GRADES 5–12

COOKING 1





COOKING 1

Created by

THE GOOD AND THE BEAUTIFUL TEAM

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SUPPLIES NEEDED

- *Cooking 1 Course Book*
- Device to access videos on the Good and Beautiful Homeschool app (highly recommended)
- Colored pencils
- Cooking tools and ingredients (see lesson-by-lesson supplies list)

COURSE OVERVIEW

Cooking 1 consists of twenty lessons divided into five units. Each lesson contains at least one, and often two, recipes that the student will prepare. The course is designed to be completed by the student independently, but parents/guardians can choose to be as involved in the lessons as they would like to be. We do recommend parents ensure all equipment and ingredients are on hand before the student begins each lesson, and parents may wish to help when special equipment, such as a blender, is used for the first time. It is especially important to make sure the child has a SHARP chef's knife before they reach Lesson 3.

SAFETY

Parental supervision is suggested for lessons that require using knives, stoves, or ovens. You may especially wish to supervise portions of Lesson 3, in which your student learns knife grips; your student will be instructed to check with you. Review fire safety tips before beginning the course.

LESSON OVERVIEW

Most lessons will take 45–60 minutes to complete, including cooking time. Each lesson introduces a new cooking method, preparation method, or ingredient; provides written activities to reinforce the concepts taught; and includes one or two cooking activities with step-by-step photographs for hands-on practice. Where additional instruction for a cooking method might be helpful, we have provided videos. We encourage students to try each recipe multiple times; they have been designed so that, with a little practice, the students will be able to prepare the foods "by heart," building their confidence in the kitchen. Please note that many "Let's Cook!" activities are followed by a "More Ideas" section. These ideas are meant to serve as inspiration for new things to try the next time the student makes the recipe.

GETTING STARTED

Simply open the course book and begin reading! Students will read each section in a lesson and complete the written activities before moving on to the hands-on "Let's Cook!" activities. Students may choose to watch the video lessons when they are provided or to just read the written lesson. Please note that videos may contain material that is not included in the written lesson.

Videos can be found on the Good and Beautiful Homeschool app, which can be downloaded by scanning the QR code to the right or by visiting goodandbeautiful.com/apps. Alternatively, the videos can be found by going to goodandbeautiful.com/cooking.

FREQUENTLY ASKED QUESTIONS

How many lessons should my student do each week?
There are 20 lessons in the course. Many families choose to complete one or two lessons per week.

How long do lessons take?
The average time to complete a lesson is 45–60 minutes. This includes cooking times.

What if my child struggles with a recipe?
Parents can be as involved as they need to be in any individual lesson. Students should also learn that cooking takes practice! All cooks make mistakes at some point. Should the student find that a recipe did not turn out as they wished, encourage the student to try it again (and possibly again)!

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LESSON-BY-LESSON SUPPLIES

Lesson 1

- Small mixing bowl
- Fork
- Measuring spoons
- 10-inch nonstick skillet
- Silicone spatula
- Pie plate (or other shallow dish)
- Whisk
- Liquid measuring cup
- Turner spatula
- 4 large eggs
- ⅓ cup half-and-half
- 1 tablespoon half-and-half or milk
- Salt and pepper
- 1 ¼ tablespoons butter
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 4 slices sandwich bread
- Maple syrup, for serving

Lesson 2

- Small mixing bowl
- Measuring spoons
- Fork
- 8-inch nonstick skillet
- Silicone spatula
- Box grater
- Muffin pan
- Large mixing bowl
- Whisk
- Liquid measuring cup
- Kitchen timer
- Oven mitt
- 7 large eggs
- 1 tablespoon half-and-half
- Salt and pepper
- 1 ½ tablespoons butter
- ⅓ cup and ¼ cup shredded cheddar cheese
- Cooking spray
- ¼ cup milk
- ½ teaspoon garlic powder
- 1 teaspoon Dijon mustard
- 1 teaspoon dried dill

Lesson 3

- Small pot with lid
- Kitchen timer
- Oven mitt
- Slotted spoon
- Small mixing bowl
- Cutting board
- Chef's knife
- Liquid measuring cup
- Measuring spoons
- Whisk
- Silicone spatula
- 4 large eggs
- Ice
- ¼ cup mayonnaise
- 1 tablespoon yellow mustard
- 1 green onion
- ⅛ teaspoon dried dill
- Salt and pepper
- 4 slices sandwich bread

