



6th-8th Grade Lesson 5: Kitchen Tools

Overview

In this lesson, students will learn about common kitchen tools (knife, peeler, liquid measuring cup, dry measuring cup/spoons) used when baking and cooking. Students will learn the name and function of each kitchen tool as well as how to use each one safely. Understanding why and how to use different kitchen tools is a large part of how people become competent cooks. Tools make cooking easier and more fun, but it is important to understand how to use each to ensure we stay safe in the kitchen. In addition, if we use kitchen tools incorrectly a recipe may not come out as intended. Finally, students will have the opportunity to practice what they've learned by using proper knife skills to prepare sliced cucumbers or to prepare cucumber water using kitchen tools.

Behavior Change Objective:

As a result of this lesson, students will be able to use common kitchen tools to prepare meals and snacks independently and safely.

Learning Objectives:

Students will be able to:

- Describe the function of different types of kitchen tools.
- State how to use different kitchen tools safely.
- Demonstrate how to clean and cut cucumbers or prepare cucumber water including using proper knife skills and correct measurement techniques.

Keywords:

Kitchen tools, safety, precise, measurement, knife skills

Educational Standards:

CCSS: 6.RP.3d, 7.G.6, RL.6.10, RL.7.10, RL.8.10, RI.6.10, RI.7.10, RI.8.10, SL.6.1.c, SL.7.1c, SL.8.1c, L.6.4a, L.7.4a, L.8.4a, L.6.6, L.6.7, L.8.6, RST.6.3, RST.7.3, RST.8.3, RST.6.9, RST. 7.9, RST.8.9

Before you Begin:

- Review the entire lesson and watch the lesson video - note appropriate places to pause the video and engage students.
- Review Classroom Management techniques (suggested tutorials below)
- [How to Handle an Out of Control Middle-School Classroom](#) (start at 2:03)
- [How to Make a Noisy Class Quiet](#) (start at 2:40)
- Gather kitchen tools to display during the lesson intro. Suggested tools are listed in the materials section.
- Decide which activity will fit within your class period, "Cutting a Cucumber Like a Pro" [less class time] or "Cucumber Water" [more class time]. Both activities can be done individually or in groups. Gather the supplies needed for the activity you choose (see materials section).
- Set up AV equipment and provide space for film viewing.
- There are 2 videos to be shown: Video Five: Kitchen Tools, and 8 1 viral video (links provided in materials section).



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Materials

- Videos:
 - [Video Five: Kitchen Tools](#)
 - [Kendall Jenner's Culinary Blunder](#) - viral video
- Various kitchen tools or images – attached
 - Examples:
 - knife (chef/pairing)
 - dry measuring cups
 - measuring spoons (Tablespoon/teaspoon)
 - liquid measuring cups
 - cutting board (plastic & wooden)
 - vegetable peeler
- Equipment and ingredients need to perform "Cutting a Cucumber Like a Pro":
 - Equipment/Kitchen Tools:
 - Child safe knife
 - Vegetable peeler (optional)
 - Cutting board (substitute - paper plate)
 - Bowls for serving
 - Ingredients:
 - Cucumber (English/hot house preferred)
- Equipment and ingredients needed to make the recipe "Cucumber Water":
 - Equipment/Kitchen Tools:
 - Pitcher (one per group of 4-5 students)
 - Liquid measuring cup
 - Dry measuring cup & spoons
 - Child safe knife
 - Vegetable peeler (optional)
 - Cutting board (substitute - paper plate)
 - Bowl
 - Ingredients:
 - Cucumber (English/hot house preferred)
 - Strawberries
 - Salt
 - Water (fresh mint and ice optional)

Procedure:

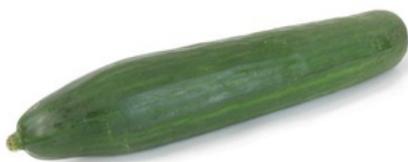
- **Introduce Kitchen Tools:**
 - Begin the lesson by asking students to think about a kitchen. What are some of the items you commonly see in a kitchen? (give students a chance to share their answers)
 - Mention that many of the items that the students answered are considered kitchen tools. A kitchen tool is a hand-held tool that is used to prepare food. Kitchen tools are important because they allow us to carry out different cooking tasks effectively



