



Space Expedition

Group Activity: Cooking – Sun Snack

Objective:

This activity promotes independence by providing students the opportunity to follow a series of steps while recognizing shapes and counting to complete a cooking task.

Materials:

- Recipe (provided)
- Orange rounds (1 slice per student)
- Raisins (3 per student)
- Strawberry slices (8 per student)
- Orange rind (1 small segment of a slice per student)
- Plates (1 per student)

Preparation:

1. Print and laminate the recipe.
2. Slice an orange into one-inch rounds (1 per student).
3. Cut the tops off of the strawberries and slice them lengthwise (8 slices per student).
4. Cut an orange rind into 1/4"x2" segments (1 per student).
5. Gather and organize the cooking supplies in a well-marked, accessible area so students can identify and collect ingredients independently.
6. Make a completed sun snack to serve as a model, visible to all students.

Caution!

1. Always supervise students closely when cooking.
2. Follow proper food handling protocols.
3. Adults should always complete activities involving hot items or use of the oven.
 - a. Some suggested substitutions for common allergies are:
 - i. Peanut butter: cream cheese, sunflower seed butter, coconut butter, or anything spreadable
 - ii. Wheat bread: rice cake, tortilla, lettuce leaf, gluten-free product
 - iii. Egg: banana, applesauce, flax seed

Teach Independence:

For students just learning to follow a visual recipe:

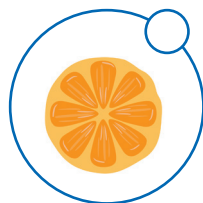
- a. Complete the preparation steps for, or with, the student.
- b. Consult the visual recipe frequently with students, and allow them to use it as a tool for independence.
- c. Provide guided support, but encourage the student to complete the steps as independently as possible.

Sun Snack

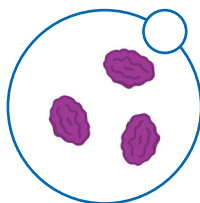
Ingredients and Materials



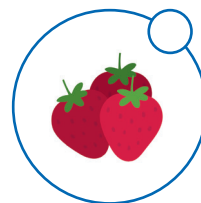
 Draw a checkmark beside each of the ingredient that you gather for the project.



Orange slice



Raisins



Strawberry
slices



Orange rind

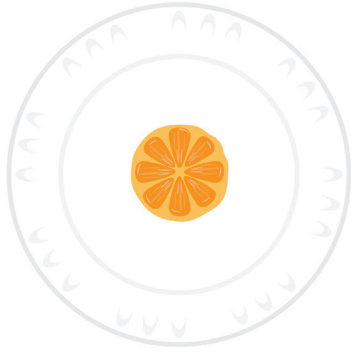


Plate

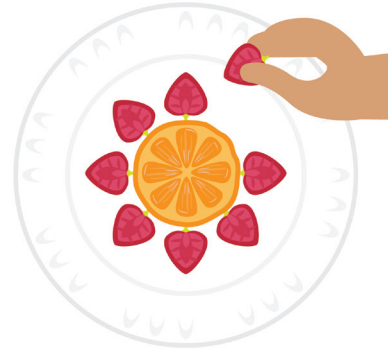
Cooking: Sun Snack

Recipe

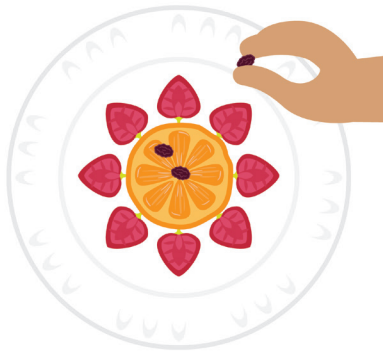
1 Place the orange slice in the middle of the plate.



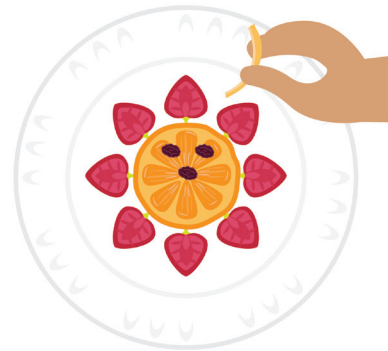
2 Count eight strawberry slices and place them around the orange slice.



3 Count three raisins and place them on the orange slice to form the eyes and nose.



4 Place the orange rind below the raisins to form a smile.



5 Eat and enjoy!

