

**Lesson Title:**     **Cooking Word Games**

**Topic:**             Learning to read, understand, and generalize use of words related to cooking & recipes.

**Level:**             Any level

**Time Needed:**    15 minutes to an hour

**Objective:**        Student will learn to read and understand action words related to cooking & recipes. Student will learn names of measuring & cooking equipment.

**Motivation:**      High interest topic, real life application, game format.

**Materials:**

*Recipe Charades:*

1. Flashcards with action words: pour, push, beat, dip, turn, stir, mix, whisk, etc. Include photos or drawings as needed.

*Measurement Match:*

1. Large lotto card big enough to hold actual measuring equipment (approximately 12x16"). You can use a letter sized file folder, opened up.
2. Typed labels or markers.
3. Measuring cups, measuring spoons.

*Measurement Lotto:*

1. Several differing individual lotto cards with three-four labels on each (e.g. 1/4 teaspoon, 1 cup, 1/4 cup).
2. Set of cards with the name of one measuring cup or spoon on each.
3. Multiple sets of measuring equipment.

**Background:**

Understanding action words and identifying measuring equipment are prerequisites to reading and following a recipe.

Note that the larger measuring cups and spoons with multiple markings are more difficult to learn and to use. For example with a glass 2-cup measuring cup, it is difficult to fill it exactly to the 1-cup mark. For children with Fragile X Syndrome, we suggest using the individual sets of cups and spoons instead.

**Preparation:**

Prepare flashcards, match board, and lotto cards. Lotto cards should have outlines of the measuring cups and spoons to help students match the actual items to the card labels. You may laminate the cards as needed.

**Activity:***Recipe Charades:*

Take turns drawing the cards, acting them out, and guessing the action words the player drew.

You could also do this using the appropriate kitchen utensils (a spoon, whisk, etc.)

*Measurement Match:*

Teach child how to find measurements on spoons & cups.

Have child match markings on spoons & cups to labels on lotto cards.

Have students place the spoons & cups in the appropriate space on the lotto card.

The card can be used to hold measuring equipment while cooking.

*Measurement Lotto:*

Each student has a lotto card and a set of measuring spoons and cups. Teacher draws a card, says and shows the name of the measuring object (e.g. "1/4 teaspoon"). Student looks on their lotto card to see if they have that object. If they don't, they wait for the next turn. If they do, they find the matching object from their set of measuring equipment, and place it on their card. Teacher then draws the next card. Play ends when a student has a full card.

**Extensions:**

Progress to using flashcards and lotto cards to help with reading recipes and cooking.

Help student create a recipe file or recipe book, adding pages as new recipes are learned.

Use measuring cups and spoons for teaching fractions.

**Source:**

Adapted from:

Oelwein, Patricia Logan, 1995. Teaching Reading to Children with Down Syndrome: A guide for parents & Teachers. Topics in Down Syndrome. Woodbine House.

**Contact Information:**

Carolyn Ybarra

[ybarra@stanfordalumni.org](mailto:ybarra@stanfordalumni.org)

**Bibliography:**

See above.