

Room 12 at Pacific Beach Elementary

Welcome to Room 12 at Pacific Beach Elementary. We are a fifth grade class. Our teacher is _____. We spent 3 weeks working on this how to manual. This manual is a result of a Master's Degree project designed by Mrs. Barr. Writing a narrative procedure is also a fifth grade standard.

We hope you can use some of this information. If you would like to contact us, [please e-mail us at _____](#).

Please peruse [our how-to manual](#) and try some of them out. You may use the left and right arrows at the bottom of each page to flip through our book or view the table of contents by clicking the book on the bottom of each page to choose a category you want. Please feel free to [e-mail us](#) with your comments.

Our How-To Manual

[Plants](#)

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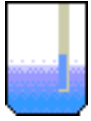


Plants

1. [How to plant seeds](#)
2. [How to grow Plants](#)



How to plant seeds



step 1 You'll need seeds, water, dirt, and a pot.

step 2 Put the dirt in the pot.

step 3 Dig 3 holes with your finger one inch through the dirt.

step 4 Put 3 seeds in each hole.

step 5 Put the seeds in a part where the sun can hit the seeds.

step 6 Water the seeds every two days.

step 7 Don't water them a lot.



How to grow Plants

Materials List:

- 3 bags of seeds
- 2 bags of dirt
- 2 pots
- 1/2 pot of water



How to grow plants you have to follow these steps carefully.

1. Get any kind of seeds.
2. Open the bag of dirt.
3. Put dirt in a pot leave 2 inches at top.
4. Dig a 2 inch hole in the middle of the dirt.
5. Put 2 seeds in the hole.
6. Cover the hole with dirt.
7. Put water at the end when are all ready did every thing.



Dogs

1. How to feed your puppy (*Sorry, not currently available.*)
2. [How To Wash Your Dog](#)
3. How to walk your dog (*Sorry, not currently available.*)
4. [Como cuidar a un perro \(*How to take care of a dog*\)](#)



How To Wash Your Dog

Materials:

Your dog, Bathtub, Water, Towel

Caution: Do not get soap in dog's eyes.

Procedure:

1. Get your dog in bathroom.
2. Put dog in bathtub.
3. Turn on water so water is on top of dog's legs. (You don't want to overflow the bathtub)
4. Pour water on dog.
5. Put soap on dog and scrub with hands.
6. Wash dog off with water so soap is off dog.
7. Get dog out of bath.
8. Dry dog off with towel.



That's how you wash your dog.



Como cuidar a un perro

(How to take care of a dog)

Para cuidar a un perro se necesita de mucho cuidado para que crezcan fuertes y sanos. *(To take care of a dog, you need to take care of him so he stays strong and healthy.)*

Materiales *(Materials):*

agua	<i>(water)</i>
shampoo	<i>(shampoo)</i>
sacate	<i>(brush)</i>
jabon	<i>(soap)</i>
pelota	<i>(ball)</i>
croquetas	<i>(dog biscuits)</i>



Instrucciones *(Instructions):*

1. Darles croquetas 3 veces al día.
(Give him dog biscuits three times a day.)
2. Dejar que jueguen con la pelota.
(Let them play with their ball.)
3. Sacarlos al parque en la mañana.
(Take them out to the park in the morning.)
4. Jugar en la tarde con el perro o perra.
(Play with them in the afternoon.)
5. Llevarlos a dormir en la noche.
(Let them sleep at night.)
6. Bañarlos con jabon y agua todos los días.
(Wash them with soap and water every day.)
7. Llevarlos rapidamente al veterinario cuando se enfermen.
(Bring them to the veterinarian quickly when they are sick.)

