



Sample Lessons Materials List

Activity 1.2 - Model Denaturation and Coagulation with Wikki Stix

- 12 Wikki Stix (8" length)
- Wooden skewer

Activity 1.3 – Molecular Movement in Water

- 2 identical clear glasses or jars
- 2 bottles of liquid food coloring
- Water

Activity 1.4 - Model Custard Formation with Wikki Stix and Glass Floral Gems or Vitamin E Capsules

- 12 Wikki Stix (8" length)
- Wooden skewer
- 10-15 glass floral gems or vitamin E capsules

Recipe Evaluation 1.4 - Lemon Curd

- Medium saucepan and heat-proof mixing bowl, or double boiler
- Electric mixer
- Silicone spatula
- Kitchen towel
- Plastic wrap
- 6 tablespoons butter, softened at room temperature
- 1 cup sugar
- 2 eggs
- 2 egg yolks
- 2/3 cup fresh lemon juice
- 1 teaspoon grated lemon zest
- Optional: something to serve with the curd, such as toast, English muffins or pound cake; the flavor is intense by itself.

Activity 1.7 - Model Egg Foam Formation with Wikki Stix and Ping Pong Balls

- 12 Wikki Stix (8" length)
- Wooden skewer
- 3 ping pong balls

Activity 1.8 - Foam Folding Practice with Soap Suds

- Large mixing bowl
- Electric mixer
- Silicone spatula

- 1 tablespoon dishwashing liquid
- 2 cups water
- Liquid food coloring

Recipe Evaluation 1.5 - Coconut Meringue Macaroons

- Large mixing bowl, non-plastic
- Mixer
- Measuring cups
- Measuring spoons
- Silicone spatula
- Cookie sheets
- Tablespoon or medium cookie scoop (40mm size, 1 ½ tablespoon)
- Metal spatula
- Wire cooling rack
- Non-stick cooking spray
- 3 egg whites, at room temperature
- ¾ teaspoon vanilla extract
- 1 cup sugar
- 2 cups sweetened flaked coconut