

Dramatic Play Plan

Healthy Cooking/Soup

MATERIALS

- ✓ Soup Pot
- ✓ Mixing Utensil
- ✓ Bowls
- ✓ Placemats
- ✓ Cookbook
- ✓ Play food
- ✓ Aprons
- ✓ Spoons
- ✓ Cups
- ✓ Table and chairs
- ✓ Dress up clothes for dinner guests

SETUP

1. Set up the kitchen area with the ingredients and chef's supplies
2. Set up the "dining area" table with chairs, and lay out the silverware, napkins, and menus.
3. Lay out dress up clothes for dinner guests to put on

ROLES:

- Chefs
- Children
- Dinner guests

*= Not provided. Use your imagination.

Intro: "Once upon a time, some children decided to host a dinner party for their friends. They sent out an invitation to a few of their friends from school to invite them over for dinner. They asked a professional chef to help them make a healthy meal. The children were very excited. It's important to eat healthy, so our chefs are going to prepare a delicious and nutritious soup for us all to share. There are lots of different kinds of soups. Different countries have special soups that they like to eat. What's a type of soup your family eats? We can put anything in a soup, including vegetables, beans, and even different meats. The chefs are going to cook and serve the soup, the children are going to be the chef's assistants and help set the table, and the dinner guests are going to eat the soup."

ACTIVITY 1 - Get ready for dinner

The chefs can start preparing the soup while the dinner guests put on fancy clothes for dinner. The children can lay the table. Has everyone washed their hands?

ACTIVITY 2 - Dinner is served

- The dinner guests sit down for dinner
- The chefs bring the soup out and serve it to the dinner guests
- Discuss: what's in the soup? How does it taste? Is it healthy?
- The dinner guests ask for water or juice.
- Expansion: Uh oh! Someone spilled their bowl of soup! Let's clean it up and help them get another bowl.

ACTIVITY 3 - Clean up

The dinner guests, children and chefs all help to clean up the table and do the dishes.