



List of Supplies Needed

Lesson 5: Oatmeal

General

- Lesson plan
- Sugar worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/lesson5

Cooking

- Aprons
- Kettle to boil water
- Mixing bowl
- Serving bowl
- Metal spoon
- Measuring cups
- Cutting mat or cutting board
- Plastic kid knife or butter knife

Food & Produce

- Oatmeal
- Seasonal fruit
- Cinnamon
- Honey