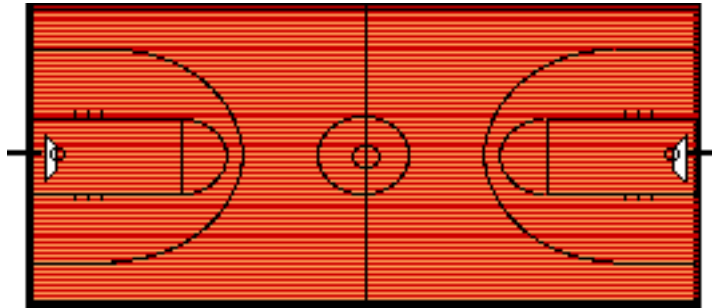


Ball Games

1. [How to Play Playground Basketball](#)
2. [How to Punt a Football](#)



How to Play Playground Basketball



Materials:

- 1 Basketball
- 2 to 10 Players
- 1 to 2 Basketball Hoops
- 2 optional Referees
- 2 Teams
- 2 optional Coaches
- 1 Basketball Court
- 1 Playground
- 14 optional Uniforms
- 4 optional Periods of 15 min.

Procedure:

1. Pick one to five players to a team.
2. Choose your defending hoop.
3. When on the playground have a jump off to see how gets the ball.
4. Try to get the ball.
5. Dribble the ball.
6. Pass to your teammates.
7. Try to score a point by shooting the ball in the hoop 1 to 3 points can be scored.
8. Try not to make any fouls a foul is when you hit somebody.
9. Ask the coach for sugestions.

10. Have four periods in the length of 15 minutes.

11. Try to win the game.



[Click basketball for movie.](#)
[\(about 600K\)](#)



How to Punt a Football

Materials:

1. a football
2. a foot



Procedure:

1. Put one hand on the back of the football and one hand on the side.
2. Put the football in front of you waist-high.
3. Run up a little.
4. Try to kick the ball in the middle.
5. Follow through. Make sure you keep swinging your leg in the direction you want the football to go.
6. Go get football.
7. Do it again.

[Punting #1](#)(120 K, small frame movie)

[Punting #2](#)(500 K, large frame movie)



Science

1. [How to have a Science Class](#)
2. [How to Make Crystals of Sugar](#)
3. [How to make your own Solar System](#)



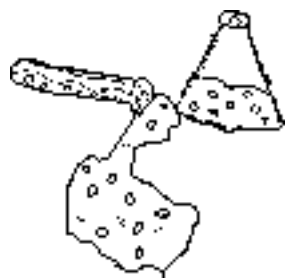
How to have a Science Class

Materials:

30 students
1 Lab
15 2 person tables
1 15 science project tape

Procedure:

1. Get thirty students.
2. Get 15 double tables from the school.
3. Place two students at each table until all 15 tables are filled.
4. Buy a science project tape and watch it with your class.
5. Pick out 1 science project from the tape.
6. Do the project with your class.
7. If you are done with one project, do another.



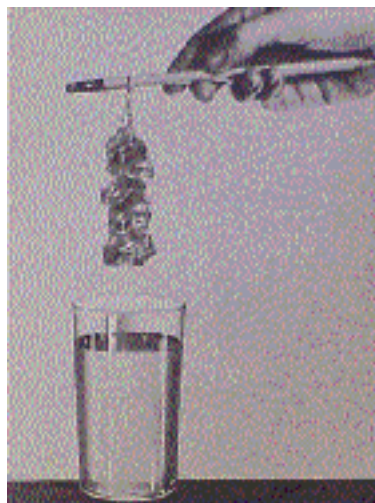
HOW TO MAKE CRYSTALS OF SUGAR

Ingredients and materials:

Sugar
1 Pot of boiling water
1 Jar
1 Pencil
1 Piece of string
1 Paper clip

Procedure:

1. Little by little add sugar to boiling water.
2. When no more sugar can dissolve, stop adding sugar.
3. Pour water into jar.
4. Tie a piece of string to pencil.
5. Tie paper clip to end of string.
6. Lay pencil on top of jar.
7. Place jar somewhere warm.
8. Let sit for one week, then pull string out of jar with pencil.
9. Your end product should look like this:



How to make your own Solar System

Ingredients:

Glue
Tissue paper
Water
Styrofoam balls
Metal rings
Glitter
Fishing Line
Small Bowl



Procedure:

