

Objective

By the end of this lesson, Olga will learn how to prepare a simple dish, understand basic cooking terms, and gain confidence in her cooking skills.

Materials and Prep

- A clean kitchen space
- Ingredients for a simple recipe (e.g., scrambled eggs, toast, or a fruit salad)
- A mixing bowl
- A spoon or spatula
- A plate for serving
- An adult supervision (if needed)

Before starting, ensure that all ingredients are ready and the kitchen is clean. Discuss kitchen safety with Olga, such as washing hands and being careful with hot surfaces.

Activities

- **Recipe Reading:**

Olga will read through the recipe together with you. This will help her understand the steps and ingredients needed for the dish.

- **Ingredient Gathering:**

Olga will gather all the ingredients needed for the recipe. This will teach her about organization and preparation in cooking.

- **Cooking Time:**

Olga will follow the recipe step-by-step to prepare the dish. Encourage her to mix, stir, and be creative!

- **Presentation:**

Once the dish is ready, Olga will plate it nicely. Discuss how presentation makes food more appealing.

- **Taste Test:**

Finally, Olga will taste her creation and share her thoughts about it. This is a fun way to reflect on her cooking experience!

Talking Points

- "Cooking is like a science experiment! We mix things together to create something yummy!"
- "Why do you think we need to wash our hands before cooking? It's to keep everything clean and safe!"
- "What do you think will happen if we add too much salt? Let's taste it and find out!"
- "How does it feel to cook your own food? It's so cool to make something delicious!"
- "Can you think of other ingredients we could use to make this dish even better?"
- "Why do you think it's important to present food nicely? It makes people excited to eat!"
- "What was your favorite part of cooking today? Was it mixing, cooking, or tasting?"