Lesson 4

- 8-inch nonstick skillet with lid
- Measuring spoons
- Small bowl
- Turner spatula
- Small pot with lid
- Whisk
- Slotted spoon
- 1 teaspoon vegetable oil
- 2 large eggs
- Salt and pepper
- 1 teaspoon butter
- 1 tablespoon distilled white vinegar

Lesson 5

- Chef's knife
- Cutting board
- Large mixing bowl
- Measuring cups
- Measuring spoons
- Silicone spatula
- Citrus juicer (optional)
- 4 Roma tomatoes
- 1 white onion
- 2 cloves garlic
- ¼ cup fresh cilantro (about ½ bunch)
- 2 teaspoons fresh lime juice
- 2 slices pickled jalapeños (optional)
- ¼ teaspoon salt
- Tortilla chips (optional)

Lesson 6

- Cutting board
- Chef's knife
- Spoon
- Medium mixing bowl
- Citrus juicer (optional)
- Measuring spoons
- Potato masher
- Silicone spatula
- 3 ripe avocados
- 1 lime
- ½ teaspoon salt
- 2 plum tomatoes
- ½ red onion
- 2 tablespoons chopped fresh cilantro (or parsley)
- 3 cloves garlic
- Tortilla chips (optional)

Lesson 7

- Fine-mesh strainer
- Measuring spoons
- Liquid measuring cup
- Large saucepan
- Oven mitt
- Wooden spoon
- Kitchen timer
- Cutting board
- Chef's knife
- Small mixing bowl
- Citrus juicer (optional)
- Blender
- Silicone spatula
- Colander
- Serving bowl
- 1 (15-ounce) can chickpeas (also called garbanzo beans)
- 1 teaspoon baking soda
- 1 clove garlic
- ¼ cup fresh lemon juice
- Salt
- ¼ cup tahini
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon ground cumin
- 1 tablespoon fresh parsley or 1 teaspoon dried parsley
- Pita bread and carrot sticks, for serving

Lesson 8

- Small saucepan
- Rimmed baking sheet
- Aluminum foil
- Small mixing bowl
- Large mixing bowl
- Measuring spoons
- Whisk
- Measuring cups
- Wooden spoon
- Kitchen timer
- Oven mitt
- Airtight container
- Large stockpot with lid
- Serving bowl
- Cooking spray
- 6 tablespoons unsalted butter
- 1 tablespoon Worcestershire sauce
- 1 teaspoon seasoned salt
- ¾ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ cup bagel chips (optional)
- 2 cups rice squares cereal
- 2 cups wheat squares cereal
- ½ cup mini pretzel twists
- ½ cup roasted salted peanuts
- 3 tablespoons vegetable oil
- ½ cup popcorn kernels
- Salt

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Lesson 9

- Box grater
- 8-inch nonstick skillet with lid
- Cutting board
- Butter knife
- Turner spatula
- Oven mitt
- 2 slices sandwich bread
- 1 tablespoon unsalted butter
- ½ cup shredded cheddar cheese

Lesson 10

- Cutting boards (one for meat, one for vegetables)
- Plastic wrap
- Meat mallet
- Large stockpot with lid
- Liquid measuring cup
- Measuring spoons
- Chef's knife
- Whisk
- Kitchen timer
- Instant-read thermometer or meat thermometer
- Tongs
- Large mixing bowl
- Measuring cups
- Silicone spatula
- 1 pound boneless skinless chicken breasts (about 2)
- ½ cup plus ¼ teaspoon salt
- 2 tablespoons sugar
- 6 cloves garlic
- ½ cup celery
- ½ cup white onion
- 1 lemon
- ½ cup mayonnaise
- ½ teaspoon black pepper
- 1 teaspoon seasoned salt
- 4 slices sandwich bread
- Lettuce, for serving (optional)

Lesson 11

- Cutting board
- Chef's knife
- Large saucepan
- Measuring spoons
- Wooden spoon
- Liquid measuring cup
- Rimmed baking sheet
- 2 tablespoons butter
- 2 ½ pounds lean or extra-lean ground beef
- 1 large yellow onion
- 1 large green bell pepper
- 5 cloves garlic
- 1 cup beef stock
- 1 ½ cups ketchup
- 2 tablespoons brown sugar
- 2 teaspoons chili powder
- 1 teaspoon dry mustard or yellow mustard
- ½ teaspoon red pepper flakes (optional)
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon Worcestershire sauce
- 8 hamburger buns

