



Winter Is Here

Group Activity: Cooking - Polar Bear

Objective:

This activity promotes independence by providing students the opportunity to follow a series of steps to complete a cooking task.

Materials:

- Mini marshmallows (2 per student)
 - Melted white chocolate
 - Nutter Butter cookie (1 per student)
 - Mini chocolate chips (2 per student)
 - Large chocolate chips (1 per student)
 - 4"x 4" piece of wax paper
 - Fork
 - Recipe (included below)
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Preparation:

1. Print and laminate the recipe; make it available for each student to hold/read.
 2. Gather and organize the cooking supplies in a well-marked, accessible area so students can identify and collect ingredients independently.
 3. Assemble a completed polar bear to serve as a model, visible to all students.
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Caution!

- a. Always supervise students closely when cooking.
 - b. Follow proper food handling protocols.
 - c. Adults should always complete activities involving hot items or use of the oven.
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TEACH INDEPENDENCE

For students just learning to follow a visual recipe:

- a. Complete the preparations 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.

POLAR BEAR RECIPE

INGREDIENTS AND MATERIALS:



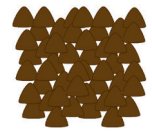
NUTTER BUTTER
COOKIES



MINI
MARSHMALLOWS



MELTED WHITE
CHOCOLATE



MINI CHOCOLATE
CHIPS



LARGE CHOCOLATE
CHIPS



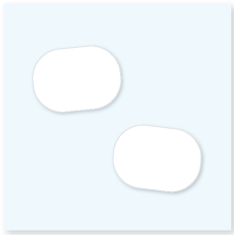
FORK



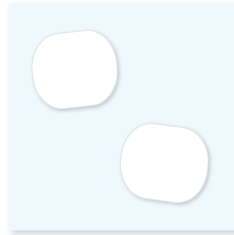
WAXED PAPER

STEPS:

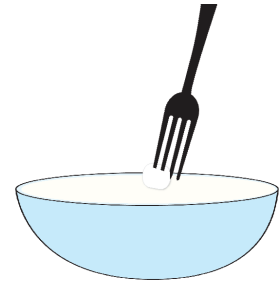
1. GET A SMALL PIECE OF WAX PAPER AND PUT MARSHMALLOWS ON IT.



2. USING YOUR HAND, PRESS DOWN ON THE MARSHMALLOWS UNTIL THEY'RE FLAT.



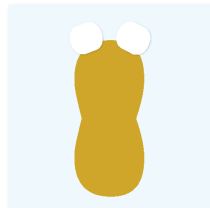
3. DIP MARSHMALLOWS INTO THE MELTED WHITE CHOCOLATE.



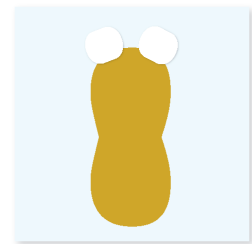
4. LIFT THEM OUT WITH A FORK AND PUT THEM BACK ON THE WAX PAPER.



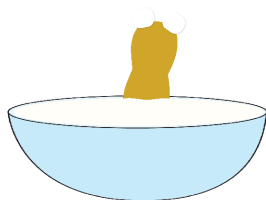
5. TO MAKE EARS, PRESS MARSHMALLOWS ON EITHER SIDE OF THE TOP HALF OF THE NUTTER BUTTER COOKIE.



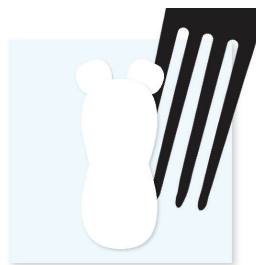
6. LET IT DRY.



7. DIP NUTTER BUTTER COOKIE INTO THE MELTED WHITE CHOCOLATE.



8. LIFT IT OUT WITH A FORK AND PUT IT BACK ON THE WAX PAPER.



9. PRESS MINI CHOCOLATE CHIPS INTO THE WHITE CHOCOLATE-COVERED COOKIE: THESE ARE THE EYES.



POLAR BEAR RECIPE

STEPS:

10. PRESS LARGE CHOCOLATE CHIP INTO THE COOKIE BELOW THE EYES: THIS IS THE NOSE.



11. PUT IN THE REFRIGERATOR FOR 30 MINUTES.



30 MINUTES

12. EAT AND ENJOY!

