Lesson Plan: How to make sugar cookies
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Introduction

Sugar cookies first started in Europe in the 17th century. Like many great inventions, they were created by accident. A baker decided to sell the small battercakes he used to test the temperature of his cooking oven and so, lo behold the sugar cookie was born. Later, the Commonwealth of Pennsylvania through a House bill adopted it as Pennsylvania’s official cookie.

Course Description

This 1-hour course will instruct learners on how to make sugar cookies. This course will address the ingredients to be used in baking sugar cookies. It will focus on sharpening the skills of experience and inexperienced bakers by focusing on the techniques required to create the perfect sugar cookies. By providing a simulation environment and actively engaging in this course bakers will be ready to perfect and create sugar cookies independently.

Objectives

The objective of this course is to educate experienced and inexperienced bakers on how to make sugar cookies. Through this course trainees will be also be able to create the perfect sugar cookie independently. Trainees will be able to identify the ingredients needed in order to make sugar cookies. Furthermore, trainees will be able educate and teach others on how to make sugar cookies.

Audience

The course is designed for both experienced and inexperienced bakers. This course is open to males and females of 12+ years. This course will help to develop what the trainees may or may not know. They will learn to make the perfect sugar cookies!

Ingredients

The ingredients listed below will make 4-dozen sugar cookies. Adjust the serving size as needed.

- 2 ¾ cups of all-purpose flour
- 1 teaspoon of baking soda
- ½ teaspoon of baking powder
- 1 cup of butter, softened
- 1 ½ cups of white sugar
- 1 egg
- 1 teaspoon of vanilla extract
Materials

- Large Mixing Bowl
- Mixing Spatula
- Teaspoon
- Measuring Cup
- Cookie Sheet
- Baking Tray
- Cooling Rack
- Oven
- Fork

Location of Training

Training will be held a cooking facility with ovens for the participants. This ensures that the trainees have the proper equipment and tools needed to participate and engage actively in the course. The training site will be accordingly accommodated with accessibility ramps and elevators as needed to ensure accommodation for any employees with physical disabilities.

Course Outline

<table>
<thead>
<tr>
<th>Time</th>
<th>Module Title</th>
<th>Module Objective(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00–9:05am</td>
<td>INTRODUCTION</td>
<td>An introduction to the course and the learning objectives. The trainees will be introduced to the trainer and the outline of the course.</td>
</tr>
<tr>
<td>9:05–9:10am</td>
<td>PREHEATING</td>
<td>Participants will be instructed to use the heat settings of the oven accordingly. Trainees will be able to adjust the heat setting of their oven correctly.</td>
</tr>
<tr>
<td>9:10–9:20am</td>
<td>INGREDIENTS</td>
<td>Participants will be introduced to the ingredients that is needed and what will be used to make sugar cookies. Trainees will be able to identify the ingredients needed in order to make sugar cookies.</td>
</tr>
<tr>
<td>9:20–9:30am</td>
<td>MEASUREMENT</td>
<td>Participants will learn to properly measure out the ingredients. Trainees will be able to independently and correctly measure the ingredients needed.</td>
</tr>
<tr>
<td>9:30–9:35am</td>
<td>MIXING</td>
<td>Participants will learn and partake in the steps when mixing the ingredients. They will need to follow these instructions in order to ensure proper formation of the sugar cookies. Trainees will be able to outline the order in which the ingredients should be mixed.</td>
</tr>
<tr>
<td>9:35–9:45am</td>
<td>FORMING COOKIE BALLS</td>
<td>Trainees will be able to...</td>
</tr>
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Participants will learn to form cookie balls. They will engage and actively participate in the process. form appropriate sized cookie balls for sugar cookies.

9:45-9:55am **BAKING**
Participants will bake their cookies in an oven at designated heat settings, while overseeing their cooking time. Trainees will be able to appropriately time their cookies while baking, ensuring they are cooked to perfection!

9:55-10:00am **CONCLUSION**
Final questions, evaluation, and conclusion. The trainees will have time to ask the trainer any questions. The trainer will follow with reviewing the completed outline and end with the closing.

Procedure:

**Time:** 60 MINS

**Tools:**
- 2 ¾ cups of all-purpose flour
- 1 teaspoon of baking soda
- ½ teaspoon of baking powder
- 1 cup of butter, softened
- 1 ½ cups of white sugar
- 1 egg
- 1 teaspoon of vanilla extract
- Large Mixing Bowl
- Mixing Spatula
- Teaspoon
- Measuring Cup
- Cookie Sheet
- Baking Tray
- Cooling Rack
- Oven
- Fork

**Special Instructions:** Regular time checks to ensure you are on schedule.

9:00-9:05: Hello everyone! My name is Kaysey Magtibay. I welcome you all to “How to Make Sugar Cookies.” This course has been developed to help both experienced and inexperienced bakers! The objective of this course is to educate experienced and inexperienced bakers on how to make sugar cookies. Through this course trainees will be also be able to create the perfect sugar cookie independently. Trainees will be able to identify the ingredients needed in order to make sugar cookies. Furthermore, trainees will be able educate and teach others on how to make sugar cookies.
9:05-9:10: Before we start off with ingredients, the first step is to ensure that the heat settings of your oven are set correctly for preheating. We will now all preheat our ovens to 190 degrees Celsius.

9:10-9:20: Now I will be introducing the ingredients that we will be using.

- All-purpose flour
- Baking soda
- Baking powder
- Butter
- White Sugar
- An egg
- Vanilla Extract

9:20-9:30: Now that we are familiar with the ingredients we will start measuring them out as needed. <Measure ingredients as listed>

- 2 ¾ cups of all-purpose flour
- 1 teaspoon of baking soda
- ½ teaspoon of baking powder
- 1 cup of butter, softened
- 1 ½ cups of white sugar
- 1 teaspoon of vanilla extract

9:30-9:35: Next we will start mixing up the ingredients. In a large bowl, mix together the butter and sugar until it is smooth. Next, beat in egg and the vanilla extract into the same bowl. Then gradually blend in the dry ingredients.

9:35-9:45: After everything is mixed, place a cookie sheet on the tray. Then start forming cookie balls. We do this by roll rounding a teaspoon full of dough into balls then placing them on the tray.

9:45-9:55: Once we have enough cookie balls, place the tray in the oven for 10-minutes until golden! Once golden, wait until the cookies cool before placing on the wire racks.

9:55-10:00: Does anyone have any questions or comments? <Answer questions accordingly>

Evaluation

The trainees will be evaluated throughout the entire course after each module by completing each task independently. A final evaluation will occur at the end of the course to ensure that the sugar cookies have been made correctly by taste testing and inspection.
E learning enhancement:

E learning can help to enhance this course by broadcasting videos on the Internet for greater access and unlimited restriction for participants. It will allow trainees to participate at their own time. There have already been over thousands of videos made on YouTube that document several different recipes, not just cookies. Through these videos, they can pause, rewind, and stop accordingly as they please. E learning will also allow the trainees to learn and complete the course from the comfort of their home without even having to leave their kitchen. An app can also be made to access the recipes in a different form rather than a video. They can follow along with written instructions, through an app, that explains how to make sugar cookies just as easily as a video!
Works Cited


