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| **Dalton - Countertop Cooking** |
| **LESSON PLAN**Topic: CookingTitle: Using a Toaster Oven**LESSON GOAL/EXPECTED OUTCOME**Individual will: 1. Safely use a toaster oven to prepare food.
2. Efficiently clean the oven after use.
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| **TEACHING METHOD/TECHNIQUES**1. With the toaster oven unplugged, orient student to the various parts, controls, and explain the function of each. Allow the student to explore and identify features of the appliance thoroughly.
2. Discuss safety precautions for proper placement of the oven when in use and for touching the device while it is (or has been) turned on – pointing out the potential “hot spots.”
3. Demonstrate how to set controls and insert and remove items from oven and have student repeat these steps.
4. Have student choose preferred food from several options to prepare. (Small pizza, toasted cheese sandwich, muffins. Prepare desired item at this point or plan to do this at the following lesson.)
5. Provide information in accessible format on suggested cooking times or recipe instructions. Have student set the function (bake, toast, broil) and temperature and wait until oven has given signal that preheat is complete.
6. Student will place item to be cooked on cooking tray/sheet. With oven mitts or gloves, student will hold the tray level in one hand and with other hand open the oven door and carefully slide out the rack, placing the cooking pan on rack (keeping it centered), push the rack back into the oven and close oven door
7. Have student set the timer to appropriate time. Discuss the many options for determining doneness – timed cooking, smell, texture of cooked item, etc.
8. While waiting for item to cook, have student clear off counter area of unnecessary items and wipe surface. (You may also have student prepare plate/bowl and eating utensils or a quick simple salad if time allows.)
9. Making sure that there is a cleared, safe spot to place the hot tray, when desired doneness is achieved, using gloves or mitts, open the oven door, slide out rack, remove tray/pan from oven and place securely onto heat-proof surface.
10. Allow item to cool and then transfer to dish for eating.
11. When oven has cooled, unplug, remove lower crumb tray and wipe clean. Check the rack for any drips and clean thoroughly as needed.
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| **\*TEACHING NOTES**Always plan a simple brief activity to do while item is cooking. Even 5 minutes is a long time to just sit and wait!Discuss some possible food items that might work best in a toaster oven and those that might not.  |
| **SUPPLIES NEEDED**Toaster ovenOven mitts or glovesMarking items as needed to label controls.Desired item to cook.Accessible instructions or cook time recommendations. |
| **COMPLIMENTARY TASKS TO REINFORCE LEARNING**Prepare a multi-step recipe.Use various cook features to demonstrate how to use each – toast, bake, broil.  |