

Lesson Plan: Chocolate Chip Cookies

Ingredients and Tools

- 2 ¼ cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 sticks soft butter
 - ¾ cup sugar
 - ¾ cup brown sugar
- 1 teaspoon vanilla
 - 2 eggs
- 2 cups chocolate chips
- Oven
- Measuring cups
 - Mixing bowl
 - Large bowl
 - Mixer
 - Spoon
- Cookie sheets
- Oven mitts

Description

Chocolate chip cookies may not be the healthiest food, but they certainly are rewarding. These cookies are relatively difficult to make, and require precise measurements.

You can practice measuring dry ingredients before cooking this recipe by using beans or rice. Oven skills can be practiced by removing cookie sheets with oven mitts while the oven is cold.

It is a good idea to crack eggs into a separate bowl first, transferring them to the other ingredients later, if successfully cracking eggs without traces of shell is a challenge.

Skills Needed/Used

- Identifying time/numbers (375, 10)
- Grading pressure to crack eggs
- Visual discrimination to match numbers
 - Bilateral hand coordination

Tags

Chocolate chip cookies, oven, dessert, hot, measuring skills, difficult, grading pressure

Warning: these materials are provided for guidance only. Please use caution when cooking with children with special needs, and refer to common sense, general kitchen safety, and discernment when deciding at what level a child is capable of safely working. Your Special Chef cannot be held responsible for the misuse of such resources and materials.