1. Get different size styrofoam balls and metal rings (about nine of them).
2. Then get a small sized bowl about the size of a lunch box.
3. Get different colored tissue paper.
4. Then get a glue bottle.
5. Put some glue in the bowl.
6. Get some water from your kitchen sink.
7. Pour some water in the bowl with the glue.
8. Stir the glue and water.
9. Then get the styrofoam ball and roll it in the mixture.
10. Get the tissue paper (any color) and put it on the ball with the mixture.
11. If you can get some glitter of the same color as the tissue paper, sprinkle it on the ball.
12. Try to get some fishing line and hang all your planets when they're dry on the rings with the fishing line.
13. Hang it some where in your room and push one of the rings and the planets will rotate.



Other Procedures

1. [How to Tie Your Shoe](#)
2. [How to Sharpen a Pencil](#)
3. [How 2 play Monopoly](#)



How to Tie Your Shoe

You will need:

1. A shoe
2. your shoe laces
3. your hands



Procedure:

- #1 First you take one shoe, and lace it up with your shoelace.
- #2 To lace it up, criss cross your shoelace over and under the holes in your shoe.
- #3 When the ends of your shoelaces meet take one end, lay the other down, then go over and under your laid down end.
- #4 Take one end of your shoelace and make a loop.
- #5 Take the other shoelace and wrap it around the loop.
- #6 By doing that, you will make a smaller loop.
- #7 Put the middle of the shoelace you haven't looped, through the small hole.
- #8 By putting your shoelace through the hole, you make another big loop.
- #9 Pull on the big loop very hard, this will make it tight.
- #10 That's how you tie your shoe!

Extra Help to Double Knot!

- #1 When you have two loops, you separate them.
- #2 Place one down, then hold the other in your hand.
- #3 With the one in your hand, go over then under the one placed down.
- #4 Pull tight! That's how you double knot!



How to Sharpen a Pencil

Materials:

- 1 pencil sharpener
- 1 wooden pencil
- 1 trash can



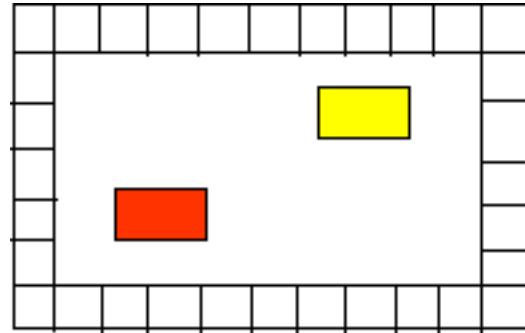
Procedure:

1. Take pencil in hand.
2. Insert pencil in sharpener hole as far it will go.
3. Turn pencil clockwise (Remember it's all in the wrist).
4. Pick up shavings.
5. Look for a trash can.
6. Walk over to trash can.
7. Throw away shavings.
8. Go back to writing or whatever you were doing.

note: If you don't have a hand pencil sharpener find different instructions.



How 2 play Monopoly



You need the - board, money, houses, players, cards, dice,
& 2 or more players

1. Roll the dice and see who has the highest. Whoever has the highest number goes first.
2. If it's your turn to roll the dice, you roll them, then see what it is, then do steps.
3. If you land on houses that aren't owned, you can purchase a house if you want.
4. If you land on jail, you're just visiting.
5. If you pass on where you start, the bank will give you \$200.
6. If you run out of money, you do not play any more.
7. If you land on free parking, you get \$500.



Breakfast

1. How to Make Scrambled Eggs (*Sorry, not currently available.*)
2. [How to make a homemade Omelet](#)
3. [How to Make Pancakes](#)
4. [Ultimate Pancakes](#)
5. [Recipe for Family Coffee](#)
6. [How to make Hot Chocolate](#)



How to make a homemade Omelet

Ingredients:

3 eggs
one chopped green onion
one fourth cup of milk
one sliced tomato
one Kraft Single cheese
one slice of ham
one slice of butter (small)
one round cooking pan
one mixing bowl
one fork, knife, and spatula



Steps:

