

Facilitator Guide

Lesson 4: Save a Seat for Suppertime

**Kids a Cookin'
& Movin'** 

Actionable Outcomes:

By the end of the lesson, students will:

- practice proper handwashing techniques.
- learn food preparation skills.
- recognize the importance of eating a variety of foods.
- establish the need to implement physical activity daily.



Supplies for Lesson 4: One Fun Egg Roll

Equipment

Nonstick skillet or wok
Measuring spoons
Measuring cups
Small bowl
Grater
Cooking spray
Baking sheet
Whisk
Paring knife
Cutting board
Can opener

Ingredients

water
soy sauce
vegetable oil
brown sugar
cornstarch
broccoli, onion, carrot
cabbage, pepper, garlic
black pepper
shredded chicken
egg roll wrapper

Other

plates
napkins
paper towels
hand soap
dish soap
ruler
spray bottle

Supplies for Lesson 4: All-American Cheeseburger Bake

Equipment

Large skillet
Can opener
Measuring spoons
Measuring cup
Spoon
Cutting board
Knife
Colander/strainer
Cooking spray
Hot pads

Ingredients

lean ground beef
onion
tomato soup
ketchup
mustard
pickle relish
ground pepper
American cheese
refrigerated biscuits

Other

plates
napkins
paper towels
hand soap
dish soap