

eLearning Lesson: How to Make Spaghetti and Meatballs

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Topic

My lesson is called: *How to Make Spaghetti and Meatballs*. I chose this topic so that I can teach my 10-year-old son how to make one of his favorite meals, spaghetti and meatballs! This lesson is needed because I believe that everyone should know how to feed himself or herself. In creating this lesson and corresponding instructional video, I'm providing the instructions needed for my son to make a quick and easy meal at home.

Analysis

The learners are my 10-year-old son and any other child between the ages of 8-12 who want to learn how to make spaghetti and meatballs. I established the age group of my learners by determining that my son is old enough to learn how to make a meal that doesn't require much preparation or too many ingredients. In addition to 8-12 year olds being the learners, this training assumes that there is a parent, older sibling, or babysitter available to assist during the preparation and completion of the meal.

The learning environment for this lesson is outside of the classroom, specifically, in the learner's home. It's laid back and casual, allowing for comfortable learning and completion of the task. I feel as though the best platform for this learning environment is for my son to watch the lesson on his iPad (or other device) and then complete the task with my help (or under the supervision of an adult).

The questions I'll ask to conduct during the analysis phase are:

- Do you have a parent, older sibling, or babysitter who will be able to assist you during the preparation and completion of this meal?
- Do you have access to a stove?
- Do you like to cook? Why or why not?
- Do you like spaghetti and meatballs? Why or why not?
- Do you know the ingredients needed to make homemade meatballs? Name as many as you can.

Research

I began my research the old-fashioned way—a Google search. I was looking for two things: (1) lessons that have already been produced and (2) examples of how to structure a lesson specifically for my target audience.

I typed in the phrase, "how to teach kids to make spaghetti and meatballs" and hit the jackpot with the first result that appeared: BBC's [Cooking with kids: spaghetti and meatballs](#) (2012). BBC is a European-based company so while the measurements are in grams instead of

pounds, I felt like it was a really great place for me to start in researching how I was going to structure my lesson. After that, I went to YouTube and searched for videos with the phrase, “teach child how to make spaghetti and meatballs.” Surprisingly, not a whole lot came up. The first result was Jamie Oliver’s video titled, [Getting Kids Cooking](#) (2012), which is very similar to what I’d like to incorporate into the lesson I’m creating.

The second phase of my research included a face-to-face interview with my 10-year-old son, asking him the questions that I came up with during the analysis phase (my son’s responses are in blue):

- Do you have a parent, older sibling, or babysitter who will be able to assist you during the preparation and completion of this meal? **Yes**
- Do you have access to a stove? **Yes, at my house.**
- Do you like to cook? Why or why not? **Yes. I like to cook when my mom helps me.**
- Do you like spaghetti and meatballs? Why or why not? **Yes, I love spaghetti and meatballs. It’s one of my favorite meals that my mom makes. Hers is the best!**
- Do you know the ingredients needed to make homemade meatballs? Name as many as you can. **Beef, onions, and I don’t know what else.**

Once I’d read through the *Cooking with kids* recipe, watched Jamie Oliver’s video, and conducted the face-to-face interview, I began working on my lesson plan. Through my research, I was able to collect the data needed to structure my lesson.

Objectives

Audience: My 10-year-old son and any child between the ages of 8-12.

Behavior: After completing the lesson, my son, and any child between the ages of 8-12, will be able to make a delicious plate of spaghetti and meatballs.

Condition: Learners should be able to know how to make spaghetti and meatballs immediately following the lesson.

Degree: Due to the use of an oven and raw meat, learners will need the supervision and assistance of an adult when completing this task. They should be able to complete the task immediately following the lesson, assuming they have an adult to assist them.

Assessment

I’ll use three types of assessments to assess and analyze the outcomes of my lesson objectives. The first is one multiple-choice question after each of the four steps in my lesson. This will ensure that learners are paying attention and able to recall the information they’ve learned after watching the video on each slide.

The second type of assessment that I'll use is an interactive game at the end of the lesson. This will allow the learners to have some fun after they've completed the lesson and are getting ready to make their own plate of spaghetti and meatballs. Because my learners are children between the ages of 8-12, I feel that a quick game to test their knowledge will be more effective than a short-answer survey.

In addition to the assessments geared towards the child learning the task, I'm also including an evaluation at the end of the lesson for the adult who's supervising them to complete. This will allow me to know if I've structured the lesson in a way that's beneficial for children *and* the adult who's supervising.

Lesson Plan

1. Gain attention—Throughout my lesson, I'll use short videos to demonstrate each step in the meatball making process. This will keep the learners' attention by inserting some fun into the instruction.

2. Information learners of objectives—The four objectives will be listed as bullet points in the first slide (after the bloopers reel) of my lesson.

Upon completing the lesson, the learners, with adult supervision, should be able to:

- Buy the ingredients needed to make spaghetti and meatballs
- Prepare the homemade meatballs
- Cook the spaghetti noodles and meatballs
- Plate the spaghetti and meatballs

3. Stimulate recall of prior learning—For this step, I'll insert a fun, 1-question quiz (using Adobe Captivate), after each step, so that the learner can use their prior knowledge to answer the question. An example of this is:

Step 1: Buy your ingredients. This slide contains a short video of my son and I shopping for the ingredients needed to make spaghetti and meatballs. Slide 5 then asks the learners the following multiple choice question:

What are the five ingredients that you need to buy for your meatballs?

- a. 1 lb of lean ground beef, 1 container of Italian-style breadcrumbs, eggs, a yellow onion, fresh oregano
- b. 1 lb of chicken, 1 container of Italian-style breadcrumbs, milk, a yellow onion, dried thyme
- c. 1 lb of shrimp, 1 container of Italian-style breadcrumbs, sour cream, a yellow onion, paprika

4. Present the content—This is where the bulk of my lesson takes place. I'm going to record my son and I doing the shopping, preparing, cooking, and plating of the spaghetti and

meatballs. I'll make this entertaining and engaging so that my learners want to pay attention during the duration of the lesson.

5. Provide guidance—Throughout my presentation, I'll make sure to provide clear directions and expectations, per Gagne's Nine Events of Instruction. The lesson will go in an appropriate, chronological order to ensure that the tasks are completed correctly.

6. Elicit performance—I'll incorporate pauses after each step so that learners can complete the same step before moving on to the "Test your knowledge!" slide. This will ensure that the learners are able to practice what they've learned after each step.

7. Provide feedback—I'll provide face-to-face feedback to my son while he's completing the lesson. This will allow me to provide encouragement and feedback needed for him to not only make a plate of spaghetti and meatballs but to make a *delicious* plate of spaghetti and meatballs.

8. Assess performance—I'll test my learners' knowledge by including a SurveyMonkey survey at the end of the lesson. Since my learners are young children, I'll make sure that the survey is fun, interactive, and engaging. With the use of an assessment at the end, I'll be able to tell if my son is ready to complete the four objectives.

9. Enhance retention and learning transfer—Upon completion of the online lesson, I'll provide a downloadable PDF which contains the "nuts and bolts" of the lesson so that the adult supervising the task can print it off for the child to (1) complete the task at a later time or (2) repeat the task and be more successful during their second attempt.

Evaluation

I created two evaluations for my lesson, one for the child and one for the adult supervisor. I created a Memory game for the child and a one-question short answer Lesson Feedback slide for the adult supervisor. I created both using the Adobe Captivate software.