EO CX04.03 – PARTICIPATE IN A COOKING CLASS

1. **Performance**: Participate in a Cooking Class
2. **Conditions**:
   a. Given:
      (1) Supervision, and
      (2) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Kitchen or training area large enough to accommodate the entire group.
3. **Standard**: The cadet shall participate in a cooking class.
4. **Teaching Points**:
   a. Organize the cadets' participation in a cooking class.
   b. Supervise as the cadets participate in a cooking class.
   c. After the class, have the cadets reflect individually on the following questions:
      (1) What are the three most interesting or surprising things you have learned?
      (2) What skill or knowledge acquired today will help you achieve a healthier lifestyle? How so?
   d. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
5. **Time**: One session (3 periods) = 90 min.
6. **Substantiation**: A practical activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.
7. **References**: Nil.
8. **Training Aids**: Nil.
9. **Learning Aids**: Nil.
10. **Test Details**: Nil.
11. **Remarks**: There is no instructional guide for this EO.

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