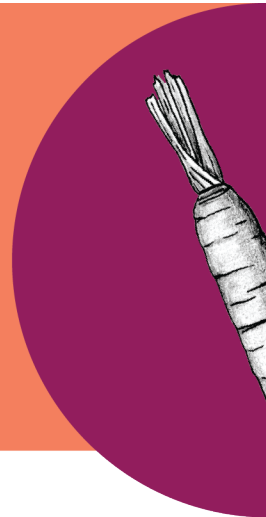


THE **EDIBLE**
SCHOOLYARD
PROJECT



HOW TO: APPROXIMATE RECIPES

Student Name:

Summary: Do you see cooks and chefs preparing food without measuring or without even looking at recipes? Do you want to be able to cook with that kind of freedom? Learning how to approximate recipes and measurements is an important part of learning how to cook. This lesson will help you practice those skills.

Time: 30 minutes

Vocabulary:

- **Approximate:** [noun] close to the actual, but not completely accurate or exact
- **Approximate:** [verb] to guess or estimate
- **Precise:** exact or accurate



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THINK: Does anyone in your family cook without precise recipes or measuring ingredients? If so, watch them cook and ask them how they learned to do it that way. If not, you might be the first in your family to do so!

READ: You probably already approximate recipes. If you have poured yourself a bowl of milk and cereal or made yourself a peanut butter and jelly sandwich without measuring the ingredients you have cooked without a recipe. With practice and repetition, you'll be able to complete more complex recipes from memory without measurements.

Many people cook without written recipes or precise measurements. Learning how to cook without recipes and measurements can feel freeing because you don't have to reference a book or measure each ingredient. When cooking without a precise recipe it is important to know the basic ratios or amounts for the dish you are preparing. You will also want to build your skills at approximating (carefully guessing) measurements.

WATCH: Go to the [How To: Approximate Recipes video](#) to watch a short video on approximating a salad dressing recipe.

PREPARE: Try making the [Create Your Own Salad Dressing](#) recipe without measuring the ingredients. If you feel like you remember the ingredients and proportions well, try making it without referencing the recipe.

CLEAN: Clean your knife, dry it, and put it away securely before getting started on the rest of your kitchen clean up using your [Cleaning Checklist](#).

ENJOY: Enjoy your salad dressing over some locally grown and organic salad greens!

WRITE: Reflect on how it felt for you to create your own recipe. Spin your reflection wheel and answer the questions for the section you landed on. If you haven't completed a reflection wheel, see the [Kitchen Reflection Wheel lesson](#) or skip this reflection.



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Teacher Notes:

- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 2.9. The ninth lesson of Unit 2.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.