

Cooking & Baking unit study

The kitchen as classroom — fractions, chemistry, world geography and budgeting through a cooking-centered homeschool curriculum, K-12.

GRADE BANDS K-2 · 3-5 · 6-8 · 9-12

FULL GUIDE <https://handsdowneducation.com/homeschool/cooking>

How to use this planner

The six weeks below are sequenced from the guide's sample week: five weeks that each take one core subject through the topic, then a showcase week that turns the portfolio into a final product. Run each activity at the level your child is at (the grade band notes tell you how), keep the output, and by week six you have a portfolio that shows the unit end to end.

Pace is yours. A week here is three to five working sessions; a topic that is going well can take two calendar weeks, and one that has run dry can be closed early. Tick the box when a week's output is in the portfolio.

Six-week scope and sequence

Wk	Focus	Key activity	Portfolio output	Done
1	Reading & Writing through cooking & baking	Read the story of one dish's migration (noodles along the Silk Road), then write and test an original recipe in proper format — the most honest technical writing there is.	Portfolio entry: the week's reading & writing piece, dated, with one line from your child on what they found out.	☐
2	Math through cooking & baking	Halve a recipe that serves 8 down to 3 people — fraction multiplication with immediate feedback — then price the ingredients per serving from a real store receipt.	Portfolio entry: the week's math piece, dated, with one line from your child on what they found out.	☐
3	Science through cooking & baking	Bake the same cookie recipe three times changing one variable (butter temperature, baking soda, oven heat) and document the differences — genuine controlled experiment.	Portfolio entry: the week's science piece, dated, with one line from your child on what they found out.	☐
4	Social Studies through cooking & baking	Cook one meal from a country being studied, sourced as authentically as practical, with a short brief on why those ingredients grow there.	Portfolio entry: the week's social studies piece, dated, with one line from your child on what they found out.	☐
5	Art through cooking & baking	Plate one dish three ways and photograph each; study composition rules food stylists borrow directly from painting.	Portfolio entry: the week's art piece, dated, with one line from your child on what they found out.	☐
6	Showcase and review	Choose one final product that pulls the unit together — a presentation, an exhibit, a field guide or a short documentary — and give the week to making it. Finish with a portfolio review: lay every week's output on the table and let your child narrate what changed in what they know about cooking & baking.	The final product plus a one-page unit summary in your child's words, filed with the portfolio.	☐

Running it at your child's level

K-2 learners measure, pour, sort and sequence — and read recipe words with high motivation. Butter knives and supervision cover the safety question at this age.

Teens can run real constraints: feed the family for a week on a set budget, scale a bake sale for profit, or master one cuisine deeply — each a genuine project in economics, planning and skill.

A sample week, subject by subject

Reading & Writing

Read the story of one dish's migration (noodles along the Silk Road), then write and test an original recipe in proper format — the most honest technical writing there is.

Math

Halve a recipe that serves 8 down to 3 people — fraction multiplication with immediate feedback — then price the ingredients per serving from a real store receipt.

Science

Bake the same cookie recipe three times changing one variable (butter temperature, baking soda, oven heat) and document the differences — genuine controlled experiment.

Social Studies

Cook one meal from a country being studied, sourced as authentically as practical, with a short brief on why those ingredients grow there.

Art

Plate one dish three ways and photograph each; study composition rules food stylists borrow directly from painting.

Common questions

Is cooking rigorous enough to anchor actual schooling?

Measurement, ratio, heat chemistry, microbiology (fermentation, food safety), world geography and budgeting are all rigorous content. The kitchen is the lab; the rigor is in how you frame the work.

What about the mess and the knives?

Both are curriculum. Kitchen safety and cleanup-as-you-go are the habits the subject teaches; age-appropriate tools exist at every stage.

My child only wants to bake sweets.

Baking is the most scientific corner of the kitchen — precise ratios, gluten development, leavening chemistry. Start where the motivation is; savory cooking follows once competence feels good.

Turn this into a full, standards-aligned curriculum

Generate a complete plan around cooking & baking for your child's grade and pace — free to try, no account required.
<https://handsdowneducation.com/curriculum/generate>