A Cup and a Spoon

Mission briefing · Under the Learning Tree



Before We Begin



ARNIE'S LOG

Day one in the kitchen. I tried to make pancakes by guessing. Too much flour: they were dry as bark. My mission now is to learn the tools real cooks use so every batch turns out right. I need a partner. Are you in?

YOUR MISSION: TODAY YOU'LL…

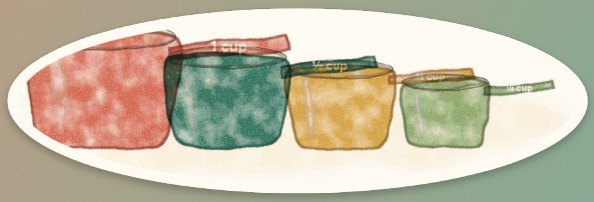
- learn the four main kitchen measures and how they compare
- pick the right tool for each job
- invent and write your own snack recipe

WARM-UP

Can you look in your kitchen? Maybe find the smallest spoon and the biggest cup. Guess: how many of the small spoons would it take to fill the big cup? You can write your guess here.

A Cup and a Spoon

Measuring starts with one honest look.



Today I can... ▱ name four kitchen measures ▱ tell which is bigger ▱ pick the right tool for a job

ARNIE'S FIELD NOTE #1

Bakers measure because a cake is chemistry. Too much baking soda and it tastes like soap. **Arnie**

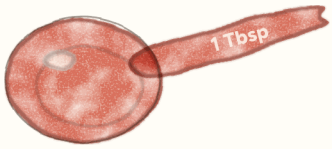
WONDER

Would you fill a bathtub with a teaspoon? Would you add salt with a big cup?

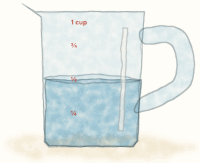
Cooks do not guess. They pick a tool that fits the job, and then they measure.

LEARN









tsp **teaspoon** the smallest spoon. For a pinch of spice or salt.

c **cup** for flour, rice, milk, or water. 16 tablespoons fill 1 cup.

level maybe fill it, then slide a flat edge across the top so it is even.

Tbsp **tablespoon** a bigger spoon. 3 teaspoons fill 1 tablespoon.

½ c **half cup** half as much as a cup. Two halves make a whole cup.

liquid cup a clear cup with lines and a spout, for pouring. Can you read it at eye level?

QUICK CHECK

1. ___ teaspoons fill 1 tablespoon.
2. ___ tablespoons fill 1 cup.
3. Two half cups make ___ cup.

Kitchen Tool Hunt

USE IT FOR REAL

Can you open a drawer at home with your teacher? Can you find each tool? Feel free to write what is printed on it (like “1 Tbsp” or “1/2 cup”).

TOOL I FOUND	WHAT IT SAYS	SOMETHING I COULD MEASURE WITH IT

The biggest tool I found, and the smallest

A note for you: It can help to let your child hold each tool while writing. Feel the size, then read the label.

Which Tool?

MATCH

Can you draw a line from each job to the tool you would pick? Think: is the job small, medium, or big?

You can fill a water bottle for lunch	**1 teaspoon**
Let's stir a small pinch of cinnamon into oatmeal	**1 cup**
Let's add oil to a pan	**1/2 cup**
It's lovely to pour milk for one small bowl of cereal	**1 tablespoon**

WRITE THE AMOUNT

Maybe read each recipe line. You can write the amount in short form, the tool you would use, and why.

RECIPE SAYS	AMOUNT	TOOL	WHY THAT TOOL?
two cups of water			
one teaspoon of vanilla			
three tablespoons of honey			
half a cup of oats			

Think it through: A recipe needs 2 tablespoons, but you only have a teaspoon. How many teaspoons will you use? Can you show how you know?

My Own Snack

✦ Thank You, God, for good food and helping hands!

CREATE

Invent a simple snack, like a trail mix, a smoothie, or a dip. Feel free to give it a name. Let's list each ingredient with an amount and a tool! It's lovely to use at least one teaspoon, one tablespoon, and one cup.

My snack is called

INGREDIENT	AMOUNT	TOOL

If I wanted to make twice as much, I would

After the Snack

ARNIE'S FIELD NOTE #2

Pro move: spoon flour into the cup, then level it. Scooping packs it down and you get extra. **Arnie**

"O taste and see that the LORD is good: blessed is the man that trusteth in him."

Psalm 34:8 (KJV)

Can you trace the dotted cursive, starting at the orange dot? Then write the same words on the line under it.

O taste and see that the LORD

is good: blessed is the man

that trusteth in him.

I can say my verse! Feel free to say Psalm 34:8 out loud to yourself or to your teacher before you taste your snack.

After the Snack · continued

TASTE TEST

Can you make your snack with your teacher? How did it taste? What would you change next time?

It tasted

Next time I may change

My notes:

Write My Verse

✦ *Every cup of food is a gift from God.*

Every cup of food and every helping hand is a gift from God. Let's say thank You.

> "O taste and see that the LORD is good: blessed is the man that trusteth in him."
>
> Psalm 34:8 (KJV)

WRITE MY VERSE

Can you write the verse in your best cursive on the lines? You can look at the card above.

O taste and see that the LORD is

good: blessed is the man that

trusteth in him.

Now write it on your own, without looking:

Comic Lab

✦ *Thank You, God, for full cups and happy hearts!*

ARNIE'S NEXT ADVENTURE



Arnie entered a kids' cooking contest. Let's draw what happens in four panels: the plan, the mess, the fix, and the final dish! Can you add speech bubbles?

1

2

3

4

FEELINGS CHECK-IN

Can you circle the face closest to how you feel right now, or draw your own in the empty circle?



One word for how I feel, and why