Lesson 12

- Cutting board (for meat)
- Plastic wrap
- Meat mallet
- Chef's knife
- Paper towels
- Measuring spoons
- Plate
- Rimmed baking sheet
- Foil
- Oven-safe wire rack
- Measuring cups
- Quart zipper bag
- Rolling pin or heavy skillet
- 3 pie plates or shallow dishes
- Whisk
- Kitchen timer
- Oven mitt
- Tongs
- Instant-read thermometer or meat thermometer
- Small mixing bowl
- Butter knife
- 4 boneless skinless chicken breasts (about 2 pounds)
- 2 ½ teaspoons salt
- 3 cups corn flakes cereal
- 1 tablespoon vegetable oil
- ¼ teaspoon garlic powder
- ½ teaspoon black pepper
- Cayenne pepper (optional)
- 4 large eggs
- ½ cup buttermilk
- 3 ½ teaspoons Dijon mustard
- ½ cup all-purpose flour
- Cooking spray
- ½ cup mayonnaise
- 3 tablespoons barbecue sauce
- 8 hamburger buns
- Sliced pickles

Lesson 13

- Medium mixing bowl
- Measuring cups
- Butter knife
- Measuring spoons
- Whisk
- Small mixing bowl
- Liquid measuring cup
- Silicone spatula
- Kitchen timer
- 10-inch nonstick skillet
- Turner spatula
- Plate
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1 large egg
- 1 cup whole milk
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ teaspoon vanilla extract
- Cooking spray
- Butter, for serving
- Maple syrup, for serving

Lesson 14

- Measuring cups
- Measuring spoons
- Small saucepan
- Wooden spoon
- Fine-mesh strainer
- Silicone spatula
- Medium mixing bowl
- Small mixing bowl
- Citrus juicer (optional)
- Whisk
- Plastic wrap
- Liquid measuring cup
- Hand mixer (optional)
- Large mixing bowl
- 10-inch nonstick skillet
- Kitchen timer
- Turner spatula
- Plate
- 3 cups fresh or frozen raspberries (optional)
- ¼ cup sugar (optional)
- ¼ cup water (optional)
- ⅛ teaspoon salt (optional) plus ¼ teaspoon salt
- 1 tablespoon fresh lemon juice (optional)
- 1 teaspoon cornstarch (optional)
- 1 tablespoon unsalted butter (optional)
- 2 tablespoons unsalted butter, melted
- 3 tablespoons unsalted butter
- 1 cup heavy cream or whipping cream
- 2 tablespoons confectioners' (powdered) sugar
- ½ teaspoon vanilla extract
- 2 large eggs
- 1 ½ cups milk
- 1 cup all-purpose flour

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Lesson 15

- Butter knife
- Plates
- Small mixing bowl
- Measuring spoons
- Whisk
- Large mixing bowl
- 10-inch nonstick skillet
- Turner spatula
- Instant-read thermometer or meat thermometer
- Plain crackers
- Unsalted butter, softened
- Herbs and spices of your choice to taste
- 1 tablespoon brown sugar
- 2 teaspoons dried sage
- 2 teaspoons salt
- 1 teaspoon black pepper
- ¼ teaspoon dried thyme
- ¼ teaspoon garlic powder
- ⅛ teaspoon crushed red pepper flakes (optional)
- 2 pounds ground turkey
- Vegetable oil

Lesson 16

- Large mixing bowl
- Whisk
- Liquid measuring cup
- Measuring spoons
- Measuring cups
- Wooden spoon
- 9x13-inch baking dish
- Kitchen timer
- Oven mitt
- Rimmed baking sheet
- Parchment paper
- Small mixing bowl
- Turner spatula
- Airtight container
- 4 large eggs
- 1 cup milk
- ½ cup unsalted butter
- 4 teaspoons vanilla extract
- 7 cups old-fashioned oats
- 1 ⅓ cups brown sugar
- 3 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 ½ teaspoons salt
- ¾ cup fresh or frozen blueberries
- Cooking spray
- 1 ½ cups pecans or almonds
- 1 cup raisins or dried cranberries
- ⅓ cup olive oil

Lesson 17

- Cutting board
- Chef's knife
- Liquid measuring cup
- Large stockpot
- Small saucepan
- Wooden spoon
- Measuring spoons
- Tongs
- Kitchen timer
- Ladle or measuring cup
- Oven mitt
- Colander
- ⅓ cup extra-virgin olive oil
- 8 cloves garlic
- ½ teaspoon red pepper flakes
- 1 pound dried spaghetti noodles
- 1 tablespoon plus ½ teaspoon salt
- 3 tablespoons fresh or 1 tablespoon dried parsley

