Decoding Recipes
Read: Ms. Masters Salad
Create: Strawberry Freezer Pop
Review: How to read a recipe.
Objectives:
- The student will be able read a recipe with the help of an adult.
- The student will be able to follow directions and complete a task with assistance.

<table>
<thead>
<tr>
<th>Lesson Plan Activities</th>
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<tbody>
<tr>
<td>Time</td>
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<tr>
<td>5 Min</td>
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<td>4 10 Minute Stations with 2 minutes transition between stations.</td>
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<tr>
<td>7 Minutes</td>
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Assessment:

Supplies:
1. Oil
2. Cinnamon
3. Soap
4. Knife
5. Dixie Cups
6. Low Fat Yogurt
7. Matching Cards
8. Recipe
9. Freezer

Recipe

**Strawberry Yogurt Pops**
2 cups fresh or frozen strawberries
2 cups low-fat vanilla yogurt

Equipment
12 small paper cups
12 pop sticks
foil
mixing bowl
cutting board
knife

Directions
1. Chop strawberries into small pieces.
2. Combine strawberries and yogurt in mixing bowl. Mix well.
3. Spoon mixture into 12 cups. Cover each cup with foil.
4. Insert pop stick through foil.
5. Freeze pops until firm.
6. Gently tear away paper cup from frozen yogurt before eating.

Makes 12 pops.