



## STEM and Cooking

It may not be the first thing you think of, but STEM is at the center every time you cook a meal. Have you considered introducing cooking when you teach STEM concepts in the classroom? STEM is at the core of so much of modern life, but check out the ideas below for ways you can connect STEM with cooking in your classroom.

### S(cience)

Science is a part of cooking at every stage, from choosing ingredients to observing the cooking process, to getting the nutrients we need.

Life Science connects especially well with ingredients. Students can dive into the food-to-table journey to better connect with their food and food sources.

Physical Science starts in the kitchen. Students can practice observation, experimentation, and hypothesizing as they bring their creations to life.

### T(echnology)

Technology offers various tools to boost development and exchange information.

Via phone or computer, students have access to the latest information. They can find recipes, look up inspirational photos, and research nutrition facts in seconds.

Microwaves, ovens, blenders, food processors have made cooking more convenient than ever. Students can choose which simple machine(s) to use to prepare their dish.

### E(ngineering)

Engineers are known for their creativity and innovation skills.

Students can practice their engineering skills by inventing a new food.

Engineering skills are vital to Food Safety, as students find ways to safely store and package food.

### M(athematics)

Numbers, fractions, and ratios are vital to getting a recipe just right.

Measuring Instruments are an important tool for using the perfect amount of ingredients in a recipe. Students can play around with ratios as they determine what would result in the most delicious flavor.

Sequencing is important when mixing up ingredients. Combining the right ingredients at the right time is crucial in a good recipe, breaking down the cooking process to clear steps is even more important in writing an effective recipe.

## LET'S GET STARTED!

Ready to practice STEM skills with your students in a new way? The Student Zone Shareable Snacks recipe contest challenges your students to craft their own, unique recipe for a healthy, shareable snack. From now through January 4th, your students can submit their recipe and a short description of how it is designed to be shared for a chance to win an exclusive Fuel Up to Play 60-branded Chef Jacket and publication in the forthcoming Super Snacks cookbook.

Want to learn more? Have your students log in or create an account on The Student Zone today so they can find full contest rules and submission guidelines.

## WE CAN'T WAIT TO SEE WHAT THEY MAKE!



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