

# FACS: Food Labs

## Summary

The term nutrition covers a broad spectrum of information. One of the best ways to analyze the nutrition found in a food is to compare it to the nutrition found in similar food.

## Main Core Tie

FCS 6th Grade

[Strand 1](#)

## Time Frame

2 class periods of 45 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning, Communication

## Materials

Read through the entire attachment and decide which information and supplies you wish to use.

## Background for Teachers

Review the safety, sanitation and cooking terms with the students. Then choose which labs you would like to students to complete as a group.

## Student Prior Knowledge

Basic cooking skills.

## Intended Learning Outcomes

Students will understand how to make and follow a recipe.

## Instructional Procedures

You can start with the popcorn lab to discuss with students the differences in nutrition of foods that will be prepared in class.

Begin the lab by preparing a batch of popcorn in a hot air popper. During the popcorn cooking process, discuss and/or reinforce some of the food science and/or nutritious principles involved such as:

Popcorn is 13.5 % moisture which the heat changes into steam; the hard kernel keeps in the moisture until the steam builds up and the pressure finally bursts the shell.

Popcorn is a special kind of corn grown for popping; not every kind of corn will pop.

Popping the corn in a hot air popper reduces the number of calories that are often added by cooking the popcorn in oil (thus allowing the consumer to make a choice).

Adding the salt after the popcorn is popped allows the consumer another flavor choice. Many types of flavoring add a lot of salt and/or sugar to the popcorn and may defeat the idea of popcorn being nutritious.

Popcorn can be a nutritious snack. It can be prepared in a variety of ways to better meet the

dietary guidelines.

After the popcorn is popped, allow each group of students to make one of the popcorn recipes. Next pick a few other labs for students to complete for cooking and nutrition practice.

#### Authors

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