- #1 Take three eggs, one tomato, one green onion, slice of ham, slice of butter from fridge
- #2 From the cupboard one mixing bowl
- #3 Crack eggs and put them in the bowl unshelled
- #4 Pour 1/4 cup of milk in bowl with eggs
- #5 Mix milk and eggs together at a rapid speed
- #6 Slice the ham and add it to the bowl. Repeat with onions and tomatoes
- #7 Put round pan on stove with butter in it. (Turn on flame)
- #8 Pour contents of bowl in pan string occasionally with a spatula
- #9 Leave in pan until liquid is gone
- #10 Put cheese on eggs (melt)

#11 Serve on a plate and eat



How to Make Pancakes

Ingredients:

- 1 pint of flour
- 2 eggs
- 1 cup of milk
- 1 stick of butter

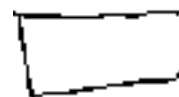


Materials:

- 1 mixing bowl
- 2 table spoons
- 2 cups
- 1 small pan

Procedure:

1. Open the flour box.
2. Put the flour in the bowl.
3. Put milk in a cup.
4. Make sure it's 12 cm of milk.
5. Put the milk in the bowl.
6. Break the 2 eggs into the bowl.
7. Mix it with a spoon.
8. Put the mix in the pan.
9. Let the pancake mix cook about 5 minutes.
10. Flip pancake over when the top is brown.
11. Your pancake should be ready to eat.



ULTIMATE PANCAKES

Ingredients:

1 cup milk
2 eggs
2 cups Bisquick
1 tablespoon vanilla
1 tablespoon butter
4 teaspoons sugar
1 small bowl
1 large bowl
Pan 8-10 inches wide
1 spatula
1 fork
2 teaspoons baking powder

Procedure:

Step #1 Mix: Milk, Bisquick, Sugar, Vanilla, and Baking powder.

Step#2 Mix eggs in small bowl well with fork.

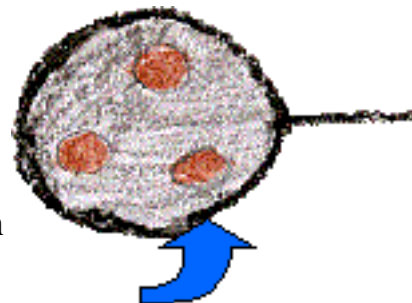
Step#3 Put pan on medium heat.

Step#4 Wait 3 minutes for pan to heat.

Step#5 Measure 1/3 cups of batter onto pan so it looks like this.

Step#6 When the batter starts to bubble flip it over with spatula.

Step#7 Poor syrup if you wish while hot and enjoy!



[How to flip a pancake](#)(500 K movie)



Recipe for Family Coffee

Materials and Ingredients:

One glass mug

Microwave (1)

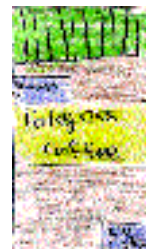
Folger's ground coffee

1 tablespoon

Milk

Sugar

Water



Caution !
When finished making,
Contents may be Hot!
Let cool !!!

Procedure:

1. Get out Ingredients and materials from cupboard or store.
2. Fill mug with water, (any temperature, tap or regular).
3. Put water filled mug in microwave for two to three minutes.
4. Press start on microwave.
5. When microwave dings to tell you it's done, take it out of microwave.
6. Get Folger's ground coffee.
7. Get out your 1 tablespoon.



8. Scoop out with your spoon 2 to 2 1/2 tablespoons of Folger's ground coffee.
9. Pour these contents of Folger's Coffee into hot water filled mug.
10. Stir constantly until contents have dissolved.
11. Add to coffee mug with contents, pour 1 tablespoon of sugar into mug.
12. Add two tablespoons of milk and stir constantly for 30 seconds.
13. Drink !! Bottoms up !!!

Also !
If not liked go
back to your regular
coffee

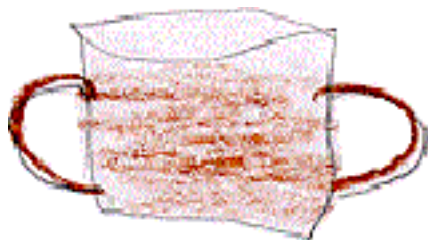


Enjoy !



