

THE GREAT MACARONI AND CHEESE INQUIRY

Focus Lesson: The Great Macaroni and Cheese Inquiry

Materials:

An assortment of prepackaged macaroni and cheese boxes
 Macaroni and cheese recipes
 Attached sheet
 Paper
 Large index cards
 If possible different types of macaroni and cheese to sample
The Kid Who Loved Mac & Cheese by Valerie A. Wheat

Grade: 5

Time: 45 minutes

***Common Core Standards:**

CCSS.ELA-LITERACY.W.5.1

Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

Thinking Skill: Comparing and contrasting

Objective:

Students will be able to understand how to read cooking instructions.
 Students will prepare a shopping list for a recipe.
 Students will taste different macaroni and cheese preparations and write a persuasive essay about their favorite type.

Connection:

Who has ever eaten macaroni and cheese?
 Does anyone have a favorite type of macaroni and cheese?
 Has anyone ever had homemade macaroni and cheese?
 Has anyone ever helped cook homemade macaroni and cheese?
 What benefit might there be to making your own macaroni and cheese?

Explicit Instruction:

1. Read *The Kid Who Loved Mac & Cheese*.
2. Show the class a macaroni and cheese box to demonstrate how to follow the cooking instructions.
3. Instruct students to create a grocery list for the items required (including the macaroni and cheese).
4. Have students find a macaroni and cheese recipe that they would like to try at home. Use websites (ie. cookinglight.com, foodnetwork.com, allrecipes.com, etc), cookbooks and/or food magazines as sources. Consider including a variation of stovetop recipes and oven recipes.
5. Instruct students to create a grocery list for the items required.
6. Explain to students that some items can be stored in the pantry and reused for multiple recipes (such as cooking spray, flour, spices) and that others need to be used right away (i.e. milk or cheese).

Guided Practice:

Students will design recipe cards for their homemade macaroni and cheese recipes using large index cards. They should write the cooking instructions step-by-step and research any cooking methods that are unfamiliar (such as *drain* the pasta).

Write unfamiliar terms on the ELMO board as they arise and discuss them as a class.

Explain the difference between prep time and cooking time (i.e. 10 minutes of prep time in the kitchen, 30 minutes waiting while the macaroni and cheese bakes in the oven).

Demonstrate how a home cooked meal can serve an entire family (look at the yields of various recipes) and/or can be used for leftovers on a different night or in their school lunches.

If possible depending on your school food policy, have parents bring in home cooked macaroni and cheese and have the students perform a taste test!

Independent Practice:

Ask students to create a persuasive piece of writing describing which macaroni and cheese they think tastes the best. Ask them to consider ingredients and flavor.

Reflection – Group Share:

Have students share their writing pieces.

Take a survey of which macaroni and cheese was the “best.”

Reading list:

The Kid Who Loved Mac & Cheese by Valerie A. Wheat

Some sources of macaroni and cheese recipes:

Cooking Light mac and cheese recipes (<http://www.cookinglight.com/food/top-rated-recipes/best-macaroni-cheese-recipes/three-cheese-macaroni-cheese-recipe>)

The Food Network mac and cheese recipes (<http://www.foodnetwork.com/topics/macaroni-and-cheese.html>)

Teacher Note: *Be aware of any students that have a gluten allergy or are lactose intolerant. Make changes accordingly. Consider gluten-free variety if necessary.

The Great Macaroni and Cheese Inquiry

Types of Macaroni and Cheese	Pantry Items needed for recipe	Refrigerator Items needed for recipe	Yields How Many Servings?
Packaged Macaroni and Cheese			
Homemade Macaroni and Cheese			