

# Lesson Plan: My First Dinner Adventure!

## Materials Needed

### Kitchen Tools & Supplies:

- Child-safe apron and a small stool, if needed
- Baking sheet
- Parchment paper or aluminum foil
- Spoons for spreading sauce
- Small bowls for holding toppings
- Measuring cups
- Child-safe knife or butter knife (for soft toppings)
- A fun "chef hat" (can be made from paper)

### Ingredients (for Make-Your-Own Mini Pizzas):

- Mini pizza crusts (English muffins, pita bread, or pre-made small crusts)
- Pizza sauce or tomato sauce
- Shredded mozzarella cheese
- A variety of kid-friendly toppings, pre-chopped by an adult:
  - Pepperoni or mini turkey pepperoni
  - Cooked, crumbled sausage
  - Diced bell peppers (various colors)
  - Sliced mushrooms
  - Sliced black olives
  - Pineapple tidbits
  - Fresh basil leaves

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## Learning Objectives

By the end of this lesson, the student will be able to:

- Follow at least three multi-step verbal instructions to assemble a meal.
- Identify and name at least three ingredients used in the recipe.
- Demonstrate proper hand-washing technique before handling food.
- Use a measuring cup to measure one ingredient with minimal assistance.
- Contribute to the clean-up process by performing one simple task (e.g., putting a spoon in the sink).

## Lesson Activities: The Great Pizza Adventure!

### Part 1: The Chef's Prep (10 minutes)

1. **Kitchen Safety Briefing:** Start by explaining the two most important chef rules: 1) "We never touch anything hot, like the oven. That's a grown-up's job." 2) "We always ask before we taste." Put on the chef hat and apron to make it official!
2. **Hand-Washing Heroes:** Go to the sink together. Teach the "Super Soap Scrub" by singing the ABCs or "Twinkle, Twinkle, Little Star" twice while scrubbing hands with soap and water. Dry hands completely. This is what all great chefs do!
3. **Ingredient Quest:** Lay out the prepared toppings in small bowls. Go on an "Ingredient Quest." Ask your student to find the red sauce, the white cheese, and the green peppers. Have them

smell the basil and describe what it smells like.

## Part 2: The Pizza Creation Station (20 minutes)

1. **Build the Base:** Place a mini pizza crust on a sheet of parchment paper. Let the student spoon 1-2 spoonfuls of sauce onto the crust and spread it around with the back of the spoon. It's okay if it's messy!
2. **Measure the Cheese:** Provide a measuring cup (e.g., 1/4 or 1/3 cup) and the bowl of shredded cheese. Guide the student to scoop the cheese into the cup until it's full. Let them sprinkle the measured cheese all over the sauce. This is a great time to talk about what "full" means.
3. **Create Topping Art:** This is where creativity shines! Encourage the student to become a "Pizza Artist." They can make a happy face with pepperoni, stripes with peppers, or just a beautiful mix of all their favorite toppings. Let them have full control over their masterpiece.

## Part 3: The Magic Oven & Clean-Up Crew (15 minutes - includes baking time)

1. **The Grown-Up's Job:** Carefully transfer the finished pizza (on its parchment paper) to the baking sheet. Explain that the oven is very hot and you will handle this part. Place the pizza in the preheated oven (follow package directions, usually around 400°F or 200°C for 10-12 minutes).
2. **Watching the Magic:** Turn on the oven light and let the student safely watch the pizza cook. Ask questions like, "What is happening to the cheese?" (It's melting!) "Do the toppings look different?"
3. **Clean-Up Crew:** While the pizza bakes, work together as a team. Give the student a simple, age-appropriate task like carrying the empty topping bowls to the sink or wiping the counter with a damp cloth (with you). Praise their helpfulness.

## Part 4: The Official Taste Test (15 minutes)

1. **The Grand Finale:** Once the pizza is cooked and has cooled for a few minutes, the adult will slice it. Present the student with their creation!
2. **I'm a Chef!** While eating, ask the student to describe their work. "Tell me about the pizza you made. What is your favorite part?" "Does it taste as good as it looks?" This reinforces their sense of accomplishment and ownership. Celebrate their success as a chef.

## Assessment (Informal Observation)

During the lesson, observe if the student can successfully:

- Recall one kitchen safety rule when asked.
- Wash their hands for the recommended time.
- Name at least three ingredients when you point to them.
- Assemble their pizza following verbal cues.
- Describe one thing they did to help make the dinner.

## Differentiation & Scaffolding

- **For Extra Support:** Use hand-over-hand guidance for spreading sauce or measuring cheese. Use picture cards for each step of the recipe. Break down instructions into single steps (e.g., "First, get the spoon." "Now, dip it in the sauce.").
- **For an Extra Challenge:** Let the student help prepare a soft topping, like tearing basil leaves or using a butter knife to slice a soft mushroom (with close supervision). Have them count the number of pepperoni slices they use. Ask them to create a pattern with the toppings.

## Extension Ideas

- **Create a Menu:** Before cooking, have the student draw a picture of their pizza on a folded piece of paper to create a "menu" for dinner.
- **Recipe Book:** Take a photo of the student with their finished pizza. Print it and paste it into a blank notebook. Help the student write or dictate the "recipe" next to the photo. This can be the first entry in their very own cookbook.
- **Flavor Scientist:** Encourage trying a new, unfamiliar topping (e.g., an olive or a mushroom). Discuss what it tastes like and whether they would use it again on their next Pizza Adventure.