

## Core Skills Analysis

### Science

- Learned about the process of gelatinization and how jello is formed from gelatin and liquid.
- Understood the impact of temperature on the setting of jello (hot liquid dissolving gelatin and cooling for it to solidify).
- Explored the concept of reversible changes by observing how jello can be melted and solidified again.
- Gained insight into the role of ingredients (sugar, food coloring) and their impact on taste and appearance.

### Mathematics

- Practiced measuring ingredients accurately to achieve the correct consistency and flavor.
- Learned about volume through measuring liquids and possibly estimating how much jello can be made.
- Applied basic fractions when mixing and diluting ingredients in the recipe.
- Became familiar with time management by timing the preparation and waiting periods involved in making jello.

### Health and Nutrition

- Understood the importance of hydration and how jello can be made with fruit juices or infused with beneficial nutrients.
- Discussed the role of snacks and desserts in a balanced diet, and the benefits of making healthier dessert options.
- Explored dietary restrictions and alternatives (like sugar-free jello) to cater to different health needs.
- Learned about the sources of ingredients used to prepare jello and their nutritional values.

### Tips

To further improve upon this activity, students can explore different flavor combinations and the addition of fruits or other ingredients to enhance the jello. They can also experiment with forms of gelatin alternatives, and delve into how dietary restrictions affect ingredient choices. Learning about the cultural significance of jelly desserts around the world could provide more context and depth to their understanding.

### Book Recommendations

- [Jell-O: A Sugar-Sweetened History](#) by Jennifer K. Kauffman: This book delves into the history and evolution of jello, exploring its cultural significance and various recipes.
- [The Science of Good Cooking: Master 50 Simple Concepts to Enjoy a Lifetime of Success in the Kitchen](#) by Cook's Illustrated: A comprehensive guide that simplifies cooking concepts, including the science behind gelatin and other cooking techniques.
- [Gardening Under Lights: How to Grow Plants with Virtually No Natural Light](#) by Rebecca J. DeBenedictis: This book discusses growing food that could inspire additional ingredients for culinary projects, including fresh fruits that can be added to jello.