

## Core Skills Analysis

### Science

- The student learned about the chemical reactions involved in whipping egg whites to form stiff peaks.
- They gained an understanding of how heat transforms meringue into crispy nests in the oven.
- Exploring the concept of emulsification while mixing ingredients to create the meringue.

### Mathematics

- Practiced measuring ingredients accurately using measuring cups and spoons.
- Understood the concept of ratios when determining the sugar to egg white ratio for the meringue.
- Utilized basic arithmetic by scaling the recipe up or down based on the number of servings needed.

### Home Economics

- Developed skills in following a recipe step-by-step, enhancing their ability to read and comprehend instructions.
- Learned about kitchen safety measures, such as handling hot baking trays or using electric mixers.
- Explored the importance of cleanliness and organization in the kitchen while preparing the meringue nests.

### Tips

Encourage the student to experiment with different flavorings like vanilla extract or fruit zest to customize their meringue nests. Additionally, they can practice piping techniques to create various shapes with the meringue. Exploring different toppings such as fresh fruits or chocolate shavings can also add a creative touch to their nests.

### Book Recommendations

- [Baking Class: 50 Fun Recipes Kids Will Love to Bake!](#) by Deanna F. Cook: A comprehensive guide for young bakers with easy-to-follow recipes and tips for baking adventures.
- [The Complete Baking Book for Young Chefs](#) by America's Test Kitchen Kids: Ideal for young chefs looking to expand their baking skills with simple yet delicious recipes.
- [Cooking Class: 57 Fun Recipes Kids Will Love to Make \(and Eat!\)](#) by Deanna F. Cook: An engaging cookbook that introduces children to cooking basics with colorful illustrations and hands-on recipes.