

Lesson 6 – How to Read a Recipe

Purpose: To teach learners how to follow recipe instructions.

Instructor’s Note: When selecting recipes, find out what the learner wants to cook. Consider food preferences, how much they like to cook, and what kind of cooking facilities they have.

Some learners will be able to use the written recipes while others may need to use the picture recipes. Start by discussing each step of the recipe. Next, demonstrate each step of the recipe, help learners make it and then be available when they try to make it on their own.

Activity 1

Literacy Stage 1

1. Hand out the [Grilled Cheese Sandwiches \(Imperial\)](#) or [\(Metric\)](#) recipe from *Now You’re Cooking*. Have learners read it out loud. Discuss measures, cooking equipment and cooking terms.
2. Demonstrate each step of the recipe to the class.
3. Have learners break into groups of two or three, or as space allows. Have them make the recipe on their own.
4. Ask learners to write down any questions they have. Discuss them as a group.

Activity 2

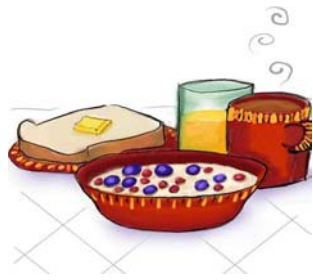
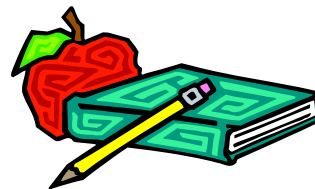
Literacy Stage 2

1. Hand out the [Bannock \(Imperial\)](#) or [\(Metric\)](#) recipe from *Now You’re Cooking*. Have learners read it out loud. Discuss measures, cooking equipment and cooking terms.
2. Demonstrate each step of the recipe to the class.
3. Have learners break into groups of two or three, or as space allows. Have them make the recipe on their own.
4. Ask learners to write down any questions they have. Discuss them as a group.

Activity 3

Literacy Stage 3

1. Hand out the [Lazy Day Stew \(Imperial\)](#) or [\(Metric\)](#) recipe from *Now You’re Cooking*. Have the learners read it out loud. Discuss measures, cooking equipment and cooking terms.
2. Demonstrate each step of the recipe to the class.
3. Have learners break into groups of two or three, or as space allows. Have them make the recipe on their own.
4. Ask learners to write down any questions they have. Discuss them as a group.



Tip: Use recipes to demonstrate safe food handling, proper use of equipment, kitchen safety and methods of food preparation.

You will need for Activities 1 - 3:
Cooking facilities and equipment
Recipe ingredients

Developed by
Basic Skills for Living Project
Manitoba Association of Home
Economists – Winnipeg Branch
Box 1961
Winnipeg MB
R3C 3R2 Canada

e-mail:
info@basicskillsforliving.ca