



Curriculum Units by Fellows of the National Initiative
2026 Volume V: Chemistry of Cooking

Doing What Scientists Do While Exploring Chemical and Physical Changes

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This is a 1st grade unit although it would also work well in primary grades K-2. The unit focuses on providing the students with an opportunity to engage in experiential learning as they practice the skills of scientists. The students will experience pre-exposure to the concepts of physical and chemical changes as they create a sundae by making ice cream, roasting marshmallows, and pulverizing graham crackers into a topping. In the unit, students will be listening and responding to non-fiction text, connecting ingredients to times in the past, making observations with multiple senses, measuring ingredients, communicating their ideas and findings with each other, and recording their experience with a combination of drawing, labeling, and writing as is appropriate for the grade level. This unit connects to Common Core State Standards in English Language Arts, Next Generation Science Standards, and the state of Delaware Social Studies Standards related to history.

(Developed for Science, Reading, and Language Arts, grades K-2; recommended for Science, Reading, and Language Arts, grades K-2)

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