How to make Hot Chocolate

What you need: 1 mug,



1 teaspoon,



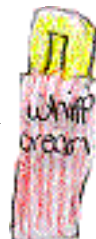
chocolate,



milk, hot water,



whip cream



1. Put the hot water in the mug.



2. Let it cool down for 2 min.

3. Take the mug, set it on the table.

4. Then put 5 tsp. of chocolate in the mug.



5. The put 1 tsp. of milk in the mug.



6. Then stir and put a little whip cream if you want to.



7. Then sip but be careful it will be **Extremely Hot**.

8. Put napkin over the mug so you won't burn yourself, because it will be Hot.



Lunch

1. [How To Make A Pizza](#)
2. [Chicken Caesar Salad](#)
3. [Recipe for Cheese Lasagna](#)
4. [How to Make Pasta](#)
5. [How To Make Macaroni and Cheese](#)
6. [Almond Rice](#)





HOW TO MAKE A PIZZA



Ingredients: Tomatos, Cheese, Topping, Spices, Flour, Yeast, Pan

Procedure:

- #1 First get some yeast and a pan.
- #2 Turn on your bread machine.
- #3 Put flour, yeast into bread machine.
- #4 Take out in 30 min to an hour.
- #5 Smash tomatoes, open can put spices on pizza.
- #6 Open cheese bag sprinkle on sauce.
- #7 Put topping of your choice on the pizza.
- #8 Cook in oven 30 minutes to an hour.
- #9 Open oven and take out pizza. Caution! Pan is hot!
- #10 Cut pizza into slices.



Chicken Caesar Salad

- 1 whole cooked chicken
- 2 heads of lettuce
- 2 bottles of caesar salad dressing
- 1 container of fresh parmesan
- 1 large size bowl
- 2 salad mixing spoons
- # amount of spices
- # amount of crutons



How to make:

1. Find the large size bowl and tear up the two heads of lettuce.
2. Take the chicken out of the oven and dice it up. Put it in the salad.
3. Open the 2 bottles of caesar salad dressing and pour it on the salad.
4. Pour container of parmesan onto salad.

5. If you would like crutons go ahead and pour as many on as you want.
6. If you would like to have spices pour some on the salad.
7. If that is all you want in your salad you should mix it up and serve.

Serve = 7 large servings



Recipe for Cheese Lasagna

Ingredients:

- 1 pack lasagna noodles
- 1 can tomato sauce
- 1 container lasagna cheese filling
- 1 large pan
- 1 stick butter
- 1 pack grated cheese
- 1 wooden spoon
- 1 medium-sized bowl
- 1 large-sized bowl
- 1 roll wax paper
- 1 can opener
- 1 large glass



Procedure:

Step one: Take large tin pot, and fill three quarters with cold water.

Step two: Turn stove on high, let water boil for 10 minutes.

Step three: When water is bubbling, open box of pasta noodles. Gently place noodles one by one into pot.

Step four: Constantly check noodles, to see if they are soft.

Step five: Pour noodles into strainer, strain until dry. Set piece of wax paper on cutting board. Set noodles on wax paper.

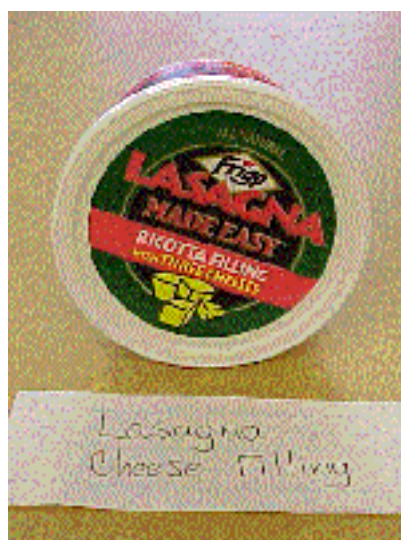
Step six: Now, the things you should have out are soft noodles and a large pan.