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Procedure (continued):

- and easily. They also allow us to follow a recipe as intended and get a consistent result. What do you think would happen if you tried to "eyeball" a recipe? How about cutting a cucumber using a fork?
- Mention that today we will be watching a video that teaches us more about some common kitchen tools, what each is used for, and how to use each properly and safely. Then after our video, we will get to practice what we learned to either prepare and cut a cucumber or make cucumber water.
- **Show video titled: Video Five: Kitchen Tools:**
 - This video will teach the students the following:
 - What is a kitchen tool?
 - Why do we need them?
 - The function of several kitchen tools and how to use each properly and safely
 - Knife (bridge/claw method), dry measuring cups/spoons, liquid measuring cups, cutting board, vegetable peeler.
- **Choose an activity to reinforce lesson concepts and allow students to practice what they've learned: "Cut a Cucumber Like a Pro" activity or "Cucumber Water" recipe**
 - **"Cut a Cucumber Like a Pro"**
 - Show [Kendall Jenner's Culinary Blunder - viral video](#). Have a class discussion about what went wrong when Kendall was cutting the cucumber. Do the students know how to properly cut a cucumber? What are the steps?
 - Hand out all supplies for the cucumber-cutting activity. Then demonstrate how to cut the cucumber properly via the following steps:
 - 1. Assure your cutting board is clean and secure (not slipping) - pro tip, put a damp paper towel under plastic cutting boards to keep them from sliding
 - 2. Clean the outside of the cucumber by rinsing it in cold water
 - 3. Peel the cucumber (optional) - most of the nutrition is found in the cucumber skin so it is best to try to eat the skin. For this reason, try using English cucumbers because the skin is thin and not as bitter compared to a regular cucumber. If you do prefer eating peeled cucumbers consider only peeling half of the skin (making a nice striped design on the outside of the cucumber).



English Cucumber



Traditional Cucumber



Traditional Cucumber
(partially peeled)



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Procedure (continued):

- 4. Use proper knife techniques (the bear claw/bridge method) to cut the cucumber. First half the long way to make a flat surface. When making the remaining cuts place the cucumber flat-side down on the cutting board.

