



Math: Making Vegetable Soup

MELDS:

Physical Development and Health: Nutrition, Fine Motor

Math: Measurement and Data

Early Language and Literacy: Text Types and Purposes of Writing, Presentation of Knowledge and Ideas, Informational Text

Science: Life Science

Procedure:

Encourage children to wash and cut up vegetables and herbs, and put them all in a large cooking pot, add broth and noodles. Ask kitchen staff to boil the soup for lunch.

Extension 1:

Arrange a field trip to the supermarket and let each child pick one fruit or vegetable. Back at school, children can weigh, measure, compare, and draw their fruits or vegetables. Make soup and fruit salad with the children at the end of the week.

Extension 2:

Create picture recipe cards so children can follow the steps by themselves (Step 1: wash vegetable, step 2: cut vegetable, step 3: put vegetable in the pot, step 4: add $\frac{1}{4}$ cup of broth)

Vocabulary:

vegetable names, herb names, peel, cut, slice, sharp/dull, small/smaller, broth

Materials:

- Variety of vegetables
- Herbs
- Plastic knives
- Cutting boards
- Broth
- Optional: noodles, large pot