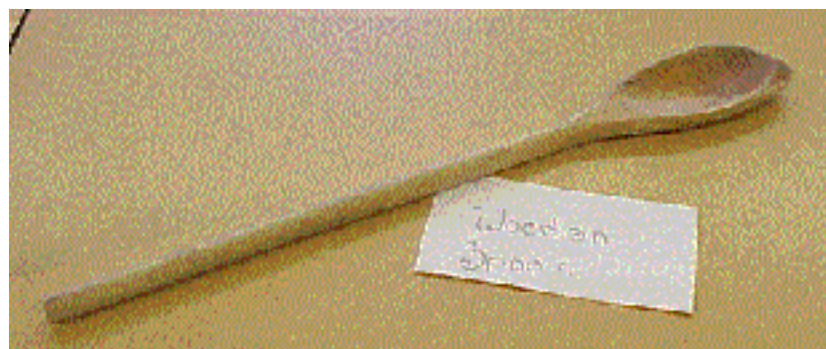
Step seven: Open refrigerator, take out stick of butter. Butter tin pan.



Step eight: Pick up 4 noodles, set them one by one longwise in tin pan. Take can of tomato sauce, open can with can opener. Pour sauce into small bowl. Take wooden spoon, fill with sauce. Spread sauce on noodles.



Step nine: Open container of lasagna cheese filling. Wash wooden spoon, then scoop cheese out. Spread cheese on top of sauce.



Step ten: Take 4 more noodles, lay them longwise on top of cheese. Spread cheese on top of sauce.

Step eleven: Lay last layer of four noodles on previous layer.

Step twelve: The last thing is the grated cheese. Open cheese pack, then take some grated cheese out. Sprinkle all over top (as much as you want). Put lasagna in oven on bake. Let cook for 35 minutes.



How to Make Pasta

Ingredients:

1 box of pasta
4 quarts of water
1 large bowl
1 16 oz. jar of tomato sauce
1/4 cup shredded parmesan cheese
1 colander
1 wooden spoon
1 large pot
stove

Procedure:

1. Get one box of pasta.
2. Fill pot with 4 quarts of water.
3. Place pot on stove. Turn stove on high.
4. Pour pasta in pot when water boils. Watch carefully. Turn stove down if needed.
5. Remove pot from stove. Drain in colander.
6. Pour pasta in large bowl.
7. Add tomato sauce and parmesan cheese. Serve immediately.

Enjoy!



How To Make Macaroni and Cheese

Ingredients: noodles, cheese powder, A pot, A stove, A strainer, A timer, And a wooden spoon.



1. Get some noodles, and some cheese powder.
2. Take the pot and put about a cup of water into it.
3. Put the pot of water onto the stove.
4. When it starts to boil pour the noodles in.
5. Set a timer for 5 minutes and leave the noodles in for that amount.
6. When the timer goes off, walk over to the sink. Take the drainer, and pour everything into the drainer (make sure all the water is out)
7. Pour just the noodles back into the pot.
8. Pour the cheese powder in with the noodles.
9. Mix thoroughly.



Almond Rice

Ingredients:

1 bag of almonds
1 box of chicken noodle soup mix
5 cups of water
1 stalk of celery
2 tubes of sausage
1 head of onion
1 skillet
1 Serving Dish

Procedure:

1. Wash hands.
2. Fry sausage until brown in a skillet.
3. Cut onion and celery into pieces with knife.
4. Pour vegetables in pan and take out when brown.
5. Turn fire to Low.
6. Boil 5 cups of water.
7. Open soup mix and pour into water.
8. Pour 1 cup of rice in water.
9. Cook for 5 minutes.
10. Stir frequently.
11. Pour everything into serving dish and serve.

