



TEACHING METHODS

Cooking Meals Together

MATERIALS NEEDED FOR IN-PERSON TEACHING:

- COOKING SOURCE
- MEASURING CUPS & SPOONS
- MIXING BOWLS
- CUTTING BOARD
- PANS, DISHES, POTS
- INGREDIENTS FOR MEAL

MATERIALS NEEDED FOR VIRTUAL TEACHING:

- VIDEO COMMUNICATION PLATFORM
- POWERPOINT SLIDES
- SAMPLE PREPARED MEAL
- UPLOADED RECIPES

EMPOWERING LEARNING:

- ENCOURAGES RELATIONAL LEARNING
- ENGAGES LEARNERS OF ALL AGES
- EXPOSES LEARNER TO ALL LEARNING STYLES
- PROMOTES SCAFFOLDING LEARNING
- PROMOTES GROWTH OF EXECUTIVE FUNCTION SKILLS

DESCRIPTION

Cooking meals together is a teaching method in which learners and teachers create fare using essential tools and ingredients.

INSTRUCTIONS FOR IN-PERSON TEACHING

- Read the Bible verse and encourage learners to relate scripture to the process of preparing a meal together
- Determine together what meal is to be prepared
- Collect cooking utensils and ingredients
- Begin learning session through modeling and guiding the cooking process
- Sample meal together and encourage deeper reflection of Bible verse

INSTRUCTIONS FOR VIRTUAL TEACHING

- Select a Video Communication Platform
- Encourage all learners to engage by recommending each participant upload his/her/their recipe to share with the class
- Read the Bible verse and encourage learners to relate scripture to the process of preparing a meal
- Model cooking steps while engaging learners as partners in the process
- Encourage deeper reflection of Bible verse at the end of cooking instructions

IDEAS FOR USING THIS METHOD

- Easily adaptable to use with all ages of learners
- Actively engage learner through the sharing of a prepared meal as an expression of God's love
- A creative method for creating spaces for spiritual growth for the learner through the use of other Bible passages and meal choices
- Encourage learners to create his/her/their own Blog site to promote scaffolding