

RECIPE CARD

Ingredients for a terrific friendship

Materials: Worksheets, chalkboard or whiteboard, recipe card templates, pencils, markers, scissors

Directions: Read the worksheet, complete the activity and discuss with the Group.

Is there a secret recipe for making a terrific friendship?

Is there a secret recipe for keeping a terrific friendship?

There's no "secret recipe" for making and keeping our friendships. All it takes is having the right ingredients!

Ingredients are important in making and keeping our friendships — just like they are when you bake a chocolate cake. What goes into a chocolate cake? Flour, sugar, eggs, butter, milk and cocoa.

But you don't just throw everything into a bowl and hope for the best, do you? No, you need a recipe that specifies which ingredients you need, the amount of each ingredient and directions on how to prepare the ingredients.

Today, we're going to create a recipe. Not for a chocolate cake, but for making and keeping a terrific friendship!

First, let's brainstorm all the ingredients — or qualities — that make a terrific friendship. These ingredients could include kindness, listening, thoughtfulness, patience, love — whatever you feel is important in a friendship. They will be the ingredients in your recipe.

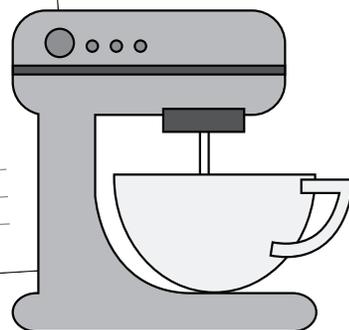
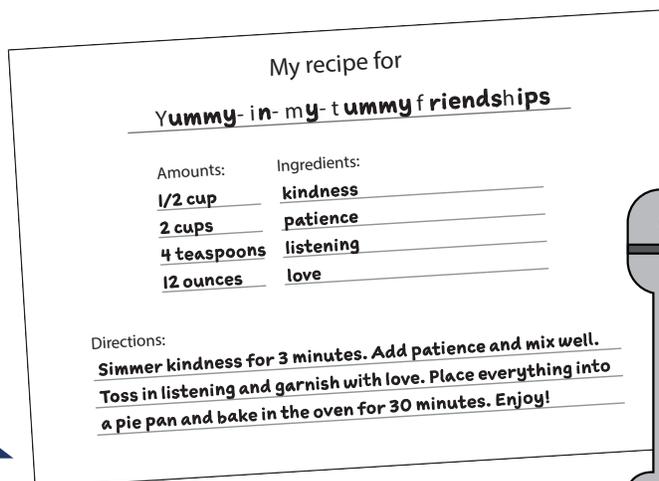
Raise your hand if you know an ingredient that makes a terrific friendship and share it with the Group. We'll write all the ingredients on the board and then begin the activity.

ACTIVITY INSTRUCTIONS

- 1 Decide what type of recipe you want to make. On the recipe card template, write the recipe title. Use the sample recipe card on the worksheet to help guide you.
- 2 Look at the board with all the different ingredients. Choose the ingredients that are most important for your friendships. Write the ingredients on your recipe card template.
- 3 Using the common recipe terms, write the amount of each ingredient you need.
- 4 Using the common recipe terms, write the directions on how to make your recipe.
- 5 Cut your recipe card out on the dotted lines.
- 6 When everyone has completed the activity, we'll share our friendship recipes. You have 10 minutes to write. Start cooking up your ideas now!

(Set the timer for 10 minutes.)

Like most things in life that are worthwhile, our friendships take time and effort. But when all that work comes together, it pays off deliciously!



COMMON RECIPE TERMS

Below are some common recipe terms. You can use any of these terms to create your recipe.

INGREDIENT AMOUNTS	COOKWARE	COOKING UTENSILS	COOKING METHODS	
½ cup	bowl	spoon	bake	grill
¼ cup	frying pan	knife	roast	mix
1 cup	skillet	spatula	broil	blend
tablespoon	cookie sheet	whisk	simmer	toss
teaspoon	wok	rolling pin	stir	blend
ounce	pie pan	blender	garnish	chop
pinch	cake tin	ladle	dice	mince

 **My recipe for**

Amounts: **Ingredients:**

Directions:
