

Soups, Salads, Casseroles and Meats Lecture

Summary

Students will be introduced to soups, salads, casseroles and meats.

Time Frame

1 class periods of 70 minutes each

Group Size

Individual

Life Skills

Thinking & Reasoning

Materials

- Bell Ringer Card for each student
- Soups, Salads, Casseroles and Meats PowerPoint Presentation
- Soups, Salads, Casseroles and Meats Study Guide

Intended Learning Outcomes

Students will :

- Identify and evaluate casseroles
- Define casseroles and the qualities and nutrients of casseroles
- Identify protein and its function as the main ingredient
- Identify carbohydrates/starch and their function
- Identify vegetables and their function
- Identify the sauce and its function
- Identify casserole toppings and their functions

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Soups, Salads, Casseroles and Meats Lecture Lesson Plan" attachment.

Assessment Plan

Have the students actively take notes on their study guides throughout the lecture. The students will keep their completed study guides to review and prepare for the unit test. Answer any questions they may have to help them better understand the information presented. There will be no homework for this lesson.

Bibliography

[Foods and Nutrition II Curriculum Guide](#)
from the Utah State Office of Education

Authors

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