

Core Skills Analysis

Mathematics

- Measured ingredients using cups and tablespoons, reinforcing understanding of fractions and conversions.
- Calculated cooking times, helping to improve time management skills.
- Adjusted recipe servings for a larger or smaller group, applying proportional reasoning.

Science

- Explored the principles of heat transfer while boiling pasta and melting cheese.
- Understood the chemical reactions that occur when cheese is melted and how this affects texture.
- Investigated the nutritional aspects of the ingredients used, promoting an understanding of food science.

Home Economics

- Gained practical experience in cooking techniques and kitchen safety.
- Learned about the importance of cleanliness and organization in food preparation.
- Developed skills in following a recipe, which promotes literacy and comprehension.

Tips

To further improve skills in cooking, the student can experiment with different types of cheese or pasta shapes, explore seasoning options, and learn about healthier alternatives to traditional ingredients. Additionally, they could try making the dish from scratch, including the cheese sauce, to deepen their culinary knowledge.

Book Recommendations

- [The Cookbooks for Teens: Cooking Up Fun!](#) by Tara Dairman: A fun guide for teens that provides simple recipes, including tips on how to cook confidently and creatively.
- [Teenage Mutant Ninja Turtles: The Pizza Cookbook](#) by N/A: An engaging cookbook inspired by the beloved turtles, featuring cheesy and fun pasta recipes.
- [The Science Cookbook: 50 Recipes to Learn About Food Science](#) by Christine Galloway: This book combines cooking with science, making it appealing for teens interested in understanding the science behind their favorite foods.