

## COOK OATMEAL

What do you eat for breakfast? Cereal? Fruit? What about oatmeal? (Or, porridge as some call it.) I like the word “porridge,” it makes me laugh.

Well, in this task, you are going to learn to make oatmeal, and not the packet stuff. Pre-packaged oatmeal is OK, too, but we are going to make porridge on the stovetop.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

On two separate mornings, cook oatmeal for anyone who wants it for breakfast.

LEVEL D

PERIOD 6

TASK 2

With your parents help, follow these steps:

1. Put one cup (per person) of water, or milk if you prefer it creamier, into a saucepan and bring to a boil. You can use a higher heat for this. If you chose milk, make sure you stir occasionally to prevent the milk from burning to the bottom of the pan or forming a skin.
2. Reduce to medium heat and add one-half cup of oatmeal per person that you are cooking for.
3. Gently stir and cook the oatmeal for around five minutes, or follow the directions on the label, until it's as thick as you'd like.
4. Add any ingredients that you want. I like to add a sweetener, but others like to add dried or fresh fruit, nuts, or cinnamon.



Serve while it's still warm and enjoy!