

Roads to Learning and Earning



Lesson Plan

Topic/Title of Plan: Making Macaroni and Cheese

Lesson Developed By: Harnett County School Teachers

School: Harnett County Schools

Objective Being Taught	Provide students and families with skills needed for navigating and safely living as independently as possible in the community.
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	OCS/Life Skills/Middle School
Materials/Resources Needed	Glass bowl, box of macaroni and cheese (with cheese sauce powder), spoon, colander, butter, milk, measuring cups, 2 qt pot, water, butter knife, stove, pot holders, dish soap, sponges, drying towels, dish rag
Teaching Procedure	<p>Students will be instructed to read the recipe on the back of the macaroni and cheese box. Students will then be instructed to gather needed materials for cooking. Students will measure correct amount of water to boil the macaroni on the stove. Students will independently turn on the stove to the correct temperature, setting to boil the water and then wait to add the noodles.</p> <p>Students will then measure the appropriate amount of butter and milk to add to the noodles. Students will use colander to drain the noodles, using pot holders, carefully in the sink. Students will then add the needed ingredients to the noodles in a glass bowl and use appropriate materials to stir and mix ingredients. Students will then clean cooking area and used materials.</p>
Check for Understanding and Assessment of Lesson	Students will be able to recall/demonstrate sequence of making macaroni and cheese and appropriate steps and materials.
Wrap Up/Review	Ask students if they like the activity and would be comfortable making the dish independently at home. What other recipes would you like to make? What other ingredients could you add to your macaroni and cheese (hot dogs, broccoli, chicken, etc)? Which food groups do these foods fall under (dairy, carbs)?