Serves 10 large servings



Sweets

1. [How to make Mud Pie](#)
2. [How To Bake A Cake](#)



How to make Mud Pie

Ingredients:

1/4 cup of sugar
 wip cream
 pie crust
 pie pan
 3 cups chocolate
 1 cup of nuts
 1 tblspoon of vanilla
 3 sprays of pam
 tin foil
 A baking pan



How to make:

1. Take a pie pan and put pie crust inside.
2. Place 1 cup of chocolate inside the pan on top of the pie crust.
3. Put 1/4 of a cup of nuts on top of the chocolate.
4. Then layer another cup of chocolate with the vanilla in it on the top of the nuts.
5. Then you put 1/4 of a cup of nuts on the top of the chocolate.
6. Then you put another cup of chocolate on the top of the nuts.
7. Then you put a half cup of nuts on the top of the chocolate.
8. Then you put wip cream around the chocolate and over the pie.
9. Spread the sugar over the top of the pie.
10. Heat the pan to 350 and take a baking pan cover it with tin foil and put the pie on it cover it with pam



How To Bake A Cake

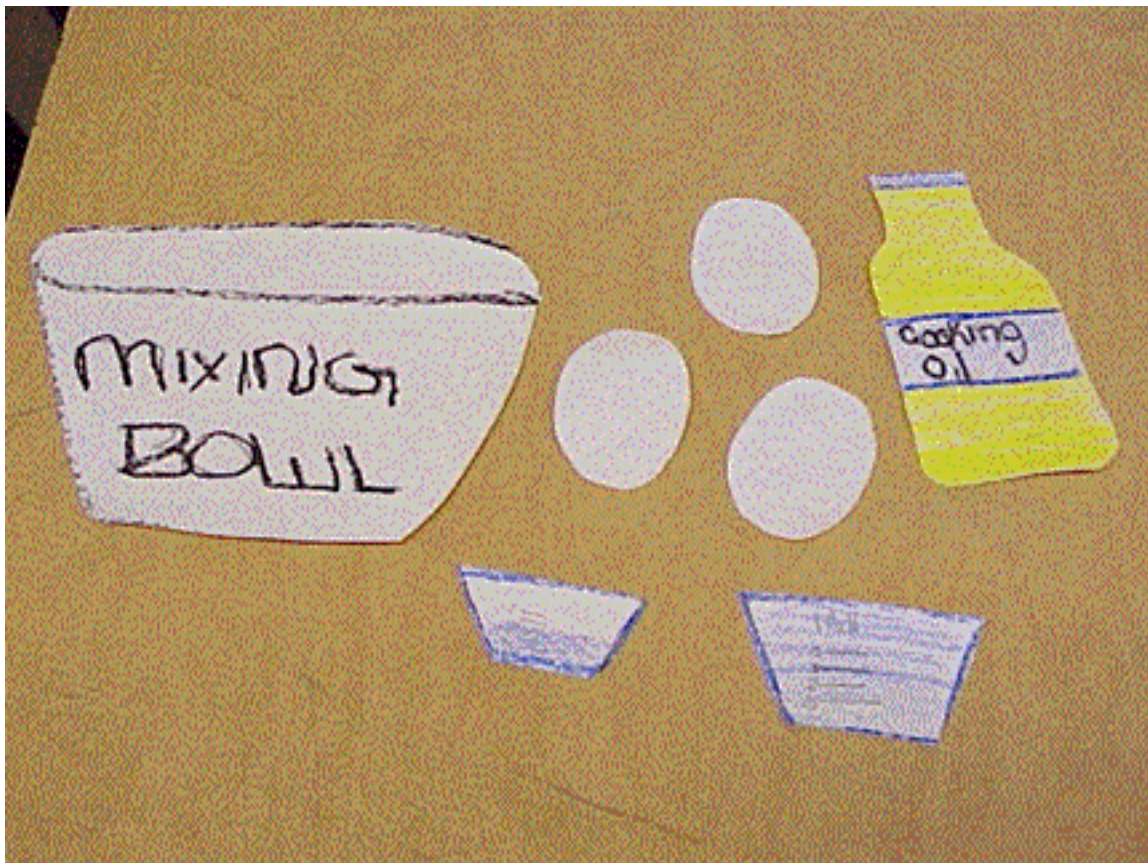
Ingredients:

3 eggs
1 1/4 cups of water
1 box of cake mix (any kind)
1/3 cup of cooking oil
13"by 9" baking pan
1 mixing bowl
Mixer (or by hand)
Cake toppings (any kind)
Measuring spoons and cups



