

## Objective

By the end of this lesson, Nadia will be able to identify various cooking utensils, demonstrate their correct usage, and explain how to use them safely. She will also gain confidence in the kitchen, understanding the importance of safety while cooking.

## Materials and Prep

- Knives (chef's knife, paring knife)
- Grater
- Peeler
- Cutting board
- Measuring cups and spoons
- Mixing bowls
- Cooking apron
- Kitchen towel

Before the lesson, ensure that all utensils are clean and in good condition. Discuss with Nadia the importance of a clean workspace and proper hygiene in the kitchen.

## Activities

- **Utensil Identification Game:**

Nadia will match each cooking utensil with its name and purpose. Use flashcards with pictures of utensils and their names to make it interactive.

- **Safe Knife Skills Practice:**

Under supervision, Nadia will practice using a chef's knife to chop soft vegetables like cucumbers or bell peppers. Emphasize the importance of keeping fingers tucked in while cutting.

- **Grating and Peeling Challenge:**

Nadia will use the grater and peeler on different ingredients (like cheese and carrots). Discuss the right technique to avoid injury and ensure efficiency.

- **Cooking Show:**

Nadia will demonstrate her skills in a mini cooking show, explaining how to use each utensil as she prepares a simple dish, like a salad or a smoothie.

## Talking Points

- "Always handle knives with care. Keep your fingers away from the blade and use a cutting board to protect your countertop."
- "When using a grater, make sure to keep your hand behind the grater and use a firm grip to prevent slipping."
- "When peeling vegetables, always peel away from your body to avoid accidents."
- "It's important to clean your utensils after use to maintain a safe and hygienic cooking"

environment."

- "Remember, practice makes perfect! The more you use these utensils, the more comfortable you'll become."