Appendix
Lesson Plans

For pre-school, kindergarten, Elementary School grade 1 and 2

**Topic:**
Cooking Banana Cheese

**Material:**
Banana, Cheese, Chocolate, milk, frying pan, cooking spoon, spatula, sieve, cooking oil, tissue, paper plate, plastic plate, and plastic fork.

**Activity:**
- Introduce the material
- Review about the taste (sweet, salty, sour, hot, tasteless, grazzy, and bitter)
- Tell the taste of banana, cheese, chocolate, and milk
- Cooking together in the kitchen and introduce the material of cooking
- Eating session
- Colouring the picture of banana cheese
For Elementary School grade 3 and 4

**Topic:**
Cooking Banana Cheese

**Material:**
Banana, cheese, chocolate, milk, frying pan, cooking spoon, spatula, sieve, cooking oil, tissue, paper plate, plastic plate and plastic fork.

**Activity:**
- Introduce the material
- Review about the taste (sweet, salty, sour and bitter)
- Tell the taste of banana, cheese, chocolate and milk
- Cooking together in the kitchen and introduce the material of cooking
- Eating session
- Making an Exercise about the taste of some food

**The exercise**
What is the taste of this food? Is it sweet? Salty? Sour? Hot? Tasteless? Grazzy? Or bitter?

7. Honey =
For Elementary School grade 5 and 6

**Topic:**
Cooking Banana Cheese

**Material:**
Banana, cheese, chocolate, milk, frying pan, cooking spoon, spatula, sieve, cooking oil, tissue, paper plate, plastic plate and plastic fork.

**Activity:**
- Introduce the material.
- Review about the taste (sweet, salty, sour and bitter).
- Tell the taste of banana, cheese, chocolate and milk.
- Cooking together in the kitchen and introduce the material of cooking.
- Eating session.
- Give task to the students to make a paragraph about how to make banana cheese with full process.
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