Lesson 18

- Liquid measuring cup
- Large stockpot
- Measuring spoons
- Wooden spoon
- Kitchen timer
- Oven mitt
- Colander
- Whisk
- 1 tablespoon plus 1 teaspoon salt
- 8 ounces elbow macaroni
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 teaspoon dry mustard powder
- 2 cups milk
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded cheddar cheese

Lesson 19

- Liquid measuring cup
- Large stockpot
- Measuring spoons
- Wooden spoon
- Kitchen timer
- Oven mitt
- Colander
- Large saucepan
- Box grater
- 1 tablespoon salt
- 1 pound penne pasta
- 3 tablespoons extra-virgin olive oil
- 1 onion
- 2 cloves garlic
- 3 tablespoons fresh or 1 tablespoon dried oregano
- 2 (28-ounce) cans crushed tomatoes
- ⅓ cup beef broth
- 3 tablespoons fresh or 1 tablespoon dried basil
- Salt and pepper
- Sugar
- ½ teaspoon red pepper flakes (optional)
- Parmesan cheese block

Lesson 20

- Cutting board
- Chef's knife
- Measuring spoons
- Large saucepan
- Tongs
- Plate
- Wooden spoon
- Measuring cups
- Liquid measuring cup
- 1 ½ pounds chuck roast or sirloin steak
- 2 teaspoons salt
- 2 tablespoons extra-virgin olive oil
- 4 tablespoons unsalted butter
- 1 medium onion
- 1 pound cremini or button mushrooms
- 2 cloves garlic
- ¼ cup flour
- 2 cups beef broth
- 1 tablespoon minced fresh or 1 teaspoon dried thyme
- ¼ teaspoon black pepper
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- ½ cup sour cream
- 1 pound egg noodles

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KITCHEN TOOLS



9X13-INCH BAKING DISH



BOX GRATER



CHEF'S KNIFE



CITRUS JUICER
(OPTIONAL)



COLANDER



CUTTING BOARDS
(GENERAL AND MEAT ONLY)



FINE-MESH STRAINER



BLENDER



HAND MIXER (OPTIONAL)



INSTANT-READ
THERMOMETER



LADLE



LARGE STOCKPOT
(WITH LID)



LIQUID MEASURING CUP



MEASURING CUPS



MEASURING SPOONS



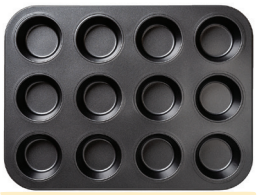
MEAT MALLET



MIXING BOWLS
(SMALL, MEDIUM, LARGE)

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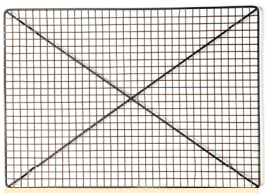
KITCHEN TOOLS



MUFFIN PAN



NONSTICK SKILLETS
(8-INCH WITH LID AND 10-INCH)



OVEN-SAFE WIRE RACK



PIE PLATES (3)



POTATO MASHER



RIMMED BAKING SHEET



ROLLING PIN



SAUCEPAN
(LARGE 11-INCH AND SMALL 9-INCH)



SILICONE SPATULA



SLOTTED SPOON



SMALL BOWL



SMALL POT
(WITH LID)



TONGS



TURNER SPATULA



WHISK



WOODEN SPOON



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Cooking 1

TABLE OF CONTENTS

LESSON 1: SCRAMBLED EGGS & FRENCH TOAST 1

LESSON 2: OMELETS & FRITTATAS 11

LESSON 3: BOILED EGGS & EGG SALAD 20

LESSON 4: FRIED & POACHED EGGS 30

LESSON 5: FRESH SALSA 39

LESSON 6: GUACAMOLE 49

LESSON 7: HUMMUS 54

LESSON 8: SNACK MIX & STOVETOP POPCORN 59

LESSON 9: GRILLED CHEESE SANDWICH 67

LESSON 10: CHICKEN SALAD SANDWICH 73

LESSON 11: SLOPPY JOES. 81

LESSON 12: FRIED CHICKEN SANDWICH. 92

LESSON 13: PANCAKES. 103

LESSON 14: CRÊPES. 110

LESSON 15: BREAKFAST SAUSAGE. 123

LESSON 16: BAKED OATMEAL & GRANOLA 131

LESSON 17: SPAGHETTI WITH GARLIC AND OIL. 140

LESSON 18: STOVETOP MACARONI AND CHEESE. 147

LESSON 19: PENNE WITH MARINARA. 154

LESSON 20: BEEF STROGANOFF 160

ANSWER KEY 168



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