

Make your own macaroni and cheese. You have to measure out the amount of water, cheese, and pasta. The tips included with this recipe will help you to practice measuring with your child, such as having them help to put the right amount of pasta into the measuring cup.



Macaroni & Cheese for Measuring

Ingredients

- 1½ cups whole milk
- 1¼ cups water
- 2 cups elbow macaroni
- ½ teaspoon salt
- Black pepper, to taste
- 1 cup freshly shredded cheddar cheese (using pre-shredded cheese may affect the texture)
- Possible additions: hot dog, precooked chicken, steamed or boiled broccoli, frozen peas

Materials

- Measuring cup or cups that measure 1 cup, ½ cup, and ¼ cup

Directions

1. Everybody washes their hands with soap and water while counting to 20 before starting to cook.
2. Combine milk, water, macaroni, salt, and pepper in saucepan.
3. Move saucepan to stove and set to medium heat. Bring to a boil, stirring frequently.
4. Once mixture begins to boil, reduce heat to low. Stir continuously for 8-10 minutes or until pasta is cooked.
5. Remove pot from stove.
6. Gradually stir in shredded cheese until smooth and melted.
7. Stir in any other additions.



Math Tips

- ★ Read the ingredient list with your child and talk about how many cups of cheese and macaroni are needed.
- ★ Discuss why we need to measure while cooking. “What will happen if we put in too much water (the result would be more like a soup) or not enough water (the noodles would be too dry)?”
- ★ Show your child where the one-cup mark is on your measuring cup. Have your child put in shredded cheese up to the one-cup line. When your child says they’re done, ask them how they know, then help them look at the line to see if they measured exactly to the one-cup mark.
- ★ If you have a two-cup measuring cup, show your child where the two-cups line is on your measuring cup. Have your child put in pasta noodles up to the two-cup line. If you have a one-cup measuring cup, talk about how you need to fill up the cup twice.
- ★ Ask your child, “Are we using more noodles or cheese in this recipe?” Have your child explain that you’re using more noodles because you measured two cups of noodles and one cup of cheese, and two is more than one.

Adapted from:
<https://www.fivehearthome.com/homemade-one-pot-macaroni-cheese/>