

Awesome Kidz 2

Unit 4 Lesson 19



Aim: Students will recognize and name basic cooking actions (squeeze, chop, fry, toast, mix) while strengthening vocabulary and fine motor coordination through movement, tracing, and hands-on sensory play.

Time: 45-60 minutes

Materials:

- Crayons or markers
- White paper for drawing per student
- Real or toy kitchen tools (e.g., whisk, plastic knife, citrus squeezer, toaster toy)
- Playdough, cotton balls, or paper food cutouts
- Trays or baskets with mini cooking role-play sets
- AK audio track for page 117 for background cooking sound effects

Tip: Use exaggerated motion and intonation. Invite children to mimic your actions like a mirror—it supports physical memory and engages body and language together. Allow students to revisit stations freely during free time. Repetition and self-directed activity build mastery and joy in learning.

Engage:

What Do Cooks Do? Story Circle

- Show a basket with pretend kitchen items (toy pan, whisk, wooden spoon). Invite students to take one tool and guess what it's for: "What do we do with this?". Use gestures to act out each verb (e.g., squeeze a lemon, chop a cucumber, mix a cake).
- Narrate a mini story: "Today I will cook! First, I squeeze the lemon..."

Explore & Practice:

With the Book

-Show the book page. Say each word: "Squeeze. Chop. Fry. Toast. Mix." Model tracing a line slowly. Let children trace using their finger first, then with a crayon. Match the action to the image with word cards or by pointing.

Hands-On Kitchen Station

Set up mini stations with tasks that simulate the verbs:

- **Squeeze:** Cotton balls in a lemon press or sponge activity.
- **Chop:** Playdough with plastic knife.
- **Fry:** Pretend pan and wooden spoon.
- **Toast:** Slot box or pretend toaster toy.
- **Mix:** Water + flour in a bowl with a whisk.

Let children rotate through stations, narrating what they are doing.

Cooking Verbs Dance

-Play a chant or rhythm and call out a verb:

“Mix! Mix! Mix the bowl!” (Students pretend to mix.)

“Chop! Chop! Chop it fast!” (Students pretend to chop.)

Continue with all five words as a routine or dance.

Closing Activity:

What Did We Do Today? Recall & Share

-Invite children to draw or mime their favorite cooking action. Ask each child to say: “I like to mix.” “I can chop.”

Use finger puppets or a toy chef to “interview” students if they are shy.

Optional Goodbye Song (to the tune of “If You’re Happy and You Know It”)

If you want to be a cook, squeeze the fruit!

If you want to be a chef, mix the soup!

If you want to chop and fry,

Come and give it a try!

You can cook and learn—oh what a hoot!