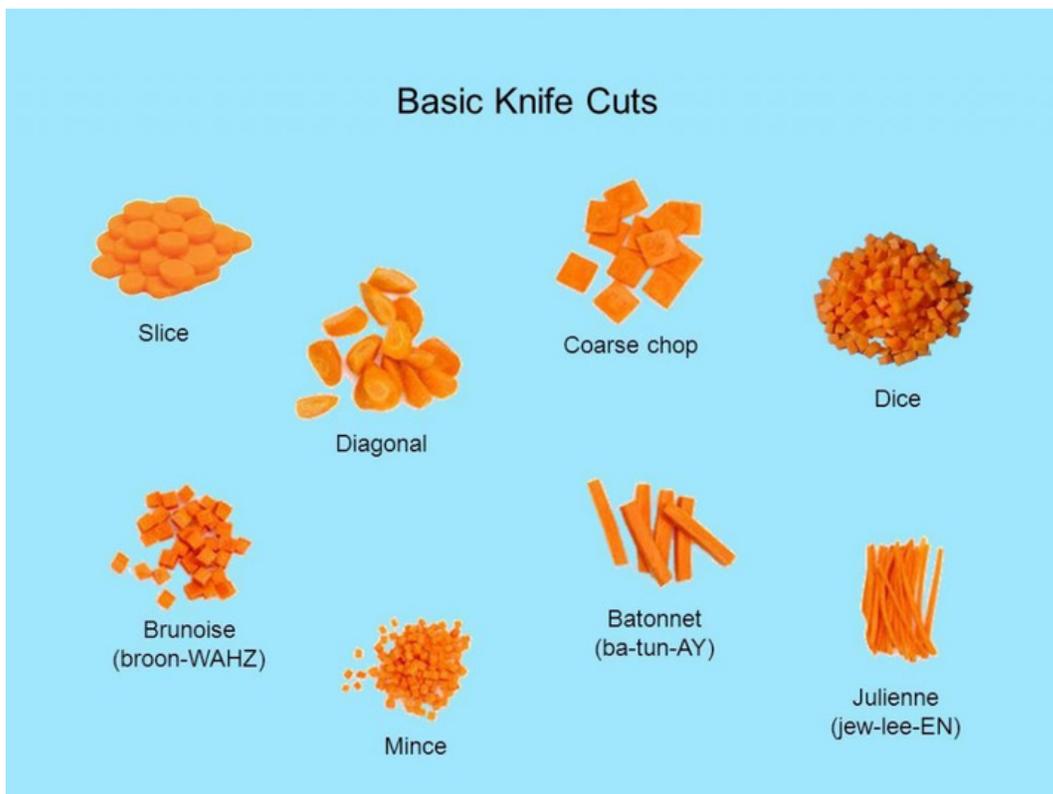


Claw Method



Bridge Method

- 5. Continue cutting the cucumber by alternating between the claw and bridge knife techniques to make several different types of knife cuts. See the image below for examples.





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Procedure (continued):

- "Cucumber Water" recipe:
 - [Show Kendall Jenner's Culinary Blunder - viral video](#). Have a class discussion about what went wrong when Kendall was cutting the cucumber. Do the students know how to properly cut a cucumber? What are the steps?
 - Hand out all supplies needed to complete the "Cucumber Water" recipe, including a copy of the recipe.
 - Demonstrate how to cut the cucumber properly via the following steps:
 - Assure your cutting board is clean and secure (not slipping) - pro tip, put a damp paper towel under plastic cutting boards to keep them from sliding
 - Clean the outside of the cucumber by rinsing in cold water
 - Partially peel the cucumber- peel half of the cucumber skin off by making stripes (see image)
 - Slice the cucumber into rounds using the bear claw method.
 - Demonstrate how to slice strawberries properly via the following steps:
 - Prepare the cutting board as above.
 - Clean the outside of the strawberries by rinsing them in cold water.
 - Remove the hull of the strawberries.
 - Slice the strawberries using a mix of bear and claw methods.
 - Measure ingredients into a 32oz pitcher:
 - 1/2 cup sliced cucumber, 1/2 cup sliced strawberries, 1/8 tsp salt, 32 oz (3 cups) water.
 - Tear fresh mint into pitcher and mix the ingredients.

Activities and Resources to Extend this Lesson:

- **Measuring cup and spoon practice:**
 - Practice measuring liquid and solid foods carefully and precisely. Good foods to try are water, juice, or milk for liquids. You can do this with liquid measuring cups and spoons. For solids, try sugar, flour, and rice. For the solid foods, practice the scoop and sweep method where you use a butter knife to push off the excess (flour for example) to get the exact measurement you are aiming for. Remember to practice identifying the difference between a tablespoon and a teaspoon and how to measure a heaping amount of each.
- **My Kitchen Tool Scavenger Hunt:**
 - Use the attached sheet to explore your own kitchen to see how many of the tools on the scavenger hunt page you can find.



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Cucumber Water



Ingredients:

- 1/2 c cucumber (English/hot house)
- 1/2 c strawberries
- 1/8 tsp salt
- 3 c (24 oz) cold water
- Ice (optional)
- Fresh mint (optional)

Materials/Equipment:

- Cutting board (substitute paper plate)
- Child safe knife
- Measuring cups
- Measuring spoons
- Liquid measuring cup
- 32 oz pitcher
- 8 oz cups for serving

Directions:

1. Clean the cucumber and strawberries by rinsing them in cold water.
2. Peel off half of the cucumber skin using a vegetable peeler. The outside of the cucumber should have stripes (see pictures below).
3. Use the bear claw method to slice cucumber into rounds.
4. Remove the hull of the strawberry.
5. Use the bear claw/bridge methods to slice strawberries.
6. Measure out 1/2 cup of sliced cucumbers and 1/2 cup of sliced strawberries and add to a large pitcher.
7. Add 1/8 tsp salt, 3 cups of cold water, and freshly torn mint (optional) to the pitcher. Stir to blend.
8. Pour your cucumber/strawberry-infused water into a cup or serve over ice.
9. Enjoy!



