ First aid for burns and cuts ▪ Reading a recipe ▪ Measuring terms | <ul style="list-style-type: none"> ▪ Use measuring cups and spoons to measure different amounts of water ▪ Make choc chip muffins using an electric mixer ▪ Write recipe in book and look at other Muffin recipes. Choose a savoury Muffin recipe to add to recipe book ▪ Kitchen safety worksheet | |
| 3 | <p>God's provision of Food</p> <p>Food values</p> <p>How to read a recipe</p> <p>Simple cooking skills</p> <p>Keep a recipe file</p> | <p>Elijah and the widow</p> <p>1 Kings 17:7-24</p> | <ul style="list-style-type: none"> ▪ Discuss food groups and healthy diet ▪ Read recipes and discuss terms used | <ul style="list-style-type: none"> ▪ Make milo and toasted sandwiches ▪ Chose a recipe you would like to make and write it in your recipe book – make sure you know all the terms used ▪ Cooking terms worksheet ▪ Plan a menu for a simple meal (sausage, chips and salad with icecream for sweets)and write a shopping list | |
| 4 | <p>Cooking for others</p> <p>How to read a recipe</p> <p>Basic shopping</p> <p>Preparing a simple meal</p> | <p>Sharing food with others</p> <p>John 6:1-15</p> | <ul style="list-style-type: none"> ▪ Wise decisions when shopping, brand names, specials, marketing ploys | <ul style="list-style-type: none"> ▪ Go shopping and purchase the ingredients for the simple meal planned last week. ▪ As a group cook (and eat!) the meal emphasizing the working together | |

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| 5 | Kitchen hygiene and safety Simple cooking skills Keep a recipe file | "I am the Bread of Life" John 6:35-40 | <ul style="list-style-type: none"> ▪ Hygiene in the kitchen – clean benches, floors ▪ Convenience foods –cost, time saved | <ul style="list-style-type: none"> ▪ Make damper ▪ Use packet mixes to make noodles, rice and pasta dishes. ▪ Find a recipe for one of the above (fried rice, pasta with tomato sauce etc) and write it into recipe book ▪ Bring a loaf of homemade bread and discuss the differences with a bought loaf (starting with the taste!) | |
| 6 | Kitchen hygiene and safety Cooking for others Simple cooking skills Keep a recipe file | Living Water John 4:3-15 | <ul style="list-style-type: none"> ▪ Review hygiene, safety, skills learn and terms used | <ul style="list-style-type: none"> ▪ Make two or three sorts of biscuits ▪ Serve biscuits and cordial for company supper ▪ Wrap an assortment of biscuits to take home to give to someone (Mum, Nanna, neighbour) ▪ Write recipe in book | |