*How to Make Mac & Cheese Activity Guide*

Supplies for activities needed:

* 1 box of Mac & Cheese
  + The box should contain noodles and a cheese packet
* 6 c. water
* ¼ c. milk (any type of milk you prefer)
* 1-2 Tablespoons (T.) of butter
* Spoon or fork to mix with
* Pan with lid
* Strainer
* School Readiness Outcomes (SRO) goals met:
  + This activity helps the child work on complex projects with familiar adults and to learn how to cook in the kitchen!
* Instructions

1. First, the child is going to want to grab all of their supplies for the activity! The child will want to take their pot and fill it with 6 cups of water. Water can also be poured right into the pan, if preferred this way.
2. After the supplies are gathered and water is poured into the pot, an adult will need to help the child turn on the stovetop to the correct temperature. The temperature will need to be adjusted later in the process, so it is important that an adult standby to help with the boiling water. The water in the pot will need to start boiling before the noodles can be put into the pot.
3. As the child waits for the water to boil, the child can prepare their working station. ¼ cup of milk can be poured into a measuring cup and the strainer can be set into the sink for future use. The box of macaroni and cheese can be opened as well, the cheese packet can sit aside.
4. Once the water starts to boil, the child will add their box of noodles to the boiling pot. Be careful to slowly put the noodles in to not splatter the boiling water onto anything. The child will need to stir the noodles for about 7-8 minutes or until the noodles are softened to the child’s liking. An adult can help the child taste the noodle for preference once the 7-8 minutes is complete. A couple more minutes may need to be added to the cooking time, and that is okay!
5. After the noodles are cooked, they will need to be drained through the strainer in the sink. Carefully, take the pan and drain the noodles into the strainer, the water is very hot! The noodles can be shaken in the strainer to drain out the water.
6. Once the noodles are drained, the strainer of noodles can be poured back into the pan to add the other ingredients. First, pour the ¼ cup of milk into the pan of noodles and then add the desired amount of butter. After the milk and butter is added, stir until the butter is melted and all 3 ingredients are mixed together.
7. The packet of cheese will be next to add. Add the cheese packet to the noodle mixture and stir until well combined. You will know when the mixture is combined when there is no longer any clumps of cheese mixture in the pan. After well combined, enjoy!
8. Macaroni and cheese can be paired with a type of meat (hot dogs, pepperoni, etc), salt and pepper, or anything you would like! Enjoy!

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