

A 6th grade emotional cookbook

Ms. Foglesong's sixth graders wrote about emotions in the form of recipes. Below, find three entries from their classroom cookbook.

Look over the recipes with a friend and ask, "What did these writers do to really make their stories come across as recipes? And what other emotions might make a great recipe to add to this cookbook?"

A Recipe for Anger

by Korbin, sixth grade writer



Ingredients

- 3 cups of whiny and crying sister
- 1 teaspoon of can't find the TV remote
- 5 ounces of a broken snowmobile
- add a pinch of anything I don't like to eat for supper
- 3 liters of my dog getting hit in the road
- 2 quarts of my basketball team losing

Instructions

First you get a big bowl. Next, put in 3 cups of whiny and crying sister. Then you put in 5 ounces of a broken snowmobile. Stir slowly and let it boil for 10 min. After it has boiled, put in 1 teaspoon of can't find the TV remote. Then add a pinch of anything I don't like to eat for supper. Next add 3 liters of my dog getting hit in the road. After all of that, let it bake at 450 degrees for 1 hour. When it is finished, sprinkle on 2 quarts of my basketball team losing. If you don't get anger right away, have your sister cry some more.

A Recipe for Forgiveness

by Alyssa M., a sixth grade writer



Ingredients

- 1 half quart of caring
- 3 ounces of respect
- 1 liter of love
- 2 cups of guilt
- three-fourths gallon of sorrows
- a few pinches of kindness
- 1 pint of fun

Instructions

First, you get the person you want to forgive. Then, cook 2 cups of guilt and pour in a bowl. Mix a liter of love, marinade with the guilt. Fold in half quart of caring and 3 ounces of respect. Now mix well until blended. Pour in three-fourths gallon of sorrows and scramble until smooth. Carefully add a few pinches of diced kindness. To finish, fry 1 pint of fun. Add the fun to the mix, bake at 350 degrees for 30 minutes. Let it cool down for 20 minutes in a pan. Now toast to forgiveness and enjoy. Freeze any leftovers, when done. Defrost for a second serving.

A Recipe for Love
by Addison, 6th grade writer



Ingredients:

- ◆ 1 girl, 1 boy
- ◆ cup of heated honesty
- ◆ 5 tablespoons of marinated laughter
- ◆ 2 ounces of kindness
- ◆ 6 teaspoons of roasted interest
- ◆ 10 grams of spark
- ◆ 3 liters of cooked loyalty

Instructions:

Preheat oven to 260 degrees Fahrenheit. In a large saucepan, whisk the girl and the boy with the cup of heated honesty until smooth. Then mix in the 5 tablespoons of marinated laughter with the 10 grams of spark into the saucepan. Add 2 ounces of kindness. Whisk in the 6 teaspoons of roasted interest... but whisk slowly as sparks may be already flying. Add 3 liters of cooked loyalty until thick. Put in the oven for 45-50 minutes, depending how soft and chewy you want it to be. If it doesn't turn out scrumptious, pick two new people.

Plan your own emotional recipe here:

Emotion for recipe:
Ingredients needed:
Instructions:

Use another piece of paper to plan your recipe, if needed.