

Let's Bake Cookies! - Mini-Project



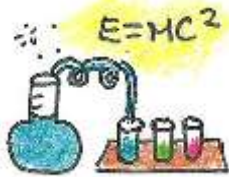
*Bake, decorate, and share
Some delicious treats
with friends and family*

KEY LEARNING OUTCOMES / GOALS



EXECUTIVE FUNCTIONING SKILLS

- Task and time management
- Set up and organize a workspace
- Manage supplies and ingredients – make a list



SCIENCE

- Research and select a recipe to use
- Test multiple recipes and identify the best one
- Observe the differences before and after the baking process



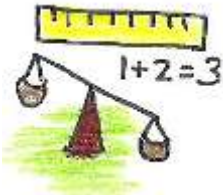
SOCIAL STUDIES

- Gather opinions / feedback from friends and family
- Can choose a holiday / celebration theme for cookies



LANGUAGE / COMMUNICATION

- Follow directions from a recipe,
- learn baking vocabulary



MATH

- Use measurement and time in baking process
- Create patterns and decorations on cookies
- Map / plan out cooking spacing on sheet



HEALTH

- Give a gift to friends and family
- Purchase grocery items with parent or adult support



LIFE SKILLS

- Learn to make a basic cookie recipe
- Think of other ways they can use that recipe

PROJECT STEPS

[Watch:](#) How Do You Bake Sugar Cookies?



Pick Your Recipes



Pick a [sugar cookie](#) recipe



Pick a [gingerbread](#) recipe



Print them off

* Note: pick ones that are for cutting out shapes, their picture will look “flat” not “puffy”



Let's Get Baking... After We Set Up

1 - Pick a spot in your kitchen



2 - Get the tools you'll need



3- Find the ingredient list on your recipe

Ingredients:

- 3 cups all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup unsalted butter, softened
- 1 cup sugar
- 1 egg, beaten
- 1 tablespoon milk
- Powdered sugar, for rolling out dough

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4- Put them in your baking space



Make Your Cookies

1- Find the directions on your recipe



2- Follow the steps to make your dough



3 - Roll out your dough



4- Cut out cookies with cup / cookie cutters



5 - Bake for time listed on recipe watch so they don't burn!



6- Let them cool



Taste Test!



Taste your cookies,
Which do you like better?



Ask friends or family to try them
Which do they like better?



Choose which one you like best, and want to make again

Pick Up Decorating Supplies



What do you want to use
to decorate your cookies?



Go with your parents
to the store with your list



Get stuff on your list, and
any cookie cutters you like

Bake and Decorate

Make your favorite cookies again and test out your new cookie cutters!



Make [Royal icing](#), it is the “glue” for your decorations



Leave it white
Or make different colours



Put icing in Ziplock, cut off a tip to squeeze it through



Now the best part! Use your icing bag to stick on sprinkles, and decorate your cookies!



Give a Gift to Someone

Wrap your creations, and give them to someone like:



Your friends



A neighbour



A charity / someone in need

Are You Ready for a Challenge?

Test your skills by making:



A House



3D cookies

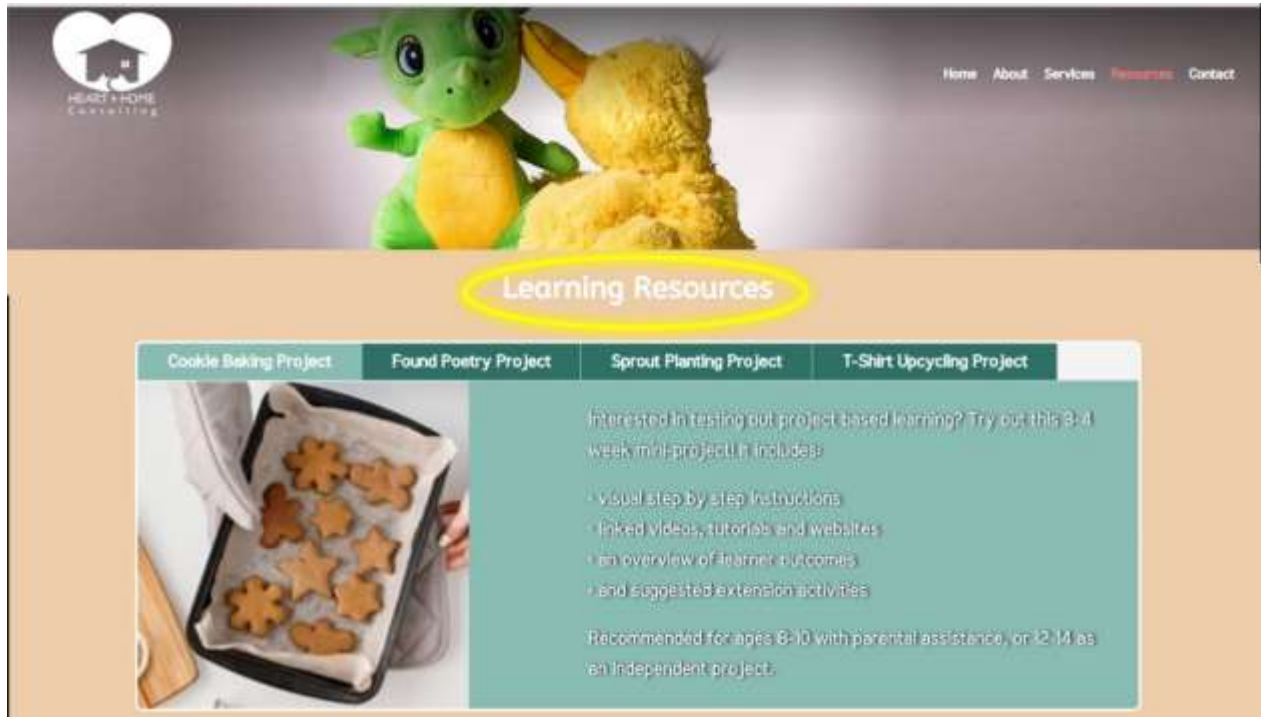


Multi-coloured cookies

What other cool shapes could you create?

Enjoyed this Project?

Hop over to the Resource page at heartandhomeconsulting.com



And try out some of our other projects where you can:

- Grow and eat some [SPROUTS](#)
- Transform a t-shirt through [UPCYCLING](#)
- Create [FOUND POETRY](#)

Got questions? Let us know

www.heartandhomeconsulting.com/contact/