



Physical Activity & Nutrition Outside School Hours

FACT SHEET # 6

READING A RECIPE

Cooking experiences are great learning opportunities for children and following a recipe is a great way to assist with reading and literacy skills. It is important to understand that while each recipe is different the set out of recipes is generally the same.

Parts of a recipe

- **Title**
The recipe begins with a title. This can be an explanation of the recipe you are making or a title that is just for fun. For example, *Monkey drink* could be the name of this recipe but it doesn't explain anything about the recipe except that it is a drink.
- **Servings**
Sometimes recipes include a serving size. This helps when making a recipe as you know how many people the recipe will serve or for baked goods, like biscuits, it will help you know how many the recipe should make. This is a guideline only and is not always accurate and some recipes don't include this information at all.
- **List of ingredients**
A list of ingredients is usually included at the beginning of a recipe but sometimes ingredients may also be listed within the recipe itself. Sometimes directions are also included in the list of ingredients. For example; 1 onion, chopped, means you would need to chop the onion before adding it to the recipe.
Another thing to look for in the list of ingredients is the word *optional*. Recipes sometimes include ingredients such as raisins or nuts that are not essential for the recipe but can be added in if desired. So, it may say 1 Cup raisins, optional.
Knowing about the measurements of cooking is also important information when reading a recipe. Some recipes will only have a "C" or a "T" or a "t" which would stand for cup, tablespoon, and teaspoon. So, if a recipe called for 1 C sugar and 1/2 t of salt, then you would know that it's calling for 1 cup of sugar and 1/2 teaspoon salt.
- **Directions**
This will give you a step by step explanation of what needs to be done in the recipe. Read these carefully and follow accurately.
- **Time**
There may be two times included in a recipe:
Prep time - this is the estimated time it takes to prepare the recipe. Again this is just an estimate and may take a longer or shorter time depending on the chef's experience.
Baking time - This is a more accurate time and should be followed to ensure the food isn't under or over cooked.

