

Road to Learning and Earning

Lesson Plan



Topic/Title of Plan: Cooking Oven-Baked Egg Muffins

Lesson Developed By: Matt Hastings

School: Jacob Forks Middle School, Catawba County

Objective Being Taught	Safely operating kitchen appliance, functional cooking, cleaning and setting the table.
RTLE Matrix Objective	By reviewing functional life skill resources, provide students and families with skills for living as independently as possible in the community.
Student Audience/Length	3 Students, IDMI, IDMO, IDSEV. 7th &8th Grade/ approximately 35 minutes.
Materials/Resources Needed	<ul style="list-style-type: none">• Kitchen• Oven• Kitchenware• mixing bowl• whisk, eggs• cheese• salt• pepper• cups• drinks• hot hands• forks• plates• pencils for task analysis
Teaching Procedure	<p>1. Go over the Kitchen safety PowerPoint. Emphasize that an adult must supervise and you should not touch anything sharp or hot!</p> <p>Make sure all students wash hands. Pass out task analysis consisting of 10 parts. Teacher will show how to complete each step first then allow a student to complete it after. IE- Teacher cracks one egg, one student will crack two, another student will crack two and then the last student will crack one.</p> <p>All three students must complete all 10 steps to get a 100.</p> <p>2. First step, Get a student to read the first step. Preheat the oven to 350.</p> <p>3. Second step, crack 6 eggs into the mixing bowl.</p> <p>4. Third step, Throw away egg shells.</p> <p>5. Fourth step, whisk the eggs adding in cheese, salt and</p>

	<p>pepper.</p> <ol style="list-style-type: none"> 6. Fifth step, grab the muffin tin and gently grease the 6 muffin spots with non-stick spray. 7. Sixth step, Pour Eggs evenly in six muffin spots. 8. Seventh step, bake eggs for 10 minutes and check. Eggs should not be runny. 9. Eighth step, If eggs are runny, put back in for 5 minutes. 10. Ninth step, Let eggs sit for 5 minutes outside of the oven 11. Tenth step, using a fork, pry eggs out of muffin tin and put on a plate. <p>Once this is complete, make sure to turn off oven and to clean all bowls, bake ware and other utensils you used. During the wait time, allow students to set utensils out, pour water or other drink and to clean up.</p>
<p>Check for Understanding and Assessment of Lesson</p>	<p>Students must fill out a task analysis with an adult- They must each independently do each step after the teacher completes an example.</p>
<p>Wrap Up/Review</p>	<p>Over their meal, students will discuss with the adults what they enjoyed and if they like their meal. We always ask if they could do this at home (with guidance!).</p>