

Computer Lab Activity Sheet - Solus Cooking Academy

Game Objective: Students will learn through Chef Solus, an interactive cartoon character, to identify proper food ingredients from a recipe and create a meal.

Directions: Tell students to “TYPE” link below and guide them through the first lesson. Students will have 10-15 minutes learning experience with the interactive Cooking With Kidz and Chef Solus.

<http://www.nourishinteractive.com/kids/healthy-games/11-kids-fun-cooking-chef-game>

I. Have students write their response to these questions to give a better understanding and practice in culinary.



1) Name the first three ingredients in the first recipe?

2) How many cups of milk did Chef Solus recipe say to add? _____

3) How many eggs did Chef Solus say to add to the pancake recipe? _____

4) Why is it a good idea to add baking powder to the pancake recipe? _____

5) Did you like going to Chef Solus Cooking Academy? Yes or No (Circle One)

Have students visit the grocery store and Chef Solus Library to learn more facts about health choices.

<http://www.nourishinteractive.com/kids/healthy-games/7-ride-the-food-label-game-nutrient-information>



II. Have student food explorers visit this site below and find the Chef Solus Library and learn more interesting nutrition facts and some healthy tips.

<http://www.nourishinteractive.com/kids>

This lab activity was written by Chef Sean, founder of [Cooking with Kidz](http://www.CookingwithKidz.com).