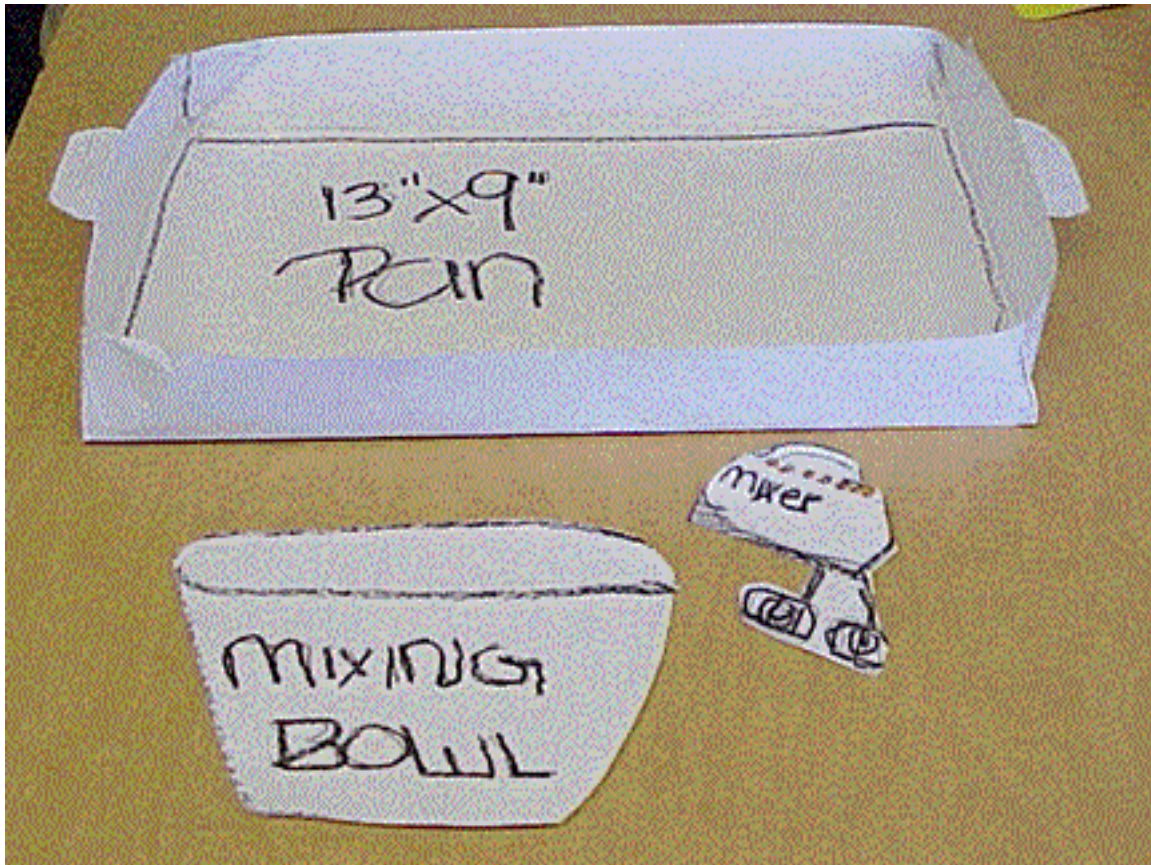
Procedure:

- #1 Take your mixing bowl, open the box of cake mix and pour it in the mixing bowl.
- #2 Take the three eggs, crack them and put them in the mixing bowl.
- #3 Take 1 1/4 cups of water and put them in the mixing bowl.
- #4 Take the 1/3 cups of cooking oil and put them in the mixing bowl also.



#5 Mix with mixer (or by hand)

#6 Pour the mix in the 13" by 9" pan, after greased.



#7 Put the 13"by 9" pan in the oven on 350 for 25 - 30.

#8 After baked let it cool off for at LEAST 10 MIN.

#9 After it cools down you may decorate with any cake decorations.

